

AADI SAARTHAK TIPS FOR BUILDING TRUST

- ✚ Acknowledge people have a right to decide and capacity to know the best about their own life
- ✚ Inform people about what they can expect from you
- ✚ Respect boundaries of privacy: Some feelings and thoughts of each person are private. A person may not want to share with you or anyone what they are feeling or thinking sometimes. Respect that.
- ✚ You are likely to help the person with disability in doing things that most people do privately, like bathing, toileting, dressing and undressing, while performing these activities, be professional.




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- Do not embarrass the person you are supporting.
Do not exploit the person you are supporting.
- Do not hurt the person you are supporting. Reassure the person that it may be difficult for them to get used to working with you to complete certain personal tasks.
- Ask the person you are supporting for feedback about what would make him/ her more comfortable.
- Follow his/ her instructions and preferences and look out for any signs of embarrassment, pain or discomfort. Seek feedback.

✚ Seek permission

- To be with the person with disability

- When start a process of supporting like moving the person, bathing the person, etc.
 - Leave them alone
 - Go on a holiday
- + Be available to people without seeming distracted
 - + Be predictable, by doing what you say you will
 - + Be consistent, by not changing your views or requests repeatedly
 - + Listen and respond to the person warmly and with respect
-  + Do not make fun on persons with disability if they are anxious or angry. Reassure them. Take them seriously; it is difficult to trust that everything will be alright if one has been hurt many times. At the same time do not treat the person you are supporting, as a child. Just because he/ she is anxious does not mean that she is a child.
- + Inform the person if you are not able to complete a task and be open for feedback if you cannot fulfill what you have committed
 - + You may be doing many things at the same time, remember that there are some things must be done before other things. Seek guidance from the person you are supporting as to what is more important and should be done first.