

## 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.

