

Building Your Village: Finding, Asking For & Accepting Help



HELP: WHERE TO FIND IT

Day To Day Help

- Members of your household and immediate circle.
- People who can share responsibilities and show interest in T1D management.
- Everyone has their own strengths and weaknesses. Work together to identify who fills each responsibility best.

External Help

- School staff, other parents, extended family and friends, etc.
- People in your network who can assume your responsibilities when you're not present.
- **Remember:** External help is based on trust, and trust takes time. Develop trust gradually by communicating, educating, and collaborating.

Professional Help

- Your diabetes care team is available to offer help and support.
- If you and your family need additional support and resources, mention it at your next clinic visit.

HELP: HOW TO ASK FOR IT

Use Assertive Communication Skills

- Be honest and open, stating the request directly and with respect.
- Try phrases such as:
 - *"I've been struggling with _____. Would you be willing to _____?"*
 - *"Could you help me out by _____?"*

Be Specific

- Try to make your request simple and direct.
- Include specifics such as timelines and individual tasks.
- Provide education and resources to help your helpers
 - ex. DHF's [blood sugar response chart](#).
- If you're not exactly sure what kind of help you need, ask if you can talk it over together.

HELP: HOW TO ACCEPT IT

Acknowledge Any Discomfort

- Recognize feelings of guilt, shame, or feeling like a burden.
 - These are thoughts, not facts.
- Ask yourself: *"Would I offer this help to a friend?"*

Say 'Thank You'

- Give an honest response that accepts the help, rather than *"I don't know what to say"* or *"you shouldn't have"*.
- Verbal gratitude communicates to the helper that you appreciate their support and effort.

Pay It Forward, Not Back

- Help shouldn't feel transactional - this can create a feedback loop of discomfort.
- Try reframing help as something that's passed along, rather than something that's owed or collected.

