

Ten Absolutes for Caregivers



Never argue, instead agree

Never reason, instead divert

Never shame, instead distract

Never lecture, instead reassure

Never say "remember", instead reminisce

Never say "I told you so", instead repeat, regroup

Never say "you can't", instead say "let's do this"

Never command or demand, instead ask or model

Never condescend, instead encourage and praise

Never force, instead reinforce