



How to Ask for Help: A Conversation Guide for Caregivers

*Because caregiving takes a community,
not just one person*

Scripts for Asking for Help

General Help

Example
Script

"Hi [Name], I've been managing a lot lately, and I realize I can't do it all on my own. Would you be able to help with [specific task]?"

**Your
Script**

Emotional Support

Example
Script

"I'm feeling overwhelmed, and I'd love to talk. Are you free for a chat sometime this week?"

**Your
Script**

Organized Assistance

Example
Script

"I'm organizing a schedule to share caregiving tasks and was wondering if you could help with [e.g., picking up prescriptions or driving to appointments] once a week? Your support would mean so much."

**Your
Script**

Tips for Delegating Without Guilt

Be Specific

- People are more likely to help when they know exactly what you need. Instead of saying, “I need help,” say, “Could you pick up groceries on Friday?”
- Being specific reduces uncertainty, makes it easier for others to say yes, and ensures you get the support you truly need.

Let Go of Perfection

- Remember—things don’t have to be done your way to be helpful. Focus on the big picture and the relief their help brings. For example: If a friend loads the dishwasher differently than you would, remind yourself that the dishes still get cleaned.
- Perfection can be an unnecessary barrier. Trusting others will lighten your load and help you focus on what truly matters: your loved one and your well-being.

Show Appreciation

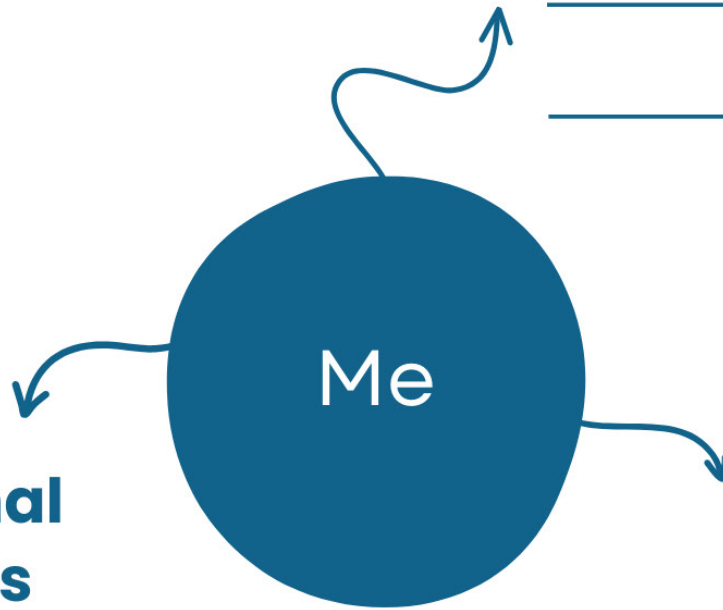
- A simple thank you lets people know their efforts are valued and encourages them to step up again in the future. For example: “I can’t thank you enough for helping with Dad’s appointments—it’s such a huge weight off my shoulders.”
- Expressing gratitude doesn’t just benefit the person helping—it reminds you of the support system you’re building and reinforces the idea that it’s okay to ask for help.

My Support Circle List

Use this tool to identify the people and resources you can rely on for support. Your circle of care includes those closest to you, extended connections, and professional services—all working together to lighten the load.

Inner Circle

These are the people you trust most—family members, close friends, or a partner—who are willing and able to provide consistent or significant help. They know you and your caregiving responsibilities deeply, making them an invaluable part of your support system.



Professional Resources

These are organizations, paid caregivers, or community programs designed to provide specialized assistance. They can handle tasks that are outside your personal network's abilities or take on time-consuming responsibilities to free you up for self-care or other priorities.

Occasional Helpers

This circle includes friends, neighbors, coworkers, or acquaintances who may not be closely involved in caregiving but are willing to step in occasionally. They might not know your loved one as well but can still offer valuable support in specific areas.



You've Got This!

Please use and reference this guide whenever you're feeling overwhelmed, stretched too thin, or unsure how to ask for help.

Remember: you are not alone, and support is always closer than you think.

Lean on your circle, share the load, and give yourself permission to ask for the help you deserve.



Asking for help doesn't mean you're weak; it means you're strong enough to recognize you need support.