

My circle of support

A simple conversation starter for staying independent. Start with one task, ask someone you trust, and agree on a backup together.

What would make my everyday life easier?

One task to agree on

Task and when help would be useful:

Person who has agreed to help + best way to reach them:

Backup person or service + what to do if no one is available:

What I want to keep doing myself:

Date we will check in and update this plan:

Keep this sheet private. Share it only with people you choose. Ask each person before including them. This is not an emergency response plan.

An RS planning worksheet. For immediate danger, contact your local emergency services.