

EMPATHY IN ACTION

Caring with Compassion Across Generations

Empathy is more than a soft skill—it's essential for anyone providing care, support, or understanding, no matter the setting.



What is Empathy?

Empathy means recognizing, understanding, and sharing others' feelings.



Listening without interrupting



Imagining how someone else feels



Noticing body language and tone



Responding with patience and kindness

Why Empathy Matters in Geriatric Care

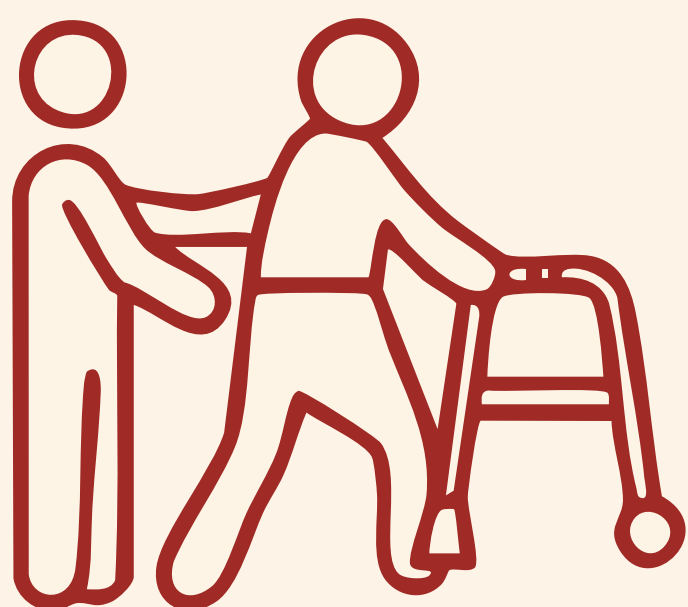
When caring for older adults, empathy helps you:

Build trust and emotional connection

Communicate clearly and respectfully

Reduce confusion and frustration

Provide safer, more thoughtful care



Geriatric Sensitivity in Action

Compassionate care starts with small actions:

- Listen with patience—don't rush conversations
- Make eye contact and speak clearly
- Offer help respectfully
- Understand that confusion, repetition, or hearing loss are part of aging
- Stay calm and kind, even in challenging moments

Build Your Empathy Muscles

Practice empathy every day:

- Volunteer with older adults or in your community
- Practice active listening
- Notice others' feelings—and respond with care
- Show compassion to pets and animals
- Take care of your own mental and emotional well-being

Who Benefits from These Skills?

Empathy is essential for:

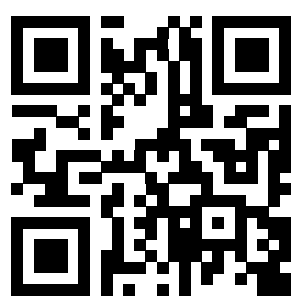
Healthcare & Nursing Students

Educators & Counselors

Animal Caregivers

Community Volunteers

Family Caregivers



Download our free guide!

"Classroom Ideas to Help Students Develop Empathy Toward Older Adults"

www.realityworks.com/geriatric-training-tools