



Asking for help can be challenging, especially when you value your independence. However, caring for a loved one can be overwhelming, and seeking support is essential for both your well-being and your loved one's care. Here are some tips on how to ask for help while still maintaining your independence:

- **Be Honest About Your Needs:** Acknowledge that you can't do everything on your own and that you need assistance. Be open about the challenges you are facing in caring for your loved one.
- **Identify Specific Needs:** Clearly identify the areas where you need help. This can make it easier for others to understand how they can support you effectively.
- **Reach Out to Family and Friends:** Don't hesitate to ask family members and close friends for assistance. They may be more than willing to help if they know you need it.
- **Explain the Impact on Your Well-Being:** Express how caregiving is affecting your physical and emotional health. Let others know that their help would alleviate some of the stress and burden.
- **Accept Different Forms of Support:** Understand that help can come in various forms, such as emotional support, running errands, preparing meals, or providing respite care. Be open to different ways people can assist.
- **Be Grateful and Appreciative:** When someone offers help, be grateful and show your appreciation. Let them know that their support means a lot to you.
- **Set Boundaries:** While asking for help, it's also essential to set boundaries and communicate your needs and preferences. Be clear about what you are comfortable with and what you prefer to handle on your own.
- **Seek Professional Support:** Consider reaching out to professional caregiving agencies or support groups. They can provide valuable assistance and advice while still allowing you to maintain a level of independence.
- **Take Small Steps:** If you find it challenging to ask for help outright, start by delegating smaller tasks to others. Gradually build up to asking for more significant assistance as you become more comfortable.
- **Remember Your Own Needs:** Don't forget to take care of yourself. Prioritize self-care and recognize that taking breaks and seeking help is not a sign of weakness but a way to be a better caregiver.

Remember that asking for help doesn't mean you are relinquishing your independence. It is a sign of strength and a way to ensure you can continue to provide the best care for your loved one while also taking care of yourself.

251 E. Northwest Highway | Palatine, IL 60067
847-462-0885 | Fax: 847-639-9250 | Elderwerks.org

Advocacy

Senior Housing Coordination

Education