

YOUR SUPPORT CIRCLE

Starter Checklist

A simple, practical tool for identifying who's already in your corner — and where to start building from here.

This is not about building a large network. It's about identifying a few people you can rely on—and taking one small step forward.

You don't need a large network. You need a few people you can count on. This checklist helps you see who's already there, spot any gaps, and take one small step forward. Work through it at your own pace.

Part 1 — Who's Already in Your Life

List anyone who comes to mind — a friend, neighbor, colleague, faith community member, or professional. You don't need a full list yet. Even two or three names is a real start.

Person 1 — Name:

Phone / Email:

Person 2 — Name:

Phone / Email:

Person 3 — Name:

Phone / Email:

Person 4 — Name:

Phone / Email:

Person 5 — Name:

Phone / Email:

Part 2 — Types of Support

Check the boxes that apply to people you listed above, or keep in mind as you think about who else might fit each role.

Emotional Support

- Someone I can talk to honestly
- Someone who checks in on me
- Someone who listens without judgment
- A counselor or support group

Practical Help

- Rides to appointments or errands
- Help with groceries or medications
- Yard work, household tasks
- Tech or computer help

Decision-Making Support

- Someone I trust with big decisions
- A financial advisor or attorney
- Someone who knows my values
- A healthcare advocate

Emergency Contact

- Someone who can respond quickly
- Someone with a spare key or access
- Someone who knows my doctors
- A backup if my first contact is unavailable

Part 3 — Emergency Readiness

These are simple things worth having in place — not because something will go wrong, but so you're not figuring it out under pressure.

- Someone would know if something was wrong within 24–48 hours
 - At least one person has a key or knows how to reach me
 - My emergency contact knows they are my emergency contact
 - My doctor's name and pharmacy are written down somewhere accessible
 - I have a basic medical information sheet (allergies, medications, conditions)
 - My important documents are organized and someone knows where they are
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Part 4 — Gaps to Notice

Look back at your answers. Notice where things feel thin — not as a problem, but as useful information. Check any that feel relevant to you.

- I don't have anyone I'd feel comfortable calling in an emergency
- I have people in my life but haven't told them what I might need
- I'm not sure anyone would notice if I went quiet for a few days
- Most of my support is in one person — that feels fragile
- I have practical help covered but not emotional support (or vice versa)
- I haven't thought much about this before now

One gap is enough to work with. You don't need to fix everything at once.

Part 5 — One Small Next Step

Pick just one. Small is fine. Small is how this actually works.

- Reach out to one person and tell them they matter to you
 - Ask someone if they'd be willing to be a check-in contact
 - Give one trusted person a spare key or emergency contact details
 - Write down my doctor's name, pharmacy, and one emergency contact
 - Look into a local senior center, faith community, or volunteer group
 - Schedule a call with an attorney to talk through legal documents
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Reflection — A Few Minutes for Yourself

Who do I feel most comfortable leaning on right now?

What still feels unclear or hard to think about?

What do I want to do next, even if it's very small?

You don't have to do this alone — and you don't have to do it all at once. A support circle of two or three trusted people is enough to begin. Visit AgingSolo.today for more practical tools and guides.
