Caregiver Support and Shared Load | Rehearse

Rehearse a Clear Help Request

Adult caregivers | 8 to 10 minutes | Session guide

Practice a bounded request with an explicit agreement and a fallback.

A clear request lets another person understand what you need and decide what they can offer. It also helps protect you from the extra work of managing an unclear promise. You can ask without apologizing for having limits.

How to use this page

Select a nonclinical task or a request for information. Draft a message or rehearse with a supportive person. Do not send anything until the wording and recipient feel appropriate.

Specify the request

Include the task, timing, and endpoint: "Could you make two calls to ask about accessible transport and send me the options by Tuesday?" State what would count as complete. Share only information the helper actually needs and has permission to receive.

Check capacity and ownership

Ask whether the person can manage the task, including the follow-up. If they offer a smaller action, decide whether it still helps. Avoid assuming an agreement from silence. Confirm who will tell whom if the arrangement changes.

Make a fallback visible

If the person cannot help, consider another contact, a different task, or a service inquiry. You do not have to keep making the same request to an unreliable person. If essential care is at risk, seek appropriate professional help rather than relying on an unconfirmed favor.

Original educational material. Not a validated assessment or treatment protocol.

PK05-04 | continued

1. My request, how we will confirm it, and my fallback

Facilitator notes and adaptation

Consider power, conflict, consent, and privacy within the care network. A request is not a safe handoff until capability, availability, and necessary instructions have been established.

About this resource

AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PA08 | Centers for Disease Control and Prevention | Healthy Habits: Caring for Yourself When Caring for Another

https://www.cdc.gov/caregiving/caring-for-yourself/index.html

PA09 | National Institutes of Health | Social Wellness Toolkit

https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits/social-wellness-toolkit

Original educational material. Not a validated assessment or treatment protocol.