



Asking For Help

Why is asking for support difficult? Patients often feel guilty for imposing on their medical team, fear that friends and family might not help them, or are nervous to find out the answer. Here are questions to reflect on when trying to ask for help.

What do I need help with?

Why haven't I asked for this help yet? What is the barrier to reaching out to my medical team or personal support group?

Is there a trusted member on my medical team I can reach out to, or someone in my circle who has helped me before that I can turn to?

What would make me feel more comfortable when asking for support?

If you aren't sure where to start when asking for support from your personal circles, here are a few ideas:

- Transportation to or accompaniment at appointments
- Sorting and organizing medical bills
- Starting a meal train or grocery shopping
- Creating a visitation sign-up sheet
- Writing blogs or starting a group text to keep everyone up to date – access [Careopolis](#), Texas Oncology's online "caring community," to connect with loved ones