

# What is good communication in caregiving?

Good communication is more than talking.

It also means:

- listening carefully
- noticing feelings and needs
- building trust



## What makes communication difficult in care situations?



# The helper role and healthy boundaries

**Supporting does not mean taking over.**

As a caregiver, it is important to:

- stay calm
- support autonomy
- respect boundaries
- notice your own stress

**Supporting others also means protecting yourself.**



# Legal and ethical communication

Respect and privacy are essential.

Important points:

ask before sharing personal information

protect confidential information

do not make decisions for the cared-for person

# Support and relationship networks

You do not have to do everything alone.

Support can come from:

- family, friends, other caregivers

- doctors and nurses, social services

**Who supports me, and who could I ask for help?**

