



Building Neighbourly Help Systems

Tips for Being Neighbourly

1. Treat neighbours' homes as you would like a visitor to treat yours.
2. Keep neighbours' personal information private and avoid gossip.
3. Consider bringing a buddy with you when going into neighbours' homes.
4. If a neighbour is coming into your home, ensure your space is safe and accessible (e.g, clear of debris, tripping hazards, etc)
5. Help others with things you feel comfortable doing and/or are qualified to do. This is especially important for tasks such as offering rides or helping with small home repairs, for example.
6. Use a "pay-it-forward" model. When you help a neighbour, do not accept payment (unless you are being reimbursed for materials you purchased). Instead, encourage them to help someone else, donate a small amount to a local charity, or pay it forward in other small ways.
7. If helping or being helped by a neighbour, discuss what will happen and when (and, what won't happen) ahead of time so you both know what to expect.
8. If you can't help a neighbour, you might offer to help them find someone who can!

Remember: Take care of your own physical and mental well-being, even if it means saying "no" sometimes. You can only help others if you yourself are well!