



Family Support Toolkit

Showing Up Matters: Meaningful Support for Families of Children with Complex Medical Needs

When your child has complex medical needs, life can feel like it runs in many directions. Appointments, hospital stays and medical decisions can take over, affecting every part of your family’s life—your finances, work, home routines and the care of siblings.

This toolkit is designed for *you*. Our goal is to help you build a supportive community around your family and to offer practical tools that can keep life moving outside of the medical crisis.

Every family experiences and manages stress differently. Some families feel comfortable asking for help, while others hesitate because they do not want to feel like a burden. Even when friends and loved ones sincerely say, “Let me know how I can help,” it can be hard to know what to ask for—especially when you are already overwhelmed. Over time, support may fade, not because people do not care, but because they are not sure how to help.

This toolkit will help bridge that gap. Inside, you will find tools and resources to make it easier for others to support your family in meaningful ways—so you do not have to carry everything alone.

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