

Elements of Companionship Reference Sheet

Instructions: Use this reference sheet to reflect on the Elements of Companionship. Use these Elements to help you self-assess your skills as a gentle teacher. For more information, see QoLI-351 Elements of Companionship Study Guide.

Element	Characteristics of DISCONNECTEDNESS	Characteristics of COMPANIONSHIP	Reflection Question
<p>INTERACTIONS “how we use our hands, eyes, words, and presence when we are with the Individual.”</p>	COLD	→ WARM	Are your interactions filled with warmth and compassion?
<p>DIALOGUE “how well we interpret the Individual’s words, tone, and body language; and how we respond to that message.”</p>	TALKING	→ LISTENING	Are you actively listening to the Individual, regardless of his/her methods of communication?
<p>PROTECTION “how we prevent crisis situations and how we respond when they occur.”</p>	RESTRAINT	→ WARM PROTECTION	When the Individual feels unsafe, do you provide comfort with warmth ?
<p>REWARDS “how often, and on what occasions, we value the individual.”</p>	EARNED	→ UNCONDITIONAL	Do you honor and reward the Individual unconditionally despite the areas of difficulty that arise?
<p>COMPANIONSHIP “how well we view and treat the person as a friend instead of a client.”</p>	POOR	→ GOOD	Do you view the Individual as a client or a friend ?
<p>ENGAGEMENT “how well we involve the individual in meaningful activities.”</p>	SELF	→ TOGETHER	Do you and the Individual engage in activities together ?
<p>PURPOSE “how we view and carry out our role as caregivers.”</p>	MODIFY BEHAVIORS	→ BUILD A RELATIONSHIP	Is your goal to modify an Individual’s behavior or to build a relationship ?
<p>FOCUS “how flexible we are about honoring the Individual’s needs over the assigned schedule and tasks.”</p>	RIGID	→ FLEXIBLE	Do you account for the Individual’s preferences by being flexible ?
<p>MEMORIES “how well we create opportunities for the Individual to form inner feelings of self-worth to replace old feelings of worthlessness.”</p>	OLD	→ NEW	Does your interaction help build new memories for the Individual that companionship is good?
<p>LANGUAGE “how well we communicate with clear and specific language.”</p>	ABSTRACT	→ CONCRETE	When communicating, do you give concrete explanations?