



Sometimes, the biggest impact on a person's health is coming from their unmet needs. Since as herbalists **we are also "part social worker"**, it's very helpful to be able to connect people with services and supports!

What kinds of services can we help people find?

- **patient advocates** - help with scheduling/coordinating appointments, understanding treatment options, supporting the person's medical decisions, etc
- **disability advocates** - help with applying for benefits, navigating bureaucracy, etc
- **legal advocates** - help with resolving legal disputes, understanding legal documents (contracts, leases, nondisclosure agreements, etc)
- **childcare**
- **elder care**
- **caretakers** - wellness check-ins, home nursing care, cooking, shopping, etc
- **food assistance** - food banks, community pantries/fridges, hot meal deliveries, etc
- **financial assistance** - budgeting, bill consolidation, etc
- **transportation**
- **heating assistance**
- **internet & information system access = LIBRARY!**

How do you find these resources?

Start with a web search. Use one of the phrases above plus your locality (city, region, etc).

Examples:

- *heating assistance Vermont*
- *internet assistance Boston*
- *legal advocate western Massachusetts*
- *childcare support bay area*
- *disability advocate east Tennessee*

Check the results for any promising leads. Visit the sites and assess what they have to offer.

Consider ease of use: it may not be helpful to just send someone a link to one of these sites without further comment! You may help best if you dig up specific contact points (phone, email) and even some notes on what to say, and provide this to the client.



Start with real people.

The first place to look for support for an individual is in their social circles: family, friends, neighbors, community members.

Spend time talking with your client about who is in their life, and who they feel comfortable asking for help. Encourage them to ask for help!

Give them scripts or icebreakers to use, so they feel like they know what to say.

The more local a support provider is, the more likely they'll be able to help in a concrete way.

Share what you know!

Please contribute any resources you've found helpful.

If they're municipal or regional, please include that city/region's name in the subject line of your discussion thread!

If they're national, we may add them to the list below.

National Resource Organizations

These are primarily helpful in that they can connect you to more local organizations or providers, although some do provide direct support to individuals.

- [Patient Advocate Foundation](#)
- [Rare Disease Patient Organizations Database \(National Organization for Rare Disorders\)](#)
- [Disability Rights Education & Defense Fund](#)
- [Disability Rights Legal Center](#)
- [National Disability Rights Network](#) - *member agencies directory for all US states & territories*
- [Cancer Legal Resource Center](#)
- [LawHelp.org](#)
- [National Legal Aid & Defender Association](#)
- [National Consumer Law Center](#)
- [NAACP Legal Defense Fund](#)
- [Childcare.gov](#) - *state resources search*
- [ChildCare Aware](#) - *state resources search*
- [Eldercare Locator](#) (US Administration on Aging / Administration for Community Living)
- [Family Caregiver Alliance - Services by State](#)



Finding Social Support Services for Your Clients

- [Caregiver Action Network - Agencies and Organizations](#)
- [Meals on Wheels America](#) - search by zip code
- [Feeding America](#) - food bank search
- [FoodFinder](#) - free food pantry locator
- [SNAP State Directory of Resources](#) (USDA)
- [Benefits.gov](#) - identify if someone qualifies for disaster relief, healthcare/medical, financial, or loan assistance
- [Housing Counselor Locator](#) (CFPB)
- [Low Income Home Energy Assistance Program](#) - qualification assessment tool
- [National Rural Transit Assistance Program](#)
- [Library Finder](#)