

Family & Friends Support One-Pager

A simple guide for people who care about our family and want to be helpful.
Support preferences only - no private clinical details or instructions about my child.

FOR

FROM

1. WHAT I WANT YOU TO UNDERSTAND

ONE THING I WISH PEOPLE UNDERSTOOD ABOUT OUR FAMILY

WHAT YOU MAY NOTICE

- | | |
|---|---|
| ☐ Plans may change or end early | ☐ We may need space or a quieter place |
| ☐ I may be focused and unable to explain | ☐ A sibling may need attention too |
| ☐ Something else you may notice | <input type="text"/> |

2. WHAT HELPS - AND WHAT DOES NOT

HELPFUL RESPONSES

- | | |
|--|--|
| ☐ Ask what would help before acting | ☐ Follow the parent or caregiver's lead |
| ☐ Offer one specific practical task | ☐ Let us leave without demanding an explanation |
| ☐ Keep inviting us without pressure | ☐ Another helpful response |

PLEASE AVOID

- | | |
|---|--|
| ☐ Unrequested parenting advice | ☐ Comparisons with other children or families |
| ☐ Private questions in front of other people | ☐ Jokes, staring, blame, or commentary |
| ☐ Promising a quick fix | ☐ Another thing to avoid |

3. ONE WAY YOU CAN HELP THIS WEEK

A SPECIFIC KIND OF HELP WOULD BE

- | | | |
|--|--|---|
| ☐ Bring or arrange one meal | ☐ Handle one errand | ☐ Spend time with a sibling |
| ☐ Help with transportation | ☐ Check in without asking for updates | ☐ Join an approved training conversation |
| ☐ Another specific kind of help | <input type="text"/> | |

WHEN / HOW TO OFFER IT

4. PRIVACY AND CONTACT

OKAY TO SHARE

PLEASE KEEP PRIVATE

BEST WAY TO REACH ME