

# CAREGIVER'S 10 COMMANDMENTS

**AGREE** Never Argue

**REDIRECT** Never Reason

**DISTRACT** Never Shame

**REASSURE** Never Lecture

**REMINISCE** Never say "Remember"

**REPEAT** Never say, "I already told you"

**SAY "DO WHAT YOU CAN"** Never say "You can't"

**ASK** Never Command

**ENCOURAGE & PRAISE** Never condescend

**REINFORCE** Never Force

