

## Example 1: Morning Care

Mrs. Schneider (78) is cared for by her daughter Anna. In the morning, Anna supports her with washing.

**Anna:**

“You need to get up now. You’re always making such a fuss.”

**Mrs. Schneider:**

“You treat me like a child! You don’t understand how bad I feel today.”

**Anna:**

“You’re exaggerating again. If you tried harder, everything would be easier.”

**Mrs. Schneider:**

“You never listen to me. You just want to get it over with.”

### Background

Mrs. Schneider needs rest, understanding, and respect for her current physical condition, while Anna needs cooperation and time efficiency due to her work obligations. Both have the boundary of wanting to be treated with respect and not feeling dismissed or pressured.

## Example 2: Dressing Situation

Mr. Becker (32) has a physical disability and is supported by a professional caregiver at home while getting dressed. Today, he wants to do more on his own.

**Caregiver:**

“You’re taking far too long getting dressed. I should just do it for you.”

**Mr. Becker:**

“You never let me do anything myself.”

**Caregiver:**

“You don’t understand that I have other appointments.”

**Mr. Becker:**

“You treat me like I can’t do anything.”

### Background

Mr. Becker needs autonomy and the opportunity to act independently, while the caregiver needs to manage time and fulfill professional responsibilities. Both have the boundary of wanting their situation and perspective to be taken seriously without being devalued.

## Example 3: Medikation Intake

Mrs. Keller (82) is supported by her son during medication intake.

**Son:**

“You’re being difficult again. You have to take your medication now.”

**Mrs. Keller:**

“You always force me. You don’t even explain what I’m taking.”

**Son:**

“You never listen. The doctor said you have to take it.”

**Mrs. Keller:**

“You just decide everything for me.”

### Background

Mrs. Keller needs safety, understanding, and involvement in decisions about her medication, while her son needs reliability and adherence to the treatment plan. Both have the boundary of wanting to be respected—Mrs. Keller in her autonomy, and the son in his responsibility and concern.

## Example 4: Mealtime Situation

Mr. Yilmaz (76) lives in a care facility and is supported during meals.

**Caregiver:**

“You have to eat more. You hardly ate anything again.”

**Mr. Yilmaz:**

“You always push me. I’m just not hungry.”

**Caregiver:**

“You’re not even trying. This isn’t helping your health.”

**Mr. Yilmaz:**

“You don’t understand me at all.”

### Background

Mr. Yilmaz needs autonomy, respect for his physical state, and a sense of control, while the caregiver needs to ensure adequate nutrition and fulfill professional responsibilities. Both have the boundary of wanting to be taken seriously without pressure or judgment.