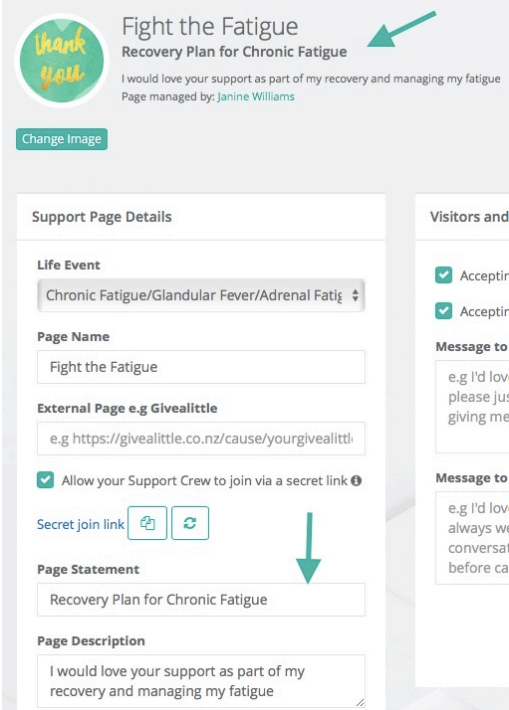# Getting the most out of your Support Page

Here's some ways to help you get the most out of your Support Page.

Creating your Support Page

When creating your Support Page, capture what it is that you are going through, and you can include as much or as little information as you feel comfortable with. It may be as simple as 'Jan's meal roster'.

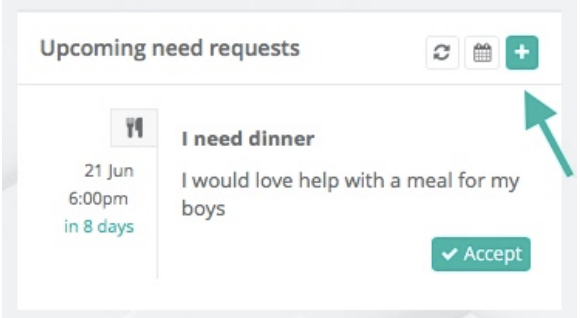**TOP TIP**: Add an image to your page which captures you or something you love.

Adding your 'need requests'

When adding 'need requests', think about what might've been a challenge for you over the last few days, or what you'd really have liked some help with.

TOP TIP: We recommend that, if you can, you add at least a few 'need requests' BEFORE you invite your Support Crew to your page. That way, when your Support Crew comes onto your page, they can instantly see how they can help.

Inviting your Support Crew

When inviting your Support Crew, think about who in your support network you would like to have as part of your Crew. This may include family, friends, colleagues, neighbours or someone in your community.

TOP TIP: We recommend that you invite as many people to your page as you feel comfortable with. The more people you have on the page the more likely it is that you'll get the help that you need.

Posting an update or picture

When posting an update, it might help to think about updating your Support Crew so that they know how you 're feeling this week, or it may be that you want to thank someone for something they have helped with.

Also have a think about how you want to manage your visitors and phone calls. This can also be captured on your Support Page.

TOP TIP: communicating regularly with your Crew keeps them updated and coming back to check on what they can help you with.

Reviewing your 'need requests'

When reviewing your 'need requests' don't forget to do this on a regular basis to make sure they are relevant to each week.

Don't forget to keep adding new things that your Support Crew can help with - existing need requests can be edited and new ones can be added at any time.