

# HOW TO BE A **BETTER** CARE-PARTNER



## 1 AWARENESS

Improving care starts with recognizing what we bring to the caregiver table. Are we fully present or are distractions affecting our ability to provide the best care?



## 2

## CURIOSITY

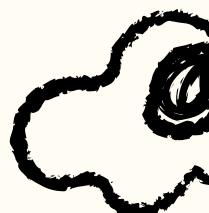
Promotes empathy, insight, and a deeper understanding, fostering a compassionate and supportive environment for everyone involved.



## 3

## ACCEPTANCE

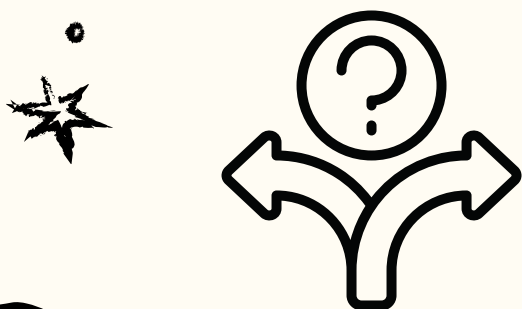
Fosters respect and a supportive environment for holistic well-being. Without acceptance, we fight what is and actually make an attempt to try change what was!



## 5

## OPEN DIALOGUE

Promotes understanding, trust, and effective collaboration for optimal healthcare outcomes.



## 4 CONSCIOUS CHOICE

Are we **RESPONDING** with **PURPOSE**, or are we **REACTING** emotionally to the present circumstances?



## 6

## ASSESSMENT

Start building stronger relationships today. Book a consultation to gain insights and foster more meaningful connections with those around you.

## Pete Barusic, PT

Physical Therapist  
Certified Life Coach

Health & Wellbeing Specialist

