

BUILDING TRUSTING RELATIONSHIPS

*A Care Partner's Guide to Communication and Connection
From Rise Dementia Care*

Relationship Principles That Support Well-Being

- Trust is built through consistency and presence.
 - Respect the person's right to choice, even if it's different from yours.
 - Honesty matters—use simple truths, not white lies.
 - Be with, not over: partnership over control.
 - Emotional safety leads to cooperation and calm.
-

Communication Tools That Build Connection

- Ask permission: "May I help you with that?"
 - Match your mood and tone: calm voice, soft eyes, gentle body language.
 - Pause after asking: wait at least 6 seconds before repeating.
 - Reflect emotion: "That sounds frustrating."
 - Use gentle cues instead of correction.
-

Say This Instead...

Instead of...

"You already told me that."
"You have to take your medicine."
"You're wrong."
"Calm down."

Try saying...

"That sounds important to you."
"It's time for something that helps you feel better."
"Hmm... that's one way to see it."
"I'm here. We'll figure this out together."

Reflection Prompt

What's one way I can create safety in our relationship today?

What does connection look like for us in this moment?

