

# 5

## Ways to build strong relationships



### Patience

We need to be patient and show an individual we're there in their best interest, and it may take a long time for them to believe that to be true.

### Body language

Our body language communicates so much of what we think and feel. We can reflect the care we have for an individual and show we want to be with them.

### Conversations

Sometimes during a busy day, it's hard to stop and actively listen to those we support, but these small conversations can make all the difference.

### Puzzle-solve

Experiences drive feelings. Our role is that of a detective, piecing together clues and information to gain a better understanding of an individual's perspective.

### Be inclusive

The best support is done WITH someone rather than TO them. Involve an individual in support plans and decision making and make sure everything is accessible.

