

BEGIN AGAIN LIVING MINISTRIES

Asking Family Members for Help

Clear requests, shared responsibilities, and realistic family conversations

A COMPLIMENTARY GUIDE FOR FAMILY CAREGIVERS

Compassionate guidance for caregiving, grief, and end-of-life transitions.

From Diagnosis to Goodbye™

Asking Family Members for Help

Families may care deeply and still misunderstand what help is needed. Specific requests, visible task lists, and honest limits can make it easier to turn concern into practical support.

Use this guide as a starting point for conversation. Individual needs and care plans may differ.

1. Describe the situation clearly

Share the current care needs, time demands, appointments, nights, costs, and decisions without minimizing the impact.

2. Ask for a specific task

Replace “I need more help” with “Can you stay Tuesday from 2 to 5?” or “Can you handle the pharmacy pickup each Friday?”

3. Offer different ways to contribute

Help can include visits, meals, transportation, paperwork, phone calls, finances, yard work, childcare, or regular emotional check-ins.

Practical Guidance

1. Match tasks to capacity

A distant relative may coordinate bills or calls. Someone nearby may provide hands-on relief. Not every contribution must be equal to be useful.

2. Set a response deadline

For time-sensitive needs, say when you need an answer. If someone cannot help, move to the backup plan instead of waiting indefinitely.

3. Address conflict respectfully

Use “I” statements, focus on the person’s care and caregiver safety, and involve a social worker, counselor, or family facilitator when conversations repeatedly break down.

My Next Steps

- ☐ List every recurring task before assigning responsibilities.
- ☐ Choose three tasks another person could realistically do.
- ☐ Send requests in writing so dates and expectations are clear.
- ☐ Thank people for specific help without hiding ongoing needs.
- ☐ Create a backup plan when family support is unavailable.

You do not have to carry this journey alone. Support is available, and asking for help is an act of care.

About Begin Again Living Ministries

Begin Again Living Ministries offers compassionate education and support for individuals, families, caregivers, churches, and organizations navigating grief, caregiving, stress, and end-of-life transitions.

Visit: balministries.org

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