

Mobilizing People in Your Life to Meet Your Needs

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| <p><u>FOR IDEAS OF PEOPLE WHO COULD HELP:</u> Think about: family, friends, classmates, neighbors, congregation members.</p> <p>Think of people you know from: activities you do, organizations you're in, places you go.</p> <p>Scroll through your:</p> <ul style="list-style-type: none"> - phone's contacts - social media contacts - email contacts if fitting | <p><u>CLARIFY YOUR NEEDS:</u> check all that apply</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooked Meals <input type="checkbox"/> Grocery pickup/dropoff <input type="checkbox"/> Babysitting <input type="checkbox"/> Translation/interpretation <input type="checkbox"/> Searching services <input type="checkbox"/> Visits <input type="checkbox"/> Transportation <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ | <p><u>DECIDE HOW & WHEN</u> you will reach out to each person about getting involved, if not now (Ex. "Will call Tuesday evening")</p> <p>Put reminders in the system(s) you use to stay organized (ex. calendar, to-do list)</p> | <p><u>KEY NOTES</u> from outreach attempt/conversation, like plans, outcomes, etc.:</p> <ul style="list-style-type: none"> - If you spoke or you left a message - Details about how and when they can help - Anything else you find relevant |
| <p>NAME:</p> | <p>NEED(S) you'll ask them for help with:</p> | <p>HOW & WHEN you'll reach out:</p> | <p>KEY NOTES from outreach / conversation, like plans, etc.:</p> |
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