

Knowledge Check:

- **Can you define social support?**
- **Why is social support important?**
- **Can you name 1 use of the VHN to gain social support?**

Suggested ways to answer these questions:

- **Respond to the questions in your personal diary**
- **Discuss questions with your partner, friend, or person you are caring for**
- **Create a post on the VHN blog related to the questions**