



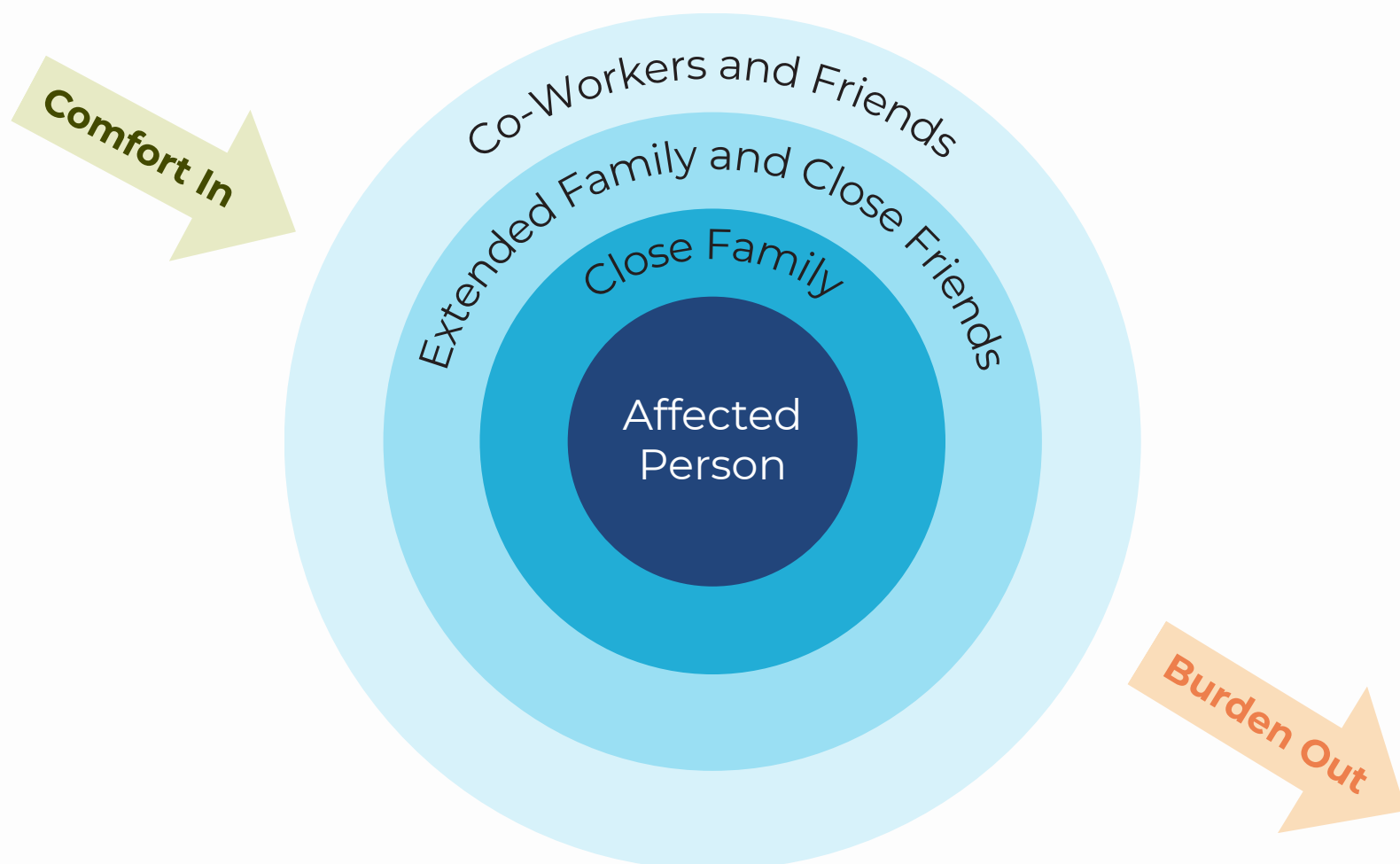
The Ring Theory of Support:

Asking for Support and Offering It to Others

The Ring Theory of Support is a helpful framework for establishing roles on your support team.

The idea is to **determine and communicate who can ask for support** as you care for your child, and from whom.

The goal is to **minimize the caregivers' burden**.



Depending on your situation, your rings might look different from these, or different at different times.

The people closest in, usually the **AFFECTED PERSON** and **PRIMARY CAREGIVERS**, may request assistance, support, and comfort from those in **any ring** (and others).

Those in outer circles (**EXTENDED FAMILY, FRIENDS** in this example) may **OFFER support or comfort to anyone** but may only **request support from people in their ring or outer rings**, unless they have permission or consent to ask those in inner rings.