

Elder Options, Inc.
Resource Library
Subject: Accepting Help

Accepting Help

It's hard to accept help.
It's hard to even say the word – “help”
We're taught to grow up,
Be strong, self sufficient,
On our own.

But there is a time
In all of our lives
That it's o.k. to admit
Our own need.

It doesn't make us less than.
It doesn't mean we've failed.
It doesn't mean it's the end of the world.
It means it's time for “help”.

Help comes in lots of ways,
Doing, thinking, feeling, and fixing.
Not everything is right at the time.
But if you had to pick just one “help”
What would it be?

Then ask and be ready to accept.

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