

# Communicating With Friends and Family

Friday June 20<sup>th</sup> - 3:00-4:00

Room: 330

## Speakers:

Natalie Kitterman, RN

[Natalie.kitterman@intermountainmail.org](mailto:Natalie.kitterman@intermountainmail.org)

Laurie Johannsen

[lauriejo1959@msn.com](mailto:lauriejo1959@msn.com)

Meg Horne

[meghorne@charter.net](mailto:meghorne@charter.net)

Patty Ramos

[pbears3@hotmail.com](mailto:pbears3@hotmail.com)



(Natalie) Communication skills

(Laurie) Use honesty when telling family and friends about the issues you are facing. Research so you know the facts about your conditions

- Use analogies: the regular straw vs. the coffee stirrer.
- Don't make yourself the focus of every conversation, this tends to turn off family and friends

(Meg) Helping Elderly Parents Understand

- How to Deal with "Well-meaning Friends"

(Patty) Be aware of how much info to give for school-age children

- Remember the teens in your life have an overwhelming amount of stresses and pressures already, try not to lean on them too much as your caregiver

When explaining your PH; present yourself in a manner that doesn't solicit pity-set a positive mood if possible

- Communicating the good/bad things to respectfully help the PH patient
- Share what information about doctor visits, test results, or any other information but keep what you want to private

Question and answer period