## Annexure F

### SUPPORT

#### Facilitation process to establishing support groups for clients and caregivers.
- a support system for caregivers and consumers
- patient self-support e.g. knowledge and information about disease/illness/condition.
- health professional as a support system
- family support system
- support from workplace, school
- community-based support system e.g. churches, neighbours, organised leagues etc.

#### Practical support
In conjunction with community volunteers and family members
- Household chores
- Shopping/outings
- Home/garden maintenance
- Respite care
- Assistance in activities of daily living if needed
- Leisure time activities

#### Social security and support
Arrange for application for pension/disability grant or other grants and ways to facilitate collection of grants. Arrange for financial and legal advice if needed. Arrange contact numbers in cases of emergency.

#### Spiritual support
In conjunction with community volunteers and family members
- Prayer
- Singing
- Scripture reading
- Sacraments
- Contact with religious leader, pastor, traditional healer
- Bereavement

#### Counselling
Peer, family, caregiver

#### Legal assistance
Drafting of a valid will and other legal/business matters