Baycrest Quick-Response Caregiver Tool™

The tool uses the acronym CARER to help remind caregivers of the 5 steps. Please see below:

**Calm down (self-talk)**
- slow down, take deep breaths, use some positive self-talk

**Attend to the interaction without immediately reacting**
- remind yourself that this person is unwell, distressed, and can’t explain why

**Reflect on your own feelings**
1. What am I feeling? (e.g., angry, frustrated, worried, sad)
2. Why do I feel this way?

**Empathize with the other person’s feelings**
1. What is the other person feeling?
2. Why is the other person feeling this way?

**Respond**
- Now I can respond

This tool is to be used for informational purposes only and is not intended as a substitute for professional medical advice. Please consult with a health care provider for advice about a specific medical situation.

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