

# DEVELOPING INTERDEPENDENCE

## What is Interdependence?

Interdependence means we all need help sometimes, and it's okay to ask for it. Everyone uses support from others, tools, or routines to get through the day, like using a calendar to remember appointments or asking a friend for help. It isn't about being less capable; it's about using all the resources around you to make life easier. When we work together, we can do more and feel more confident.

## Why it Matters:

- No one can do everything alone.
- Asking for help shows you know what you need.
- Support can make things less stressful and easier to manage.
- It helps you build good relationships and trust with others.

## Practical Ways to Build Interdependence

### USE VISUAL SUPPORTS

- Try daily schedules to guide routines
- Step-by-step lists with pictures or simple words.

### REMINDERS & TASK STEPS

- Divide big tasks into smaller parts
- Use checklists & reminders (alarms, calendars, or apps)
- Divide big tasks (paying bills or shopping) into small steps.

### TEAMWORK & SUPPORT

- Share household tasks with others. Use a chart to clarify who does what.
- When you need help, reach out to a trusted friend, family member, or professional.

### STAY CONNECTED

- Build and maintain a support network.
- Identify people you trust and can turn to for help. Make "Support Circle" or "Tree of Trusted People" to map out your support network.
- Schedule regular check-ins to review what's working and adjust plans as needed.

### CELEBRATE PROGRESS

- Recognize small wins and use simple rewards (like a favorite activity) to stay motivated.

# CIRCLE OF SUPPORT

*Who do you rely on for support?*

## PEOPLE WHO HELP ME EVERY DAY (THESE PEOPLE HELP WITH DAILY TASKS AND ROUTINES)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they help with: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## PEOPLE WHO HELP WHEN THINGS ARE HARD (THESE PEOPLE HELP WHEN I'M UPSET, CONFUSED, OR NEED EMOTIONAL SUPPORT)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

When to call them: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## PEOPLE WHO HELP WITH MONEY AND IMPORTANT PAPERS (THESE PEOPLE HELP ME BILLS, PAPERWORK, APPOINTMENTS)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they help with: \_\_\_\_\_

What they help with: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## PEOPLE WHO HELP WITH MY HEALTH (DOCTORS, THERAPISTS, COUNSELORS)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What they do: \_\_\_\_\_

What they do: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## PEOPLE WHO ARE JUST FOR FUN (ENJOY SPENDING TIME WITH THESE PEOPLE)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

What we like to do together: \_\_\_\_\_

What we like to do together: \_\_\_\_\_

## SAFE PEOPLE TO TALK TO (PEOPLE WHO UNDERSTAND ME AND ARE PATIENT WITH ME)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

How to reach them: \_\_\_\_\_

How to reach them: \_\_\_\_\_

## EMERGENCY CONTACT (CALL THIS PERSON FIRST IF SOMETHING IS REALLY WRONG)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### *Remember*

Everyone needs help—asking for help is okay! It's okay to need different people for different things. You can show someone this list if you need support