

# Survivor Support Network Checklist

Organize support without giving up autonomy.



A practical tool for organizing communication, appointments, household help, and healthy boundaries after a health crisis.

## Who Is in the Network?

- Primary support person or caregiver
- Medical point of contact
- Transportation backup
- Family or household support
- Trusted friend, peer, faith, or community support

## What Can Be Delegated?

- Appointment transportation or note-taking
- Calendar and reminder support
- Meals, errands, childcare, or household tasks
- Paperwork organization and document copies
- Regular check-ins when the survivor wants them

## Communication Agreement

- What information may be shared?
- How should reminders be sent?
- What tasks should the survivor keep control of?
- When does the survivor need quiet, privacy, or fewer check-ins?

## One Concrete Ask

**Instead of “I need help,” try a specific request such as: “Can you come to this appointment?” or “Can you help me organize these papers?”**

### RTH TAKEAWAY

Support should preserve the survivor’s agency. Caregivers can assist without becoming the clinical decision-maker.

Educational resource. Use current official guidance for high-stakes medical, legal, school, workplace, housing, or emergency decisions.