



When the person you care for asks for more privacy

Adjust the routine without treating independence as a threat.

A note from Victoria

When someone asks you to step back, it can sound like they do not appreciate your help. Often they are asking to keep a piece of themselves. That matters.

What to do

Ask which task, conversation, or information they want more control over. Clarify what help they still want and what safety concerns need clinical input. Offer practical choices: a closed door, fewer people present, or a different helper. Review consent and decision-making authority if there is uncertainty. Do not share personal health updates with others without appropriate permission.

Words you can use

"Which part would you rather handle privately? Let's work out what support you still want nearby."

One useful step I can take today:

I could start with: Name one routine where the person can choose who is present.

The strength I see in you

You can care deeply and still make space for another person's autonomy.



When the person you care for asks for more privacy

Use this page in your own words. You can leave any part blank.

What the person wants to handle privately

Support they still want nearby

A safety question to discuss with the team

My next manageable step

A person, service, or place I can turn to (if useful)
