

How to **Be Kind** to your Elders!

We are all going to be Elders someday! Here are some tips to help you Think, Speak and Act kindly to those who are older and deserve our respect and caring.

Think Kindly!

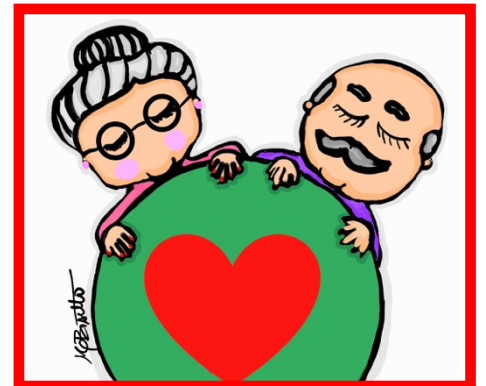
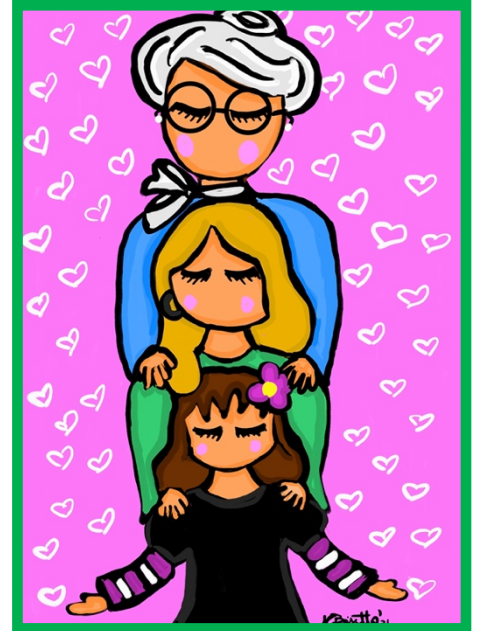
- **Be Empathetic.** Think about how you will want to be treated when you are an Elder!
- **Be Compassionate.** Remind yourself how much knowledge and wisdom comes with age.
- **Take a Break.** When you feel frustrated with the Elder or yourself, take a moment to step away and breath!

Speak Kindly!

- **Use kind words and a kind tone of voice.** Even if you are frustrated or angry!
- **Be patient.** Take time to explain – and re-explain – if needed!
- **If it's not kind, don't say it.** If you wouldn't want someone to say something to you, don't say it to the Elder!

Act Kindly!

- **Check in frequently!** It's easy for Elders to become isolated!
- **Be present.** Take time to listen, even if they are repeating themselves!
- **Ask the Elder how you can help!** Then respect the person's wishes!



Please remember to be kind to those caring for Elders as well! Be as empathetic and compassionate as you can be and Think, Speak and Act kindly to them too. You, yourself, may one day be an Elder caregiver too. And if you already are, thank you for your kindness!

www.loveandkindnessproject.org

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