Get a job and/or go back to work

(Education & Employment)

- Have spending money
- Get an education
- Work hard at a job I like

Have medical equipment & medication

(Medication & Equipment Support)

- Find medications that work for me
- Get medical equipment that will help me manage my conditions

Legal issues

(Legal Assistance)

- Stay out of jail
- Get help with a legal issue I am facing
- Get a lawyer

Talk to someone about my mental health (Mental Health Support)	 To feel better about myself To have more energy and motivation Have fun and not worry all the time
Have transportation (Transportation Support)	 Find ways to get to and from medical appointments Not have to rely on others to get places
Have a better living situation (Housing Support)	 Have a safe place to live Make improvements to where I stay Find housing I qualify for

Have a better relationship with my doctors & nurses

(Provider Relationship)

- Feel at ease in my health care providers office
- Feel comfortable telling my provider when I don't understand something they say
- Learn more about

(COPD, Diabetes, etc...)

(Health Management)

- Better control my pain
- Learn more about managing my health on a day-to-day basis
- Be physically fit

See if I qualify for insurance and other government programs

(Benefits & Entitlements)

- Apply for assistance
- Apply for health insurance
- Figure out if I qualify for additional income

Help people in my community (Advocacy & Activism)	 Get involved with/organize a local interest group Let people know about issues happening in our community Use my story to raise awareness
Identification (ID Support)	 Get a photo ID Get a driver's license Get a social security card Get a birth certificate Get proof of income
Have support (Family, Personal, & Peer Support)	 Socialize with friends and family Find a good friend Feel like my life matters to someone else

Talk to someone about my drug or alcohol use (Addiction, Assessment, & Connection)	 Learn more about how a drug or alcohol I use affects my chronic condition Find someone I can talk to about my alcohol or drug use
Food & Nutrition	 Get access to healthy food Eat better Learn how to cook healthy food