

Transport, Childcare and Treatment Attendance

Name the part of attendance that is difficult, then make a specific request. A possible ride or childcare arrangement is not confirmed until the person or service agrees to it.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

SAMHSA includes rides, appointment help and other practical assistance among the things a person can ask for. A clear request lets the other person say what they can actually do. [1]

Original example: turn a barrier into a request

Barrier	Specific request	Still unconfirmed
The visit starts before school pickup ends.	Could you collect Maya at 3:15 on Thursday and stay until 5:00?	Whether the helper can cover the whole time
I can get there but not home.	Does the program know any transport options for the return trip?	Eligibility, cost, booking and return time
My ride canceled.	I cannot reach today's appointment as planned. Who can discuss the next step?	Program instructions; no replacement visit assumed

Build one workable trip

Appointment and full time needed

Date; address; start/end; travel, waiting and arrival time.

Main travel plan and backup

Driver/service/contact; cost and accessibility; what is confirmed.

Care responsibilities during that time

Child/dependent/pet arrangements; helper/contact; any gap before or after the visit.

The unresolved step

Who I will contact, what I will ask, and when an answer is needed.

When plans fall through

Use the program's contact instructions as soon as you can. Ask about options rather than assuming a missed visit can be moved online or rescheduled. Programs, transport services and assistance rules differ.

Keep sensitive details limited

Helpers need enough information to do the agreed task. You can request a ride to an appointment without sharing your treatment story. Ask the service what identifying information it needs.

Sources and Further Reading

[1] SAMHSA: How to Ask for Help

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>