

START

Strategies for Relatives

Session 5:

Communication



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Recap on session 4: Behaviour strategies and unhelpful thoughts

We talked about:

Choosing a new behaviour to change

Changing unhelpful thoughts

Managing stress 4: Guided imagery meadow and stream

Q!

Aggress



Now we are going to talk about asking for help. Think of a recent situation as you hoped.

Tips for assertive communication

1. Think about what you want or need
2. Briefly work out exactly what the problem is
3. Try to describe your thoughts and feelings clearly
4. Give detailed information about what you need. Be specific! E.g. Taking care of Mum for two hours involves feeding her a snack, turning the radio to her favourite station, and taking her to the toilet
5. get something that will be helpful
6. Break it down into smaller parts or ask for things one at a time people to say yes to a small request than to a big one!
7. If you feel stuck agree to think about it and talk again
8. Recognise that
9. Remember that what you want and what the person you care for wants might not always be the same



Talking point:

How did you find practicing assertive communication? What went well and what techniques would you use again?

Communicating with a person with memoe o

a — ing poin

Managing Stress 5: *Meditation*

Meditation: Practice Session

breath...

a deep, cleansing

When you are ready, close your eyes and feel yourself becoming more and more relaxed with every breath...

Continue to breathe normally, as you picture yourself in a relaxing setting... You may be at the beach, or in a forest, or wherever you feel comfortable and at ease...

Take a moment to notice the details around you in this peaceful place and notice that you are becoming more and more relaxed...

Once you feel at ease in your special place, think to yourself,
'I am at peace... My right arm is heavy... My left arm is heavy...'

Now continue on your own, noticing your calm breathing and heartbeat, and the heavy, warm sensation in your arms and legs...

Tension Rating After Exercise

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Summary

Today, we have talked about:

Different communication styles

Passive, aggressive and assertive communication

Communicating with a person with memory problems

Stress reduction technique: *Meditation*

Communication Record

Please use this sheet to write down how you communicate both verbally and nonverbally with your relative or others this week.

Situation	What I said or did?	How did it turn out?	How did I feel?

Extra Communication Record

Situation	What I said or did?	How did it turn out?	How did I feel?

Thought Record

What was happening?	What were you thinking?	How did you feel?	An alternative response would be...	How do you feel now?

Behaviour Record

Please use these pages to write down the things your relative does (or that you do) and the strategies that you try out.

	Day	Morning/Afternoon/ Night	Who was there?	Trigger	Behaviour	Reaction
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Extra Behaviour Record

Day	Morning/Afternoon/ Night	Who was there?	Trigger	Behaviour	P20.2 59.2 r
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