

WELLNESS KEY 1 TOOLS

My Support Circle Worksheet

Building a circle of support can help you and your loved one with Parkinson's meet important needs and feel more connected. This circle might include a combination of people you know (family members, close friends, neighbors), and organizations or professionals you trust.

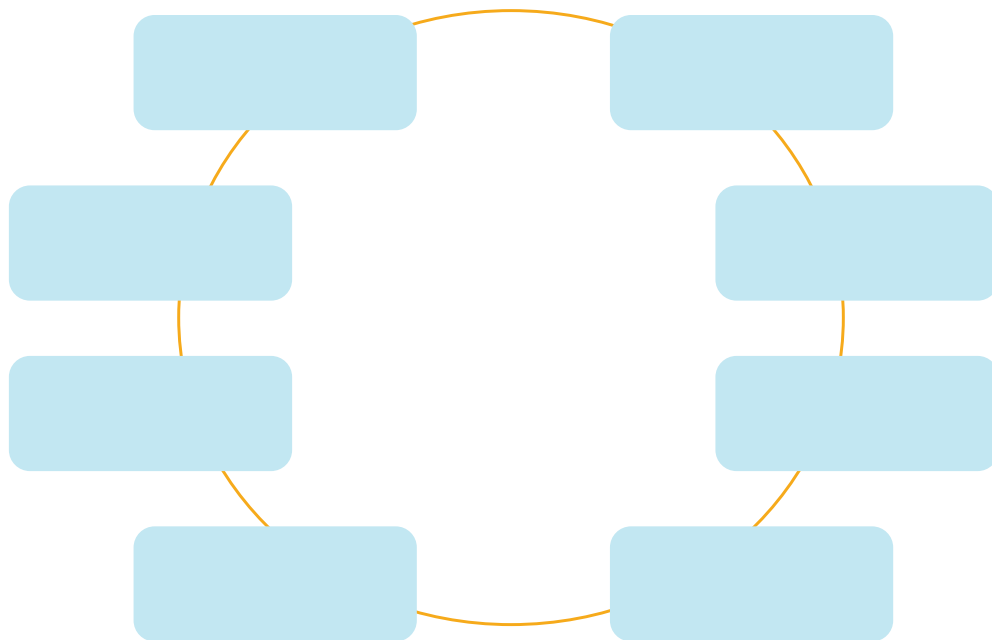
To identify who is in your circle, answer the following questions:

1. What do I need to do by myself? What tasks could someone else help with?

2. Is there a specific day of the week or time of day when I need more help?

3. Who can help with daily tasks? Use the spaces in the circle to write their names.

Add additional names outside of the circle if you need more room.



 To print additional copies, visit [Parkinson.org/Worksheets](https://www.parkinson.org/Worksheets).

