

Who can help me?

Identify your support team

- ▶ You are the most important person when it comes to looking after your health.
- ▶ It helps to have support from friends, whānau, your healthcare team and others who can help you look after your health.

There are also lots of services and people in your local community who can help.

- Ask your healthcare team
- Look through your local paper
- Ask at your local community centre about what is happening in your area.

▶ Write down your family, whānau or friends who could help you:

Who:	How:
.....
Who:	How:
.....
Who:	How:
.....
Who:	How:
.....

▶ Write down your healthcare team members who could help you:

Who:	How:
.....
Who:	How:
.....
Who:	How:
.....
Who:	How:
.....

▶ Write down your local services or community groups that could help you:

Who:	How:
.....
Who:	How:
.....
Who:	How:
.....
Who:	How:
.....

Show this
to your
healthcare
team!