

# Family & Friends Checklist

## The things you can do that help as a friend/family member are you:

Tick here if you have noticed  
this - even if just sometimes

Finding key information via this course, self-help groups, practitioners or reputable websites

'Being there' for the person for the long term

Keeping a positive but realistic outlook that change is possible but will take time

Being willing to talk and offer support when needed

Looking after your own mental health

Encouraging both of you to put what you learn into practice

Using your sense of humour to help you both cope

Planning gaps during each day or week - time for yourself

Realising there are no quick fixes for long term conditions

Asking questions of experts such as health or social workers

Helping the person you support get to appointments and navigate through appointments/the health system

Planning time for yourself as well as others

Using effective coping resources, such as relaxation techniques, to deal with your own feelings

Building in time for hobbies/pleasure. Recognise a sense of achievement in things - and plan activities that give you a sense of closeness to others

Seeing a healthcare practitioner for advice if you yourself are struggling to cope

Helping both you and the person you support pace things - taking one step at a time

What else do you both agree helps?

Write them here: