



## Watching for Stumbling Blocks: Demonstrating Attitudes & Behaviors

*From Personal Safety Nets® Getting Ready for Life's Inevitable Challenges and Changes" by Dr. John W. Gibson and Judy Pigott.*

We have observed that when care-team members demonstrate the following attitudes and behaviors, they allow care receivers to develop and use their strength, flexibility, and resourcefulness.

- Openly and honestly communicating with the care partner.
- Clarifying roles, expectations, and limits.
- Communicating, negotiating, and partnering with him about what each will attempt to do.
- Being consistent and dependable, feeling responsible to but not *for* him.
- Doing your best to clarify assumptions and ask for feedback.
- Remembering to reach for humor and humility when other tools elude you.

### GET READY

**Think:** Can you separate being needy from asking for help?

**List:** What scares you? List even the fears that sound silly.

**Get help:** If you've seriously or specifically considered suicide, call 911 or your crisis center.

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