




Filling the Three Buckets of Need



Using the “3 Buckets of Need” concept can help you think about what would be helpful to you and your family member at the current time, in a way that meets your preferences. You can use this to inform those around you about what you need, and direct the types of support that you request from others. Combine this with the concept of the “Integrated Support Star” to make sure you consider all resource options!

	What supports are needed for my Good Life? My Family's Good Life? Given where I am, where my family member is, and what our priorities are, what would be helpful to us at this time?	Ideas to explore Specific Requests to Make Who to ask
Discovery and Navigation Having the information and tools you need to navigate life. Sometimes, we don't need anything but information about a topic so we can make a decision or simply know what's going on		
Connecting and Networking Making connections with peers and others who have "been in your shoes." Connecting with resources to help you navigate. Peer support, counseling, groups, social capital		
Good and Services The day-to-day tangible items you buy or use from public and private organizations in your community. These are the things that we connect with to make our daily lives possible and successful		

