

The Survivor's Edit

Personal Support List

Keep this list for yourself or share it with a trusted person who is helping coordinate your support. Before sharing, make sure everyone listed is comfortable having their contact information included.

My primary support coordinator: _____
Phone/Email: _____

Medical Support

People who can attend appointments, take notes, ask questions, or help me remember information.

1. Name: _____ Phone: _____
How they can help: _____
2. Name: _____ Phone: _____
How they can help: _____

Transportation

People who can drive me to appointments, treatments, procedures, or the pharmacy.

1. Name: _____ Phone: _____
Availability or notes: _____
2. Name: _____ Phone: _____
Availability or notes: _____

Meals and Groceries

People who can prepare meals, organize a meal train, shop, or arrange delivery.

1. Name: _____ Phone: _____
Dietary or scheduling notes: _____
2. Name: _____ Phone: _____
Dietary or scheduling notes: _____

Household and Pet Care

People who can help with cleaning, laundry, errands, childcare, yardwork, or pets.

1. Name: _____ Phone: _____
How they can help: _____
2. Name: _____ Phone: _____
How they can help: _____

Work and Administrative Support

People who can help with paperwork, insurance calls, bills, workplace communication, or scheduling.

1. Name: _____ Phone: _____
How they can help: _____
2. Name: _____ Phone: _____
How they can help: _____

Emotional Support

Someone I can call when I need to talk, vent, laugh, cry, or feel less alone.

1. Name: _____ Phone: _____
2. Name: _____ Phone: _____

The Survivor's Edit

My Support Team

Name	Relationship	Phone/Email	What they can help with

Professional Support

Name or Organization	Type of Support	Contact Information
	Therapist/Counselor	
	Social worker or patient navigator	
	Support group	
	Faith or spiritual support	
	Other:_____	
	Other:_____	

This worksheet is intended for personal organization and recordkeeping and is not a substitute for medical, legal, insurance, or financial advice.

© 2026 Weslea O'Connor. The Survivor's Edit. All rights reserved. For personal use only.