

MATCHING SUPPORT

Skills
needed

Monitor pain meds
Monitor drain tube & bandage
Help positioning me
Help moving about
Help bathing
Preparing meals
Follow up visits to Dr.

Support
needed +
wanted

Family-wanted them
there
Mobility
Meals
Bathing
Household chores
W/improvement, I
wanted to do for
myself.

Someone understanding, willing to do
for me but assist when I want to do
for myself. Someone who will leave me
alone to rest, do for me when needed,
assist me when desired.

personality
characteristics
needed



shared
common
interests

My helpers were family and girlfriends so we had
common interests from the start.

