

Effective Communication Strategies for Caregivers

Remember to be an **ACTIVE** participant in our own and our care recipient's health and health care journey.



- A** **dopt** an attitude of self-worth
- C** **enter** your needs
- T** **ake** up time, space, and resources
- I** **dentify** your rights
- V** **alue** your support system
- E** **xpect** challenges!

Caregivers who **SPEAK** up can improve their caregiving experience.



- S** **tart at Home:**
How do you prepare for conversations?
- P** **resent Requests:**
What accommodations/support do you need?
- E** **xplain the Issue:**
What is your story? What do you want from the conversation?
- A** **sk to Understand:**
Do you understand what is being shared with you?
- K** **eepest Asking:**
What can you do after the conversation?