



Connectedness

Connectedness & Closeness

A sense of connectedness with those we support is an essential building block toward feeling safe and loved and carving out a strong relationship with others.

As care givers, from initially meeting the person, our focus should be on developing and strengthening this sense of closeness and connectedness with the people we support.

To begin, we must meet the person where they are at, we need to enter their space without provoking violence, in fact, evoking peace. We need to follow the people's lead on this but also, have the intention of teaching the other that "it is good to be together".

For example, this could look like: if the person is staying in their bedroom, the caregiver knocking on the door and entering their room, "I just came in to say hi" and then lingering a bit or for as long as the person tolerates us.

These intentional acts of teaching the person the goodness of being together and the importance of connectedness must trump the care givers attitude that might say "it's their choice to be alone in their room", instead, when care givers come across moments like this is when we know that we need to teach connectedness even more.

What Did John Say?

"Closeness is the connectedness that we bring to others. It is not based on independence, but human interdependence. A sense of connectedness is essential in Gentle Teaching. At the start of your relationship...he or she does not have the faintest idea of the meaning of (feeling) safe and loved with you; yet, there is a natural hunger for these feelings and this leads to a sense of closeness and connectedness. Care givers need to understand that a feeling of closeness with those served is not only a central care giving duty, but also their essential care giving purpose."



Q1

How can you teach the sense of connectedness to the person you support?

What examples of barriers do we see (i.e. the person makes “choices” that isolate them)



Q2



Q3

How can you focus more on teaching Closeness, Connectedness and that “it’s just good to be together” with the person you support?

Connecting to Our Purpose

Our Central Purpose reminds us that care begins with connection. Sometimes that looks less like a grand gesture and more like a simple knock on a bedroom door, a quick “just wanted to say hi,” or sitting quietly together for a moment. In Gentle Teaching, we don’t wait for people to come to us, we gently move toward them, teaching through our presence that “it is good to be together.”

As John McGee reminds us, closeness is not about independence, but human interdependence. When we intentionally create moments of companionship and connection, which becomes the very heart of our Central Purpose.