

Transition Tuesday

**Recognizing  
When You Need Help**





KENTUCKY SPECIAL PARENT  
INVOLVEMENT NETWORK (KY-SPIN)



Sometimes you know when you  
need help...

Sometimes you don't...



# You May Need Help When:



Overstimulated



Making car repairs



Cooking

# You May Not Know You Need Help:



Resource Teacher



Therapies



Accommodations

# Problems & Inconveniences

## **Problem:**

- Something to be worked out or solved
  - Something that is hard to understand, deal with, or correct
- Something that causes trouble or irritation
  - Difficulty in understanding or accepting

## **Inconvenience:**

- Something that causes discomfort or trouble



# What Kind of Problem Do I Have?



## **Personal Urgency:**


Unexpected event that is not dangerous

## **Personal Emergency:**



Sudden situation that can be dangerous for you or others

# Know Yourself




**CHARTING the LifeCourse** 

**Tool for Exploring Decision Making Supports**

This tool was designed to assist individuals and supporters with exploring decision making support needs for each life domain.

Name of Individual: \_\_\_\_\_  
Name of person completing this form: \_\_\_\_\_  
Relationship to individual (circle one): Self Family Friend Guardian Other: \_\_\_\_\_  
How long have you known the individual? \_\_\_\_\_

For each question below, mark the level of support you need when making and communicating decisions and choices in the Charting the LifeCourse life domains.

 I can decide with no extra support    I need support with my decision    I need someone to decide for me

**DAILY LIFE & EMPLOYMENT**

Can I decide if or where I want to work?			
Can I look for and find a job (read ads, apply, use personal contacts)?			
Do I plan what my day will look like?			
Do I decide if I want to learn something new and how to best go about that?			
Can I make big decisions about money? (open bank account, make big purchases)			
Do I make everyday purchases? (food, personal items, recreation)			
Do I pay my bills on time (rent, cell, electric, internet)			
Do I keep a budget so I know how much money I have to spend?			
Am I able to manage the eligibility benefits I receive?			
Do I make sure no one is taking my money or using it for themselves?			

**HEALTHY LIVING**

Do I choose when to go to the doctor or dentist?			
Do I decide/direct what doctors, medical/health clinics, hospitals, specialists or other health care providers I use?			
Can I make health/medical choices for my day-to-day well-being? (check-ups, routine screening, working out, vitamins)			
Can I make medical choices in serious situations? (surgery, big injury)			
Can I make medical choices in an emergency?			
Can I take medications as directed or follow a prescribed diet?			
Do I know the reasons why I take my medication?			
Do I understand the consequences if I refuse medical treatment?			
Can I alert others and seek medical help for serious health problems?			
Do I make choices about birth control or pregnancy?			
Do I make choices about drugs or alcohol?			
Do I understand health consequences associated with choosing high risk behaviors (substance abuse, overeating, high-risk sexual activities, etc.)?			
Do I decide where, when, and what to eat?			
Do I understand the need for personal hygiene and dental care?			

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**ALL ABOUT ME**



My name is \_\_\_\_\_  
I am \_\_\_\_\_ years old.  
I learn best when: \_\_\_\_\_  
I need help with: \_\_\_\_\_  
Most needed Accomodations: \_\_\_\_\_

My Self Portrait!

My top 5 strengths are:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

Things that make me happy and calm: \_\_\_\_\_

Things that can upset me: \_\_\_\_\_


I am motivated by: \_\_\_\_\_

My wish for this year is: \_\_\_\_\_


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**My Relationships**

Think about all the people you spend time with in your life, and put them in the correct category.

 Familial   Friendship   Parasocial

Professional   Acquaintance   Romantic



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<https://www.kyspin.com/wp-content/uploads/2023/03/Tool-for-Exploring-Decision-Making-Supports-Charting-the-LifeCourse.pdf>

<https://www.kyspin.com/wp-content/uploads/2024/07/All-About-Me-Worksheet.pdf>

<http://www.kyspin.com/wp-content/uploads/2025/02/6-Types-of-Relationships.pdf>



# Can I Solve This Problem?

## Can I Handle It Alone?

Sometimes you know what to do, and sometimes you don't. Think about each situation below and decide how much help you might need to resolve them.

Challenge	I can do it	I might need help	I will ask for help immediately
Your teacher explained the homework, but it didn't really make sense to you. Can you do it alone, or message a classmate or ask the teacher for help?			
You're hanging out with friends and realize your wallet is gone. You retrace your steps but can't find it. Can you decide your next steps or do you need to ask for help?			
It's tax season, and you're wondering what you are going to do. Can you research it on your own or do you need help?			
You've been asked to give a presentation. You're considering whether you can prepare everything alone or if you should ask someone to help you rehearse and prepare.			
You're hosting a big birthday party for a friend. Can you plan everything (food, drinks, decorations, invites) by yourself or do you need a co-planner to share the load.			
You're in a group project and one person isn't doing their part. Do you pick up the slack yourself or is it better to talk to the teacher or your group about it.			
Your phone screen goes black and won't turn on. You're wondering if you can fix it by trying stuff you've seen online, or if it's smarter to ask someone for help.			



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ASKING FOR HELP

## Self Reflection Worksheet

What are things I'm good at doing?

How do I feel when I ask for help?

What benefits do I get from asking for help?

What are things I could use help doing?



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ASKING FOR HELP



<http://www.kyspin.com/wp-content/uploads/2025/05/Asking-for-Help.pdf>

# I Can Solve this Problem!

01

Break Down the Problem

02

Encourage Brainstorming

03

Weigh the Options

04

Make a Plan

05

Build Self-Awareness



# I Cannot Solve this Problem

01

Who can help?

02

How to  
ask for help

??



# Who Can Help?

## Who Can Help?

Knowing who you can ask for help is just as important as knowing when to ask for help. We've started a list below. Think about your relationships and what kind of help each person can provide.



**Family** - Family and Guardians are your "go-to" resources, use them for financial, relationship and any other advice you need. They know you best, and can support you in finding the right help.



**Friends** - True friends have your best interest in mind, but they may not have the right information to help. Ask them, but make your own decisions based on what feels right for you.



**Teachers** - Teachers are a great resource, especially when you have questions about assignments, school activities or after school post secondary options.



**Doctors or Nurses** - Medical professionals care about your physical and mental health. They will be ready and willing to help with anything related to your well-being.



**Religious Leaders or Mentors** - Religious leaders and mentors can help you explore questions about faith, finding purpose, dealing with tough emotions, or making choices that align with your values.



**Therapists or Professionals** - You can ask them about how to manage stress, deal with anxiety or depression, improve relationships, or understand your feelings better.



**Strangers** - A store clerk or someone working nearby can help with things like directions, finding something, or information on what time a bus comes or an event starts.



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ASKING FOR HELP



# Asking for Help

1. Do not interrupt someone if they are busy or having a conversation ***unless*** you are having an emergency
2. State your problem as calmly as possible
3. Ask the person to help you only in the area where assistance is needed
4. Be patient while the person is figuring out the best way to help you
5. Thank the person for their help



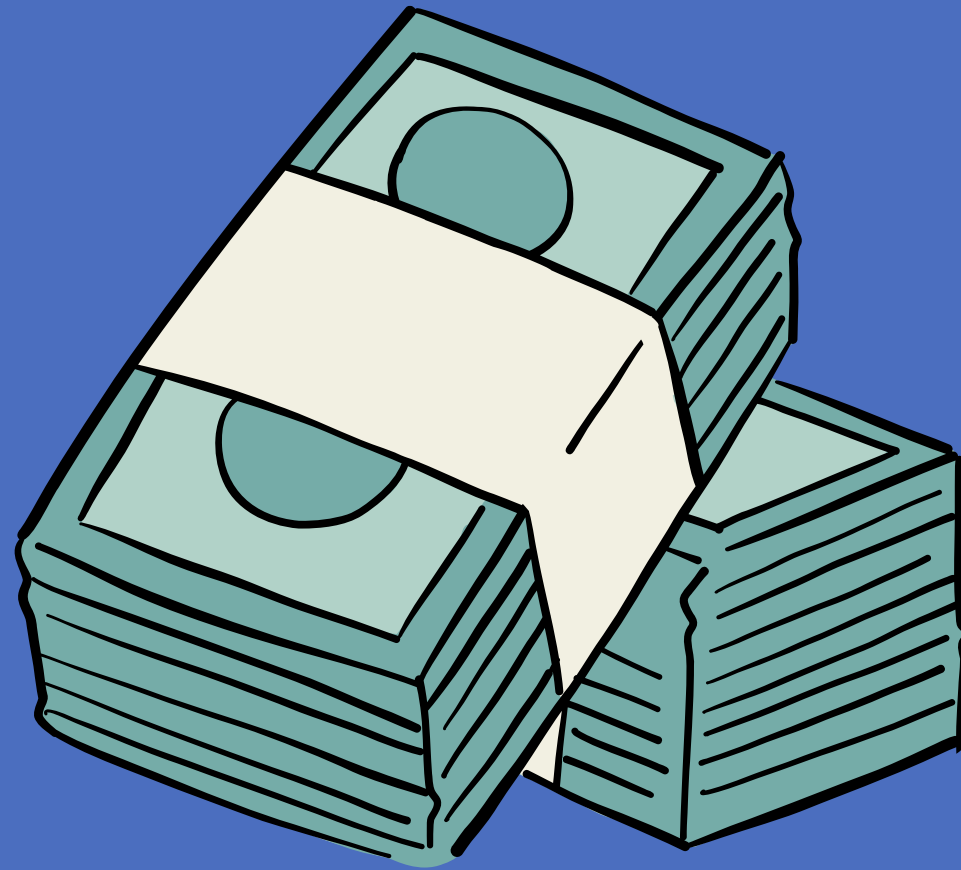


# Scenarios

01



02



03

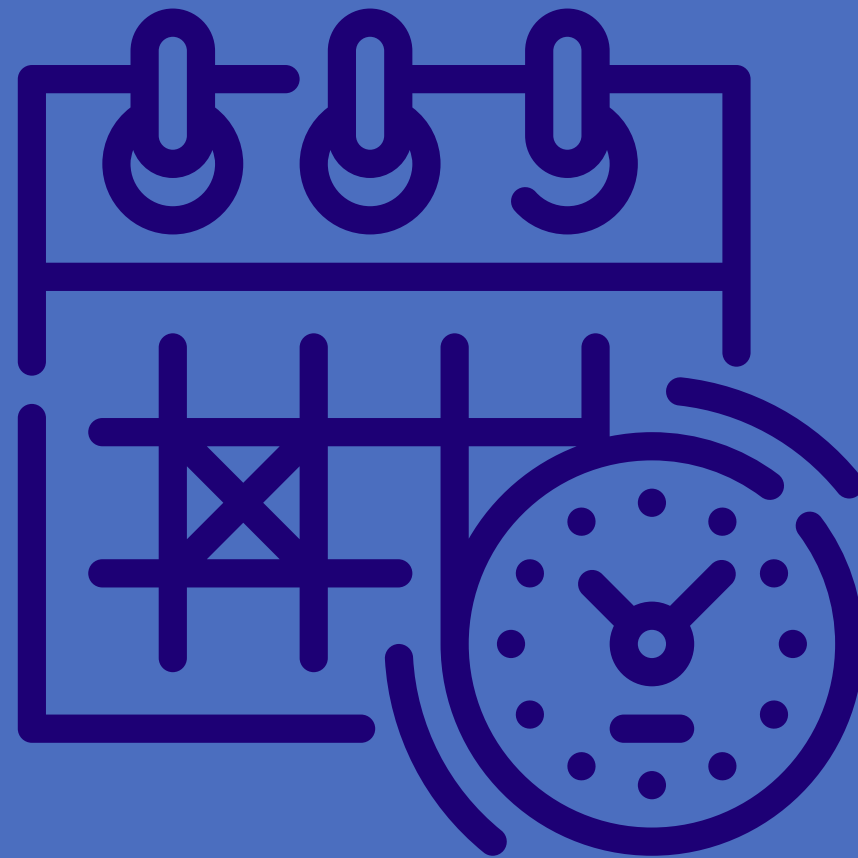


# Scenarios

01



02

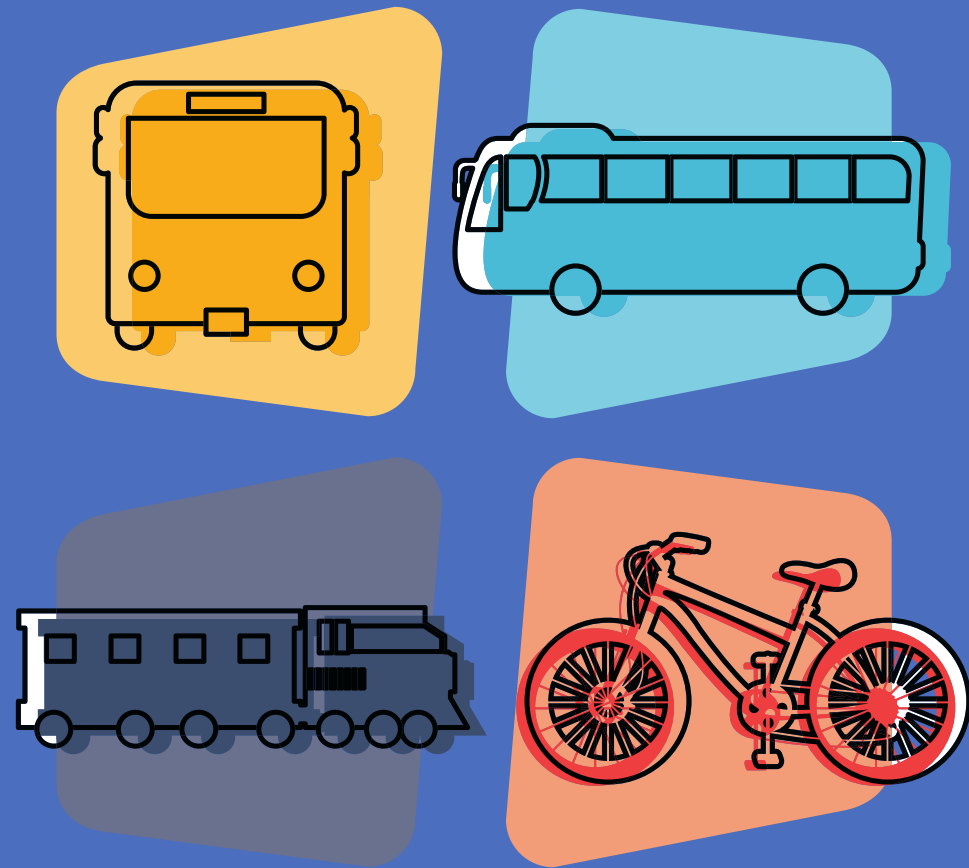


03



# Scenarios

01



02



03



# If You Need to Develop this Skill



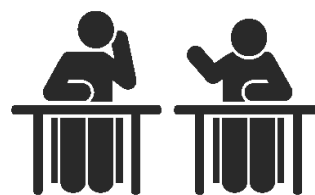
## ASKING FOR HELP GOALS FOR THE IEP

Postsecondary goals in your IEP help you plan for life after high school, such as going to college or getting a job. They guide you in building the skills you need to be successful and independent in the future.



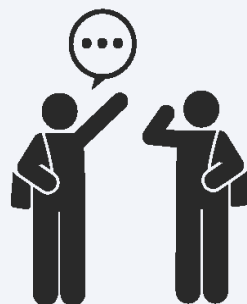
**I can demonstrate the ability to recognize when I need help and take appropriate steps to seek assistance in school, work, or community settings.**

The student will identify situations where help is needed and appropriately express the need for help in 4 out of 5 observed opportunities across academic and vocational settings.



**I can demonstrate the ability to identify appropriate people to ask for help in different situations, such as teachers, employers, or community members.**

The student will correctly identify the appropriate person to ask for help (e.g., job coach for work-related questions) in response to situational prompts with 90% accuracy during structured activities and real-life role-plays.



**I can demonstrate the ability to ask for help using clear and respectful communication in school, work, or community environments.**

The student will use a complete sentence or appropriate method (e.g., verbal, written, AAC device) to request help in a respectful manner in 4 out of 5 opportunities across different settings.



**I can demonstrate the ability to use problem-solving strategies to decide when to try on my own and when to ask for help.**

The student will participate in structured problem-solving activities and correctly determine when to seek assistance versus when to work independently in 3 out of 4 scenarios provided during instruction or natural classroom situations.

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# Recap

- Everyone needs help sometimes
- Determine what kind of problem you are having
- Identify if you need help
- Identify who to ask for help
- Know how to ask for help



# Resources

[Asking for Help Infographic & Worksheets](#)

[Recognizing when you need help Goals for IEP Infographic](#)

[All About Me](#)

[KY-SPIN Supported Decision Making](#)

[6 Different Types of Relationships Infographic and Worksheets](#)

[Emergency & Urgency Preparedness Infographics and worksheets](#)

[Emergency Preparedness Goals for IEP](#)



# Thank You

Please complete our evaluation



<https://forms.gle/RrQ3DZ1UpPnb3neE7>



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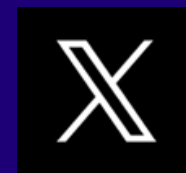


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[spininc@kyspin.com](mailto:spininc@kyspin.com)

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