

# 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?

