



## Attitudes and Strengths of a Client and Family Advisor

### Ask yourself...

#### Personal Strengths

*Do I believe* that the client and family perspective is as important as the caregivers? Yes No  
*Do I believe* that I bring a valuable perspective to the relationship with caregivers? Yes No

#### Supporting Others

*Am I willing* to share my experience as a client or family member? Yes No  
*Am I nonjudgmental and accepting* of others? Yes No  
*Am I coping* well with my own feelings and emotional issues? Yes No  
*Can I recognize* the needs and feelings of others? Yes No

#### Working with Others

*Am I willing* to get involved with other people for a common goal? Yes No  
*Can I handle* confidential information without sharing it with others? Yes No  
*Can I listen* as well as contribute? Yes No  
*Can I work* without expecting praise and recognition? Yes No  
*Can I challenge* my assumptions? Yes No

#### Working Collaboratively

*Do I treat* each caregiver as an individual and avoid letting past negative experiences or negative attitudes affect me? Yes No  
*Am I able* to deal with conflict and disappointment constructively? Yes No  
*When I have* experiences to share do I speak up? Yes No  
*Do I have* realistic expectations for myself and others? Yes No

***The most successful advisors are able to say yes to most of these questions!***

