
Getting Help from Family and Friends

Dealing with health and medical issues can be stressful and confusing. It can be a good idea to ask friends and family for support. With your permission, family and friends can listen to what the healthcare providers tell you, ask questions, and help make sure that things go smoothly. And they can help you get the care you need.

Who to ask

Think about the people in your life who can be there for you. Ask for help from people who:

- Have good judgment
- Can talk to medical professionals
- Are organized and think clearly
- Can be assertive, if needed
- Have proved to be trustworthy
- Are able to stay calm in stressful situations

How they can help



When you visit a healthcare provider, friends and family can:

- Drive you to and from your visit.
- Make you feel comfortable and more confident.
- Remind you what you planned to tell or ask.

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- Take notes.
 - Help you remember what your healthcare provider says. They can help you follow through on your healthcare plan. Examples are getting regular exercise and eating a healthier diet together.

When you are ill, friends and family can:

- Talk to your healthcare team for you.
- Help you learn about your illness.
- Help you make medical decisions.
- Help you keep track of follow-up appointments, providers' names and specialties, tests, and treatment.
- Give you emotional support.