

# Caregiver Communication

Communicating with your loved one can be a challenge as a caregiver. Here are some Do's and Don'ts for productive communication.

## DOs

Be present

Make Good Eye Contact

Watch Nonverbal

Ask Questions

Paraphrase

Be aware of your emotions

Limit Distractions

## DON'Ts

Interrupt, Judge, Criticize

Argue, Become Defensive

Prepare comebacks

No Cliches

Change the Subject

Respond Emotionally

Give Unsolicited Advice

## Want To Know More?

visit us online at [www.SeniorLIFEpa.com](http://www.SeniorLIFEpa.com)

### Did You Know?

Senior LIFE supports caregivers too! We work with you in caring for your aging loved one. Senior LIFE offers many services that support the senior and the caregiver. Senior LIFE is committed to lessening the burden felt by caregivers. There is even the option for Senior LIFE members to select their caregivers through the Paid Caregiver Program.