

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
- **ake** up time, space, and resources
- **I** dentify your rights
- Value your support system
- **Expect** challenges!

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



- S tart at Home: How do you prepare for conversations?
- Present Requests:
 What accommodations/support do you need?
- Explain 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** eep Asking:
 What can you do after the conversation?

This handout was created in collaboration with the Waterloo Wellington Older Adult Strategy Community Network, a group made up of providers and caregivers in the Waterloo Wellington Region.