

Activity 1—Delegating

Use this exercise to help identify tasks that you do routinely that could be done by someone else. This can free up some time for yourself and involve more people in your day-to-day activities. Family and friends often want to help, but aren't sure how to do so or how to ask. If you have an idea of how they can help, you can delegate tasks, take stuff off of your plate, and receive support from those in your life.

1. Make a to-do list for the day:

- _____
- _____
- _____
- _____
- _____
- _____

2. Make a list of other tasks that are on your to-do list for the week:

- _____
- _____
- _____
- _____
- _____
- _____

3. Now, review the items on these two lists and circle the ones you need to do yourself.

4. Draw a star next to the items that friends, family, or your partner could help with.

5. Draw a line through the items that do not have to be done or could be removed from your list.

Use these edits to revise your to-do list, maybe for the day or for the week. Try it and see how it goes. You can do this exercise again for another week, finding new ways to ask those in your life to support you and help you create more time and space for yourself, your child with autism spectrum disorder (ASD), and your family.

Some ideas that others can help with:

- Shopping for groceries
- Mowing the lawn
- Cooking dinners
- Preparing snacks
- Running siblings to appointments/activities
- Taking the dog for a walk

Even small things can add up to a lot more time for you. The key is to know what to ask for, how to ask, and whom to ask. You can't know the answer until you ask.