

## Worksheet: Communicating your needs

It may be easier to ask for help after you have identified what you need. This worksheet is designed to help you link your friend/family/community resources to common needs you may experience during lung cancer treatment.



Daily living	Who can I ask?  (person/community resource)
<b>Transportation</b> <i>Who will drive me to and from treatment?</i> <i>Who will take me shopping for things I need?</i>	
<b>Childcare or eldercare</b> <i>Who will help with carpooling for my kids? Who will take my mom to her weekly physical therapy appointment?</i>	
<b>Understanding medical information</b> <i>Who will come with me to appointments and help clarify things I may not understand?</i>	
<b>Financial arrangements</b> <i>Who can I turn to for questions about paying healthcare costs?</i>	
<b>Understanding coverage</b> <i>Who can I ask questions to about what is covered and what is not?</i>	
<b>Paperwork</b> <i>There are so many forms. Who do I know that can help me make sure everything is completed correctly?</i>	
<b>Local errands</b> <i>Which friends or family members can help with the errands I am now too tired to do? Which of these people are running the same types of errands?</i>	
<b>Housework</b> <i>Are there community services to help with housework?</i> <i>Who do I know that is good at organizing or loves to clean?</i>	
<b>Food preparation</b> <i>Who makes the best smoothies? Who makes the best soup?</i> <i>Who is really good at making casseroles my family can heat up?</i>	



Treatment	Who can I ask?  (person/community resource)
<b>Expectations</b> <i>Who can I talk to when I find myself getting nervous about treatment? Who is someone that can set my mind at ease?</i>	
<b>Symptom questions</b> <i>Who in my family and circle of friends do I feel comfortable talking about symptoms?</i>	
<b>Treatment schedule</b> <i>Who can help organize meals and errands for me while I am in treatment?</i>	
<b>Condition management</b> <i>Who is someone I can trust with news and share it with when I don't have the energy?</i>	
<b>Support</b> <i>Who can I count on for listening and giving good advice?  Who can I count on to research things for me from trusted sources? Which of my friends or family knows about community resources?</i>	



Emotion	Who can I ask?  (person/community resource)
<b>New normal</b> <i>Who can I count on to help me embrace new aspects of my life? Which friend do I want with me to buy new clothes?</i>	
<b>Body image</b> <i>Who can I let my guard down with and speak honestly about my body and its changes?</i>	
<b>Comfort</b> <i>Who can I count on to comfort me when I need it? Who makes the best comfort food? Who will talk about movies or books or sports with me for hours at a time?</i>	
<b>Laughter</b> <i>Who will make me laugh? Who will understand how cancer has affected my sense of humor? Who will get my jokes?</i>	
<b>Social needs</b> <i>Which friends or family members can I count on for helping my family stay involved with social activities while I am recovering? Which friends can I count on to help me be social at my own pace?</i>	
<b>Loneliness</b> <i>Which friends or family members will understand when I want to be alone or when I am struggling with loneliness? Who is someone that can be flexible about plans to visit with me?</i>	