



Check In

What might this patient be feeling right now?

What else might impact what they are here for today?

Ask First

Have I explained what I want to do and why?

Have I asked permission before starting?

Respond Gently

What is my tone, pace, and posture communicating?

What can I adjust that would help this feel safer for them?

Explain Options

What choices can I offer?

Do they understand their options right now?

I'm Committed to C.A.R.E.

Use this space to capture reminders that help you practice C.A.R.E.

C. - Check In:

A. - Ask First:

R. - Respond Gently:

E. - Explain Options:
