

THE ILLUSTRATED GUIDE

Guardian

Care with clarity. Keep room for both people.



INSIDE THIS EDITION

- 01 Find out what help is actually wanted
- 02 Help someone keep a part of their own
- 03 Make the care you can give clear
- 04 Give other people a real part to carry
- 05 Notice whether the help fits both people

A practical companion for noticing patterns and trying small changes.

CHAPTER 01 / A FICTIONAL FAMILY SCENE

He solved a bigger problem than she had brought him.



Samir and his mother, Asha, discussing what help she wants: an original fictional scene, illustrated with AI.

On Thursday, Asha asks her adult son Samir for help with Friday's shopping. He orders a week of groceries and cancels his Friday afternoon class, expecting to spend the day sorting food and cupboards.

When he tells her, Asha says she wanted a ride to the shops. She planned to choose a few things herself. Some items he ordered are things she did not want. Samir replies that he was trying to make her week easier.

Asha can see the effort. She still wants a say in what arrives in her kitchen. Samir has already given up his class before checking what the help actually required.

Did you ask what would help before deciding what to do?

Next: give the person's request and your assumptions separate places.

CHAPTER 01 / CHECK THE NEED

The person receiving help has information you need.

“Help with shopping” can mean a ride, company, carrying bags or choosing an order together. Samir heard a whole day of work. Asha meant something smaller and more specific.

Ask what is difficult. “Which part would you like help with?” Give the person time to name the actual obstacle. A familiar task can have a different problem this week.

Ask what they want to keep doing. “Would you like to choose the items yourself?” Their preferred role matters. Someone may need practical assistance and still want control over the decision.

Check what is already arranged. A delivery, another person’s help, a timetable or a plan they prefer. You might duplicate work or change an arrangement without realizing it.

A QUESTION SAMIR COULD HAVE ASKED

“What would make Friday’s shopping easier? Do you want a ride, help carrying things or an order we choose together?” Asha can choose, reject the options or explain another need.

Sometimes the person cannot explain immediately. Offer a manageable option and ask whether it helps. If the situation requires urgent action or specialist knowledge, the response needs to fit those circumstances.

What has the person actually said? What would I need to ask before acting?

What part of the help should still belong to them?

Samir can ask which part of the shopping is difficult. Knowing the task still leaves a choice: do it, explain it, stay alongside, or give the person room to try?

FROM THE GUIDE / PAGE 08 / THE NEXT CHOICE

Doing a task for someone can be exactly the help they need. At another moment they may want an explanation, company or a chance to try while you are nearby. Find out which response fits.

CONTINUE WITH CHAPTER 02 / PAGE 07

Help someone keep a part of their own

- 01 Check whether explanation, company or practical help fits.
- 02 Keep the other person's choices visible.
- 03 Leave room for an answer you did not suggest.

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