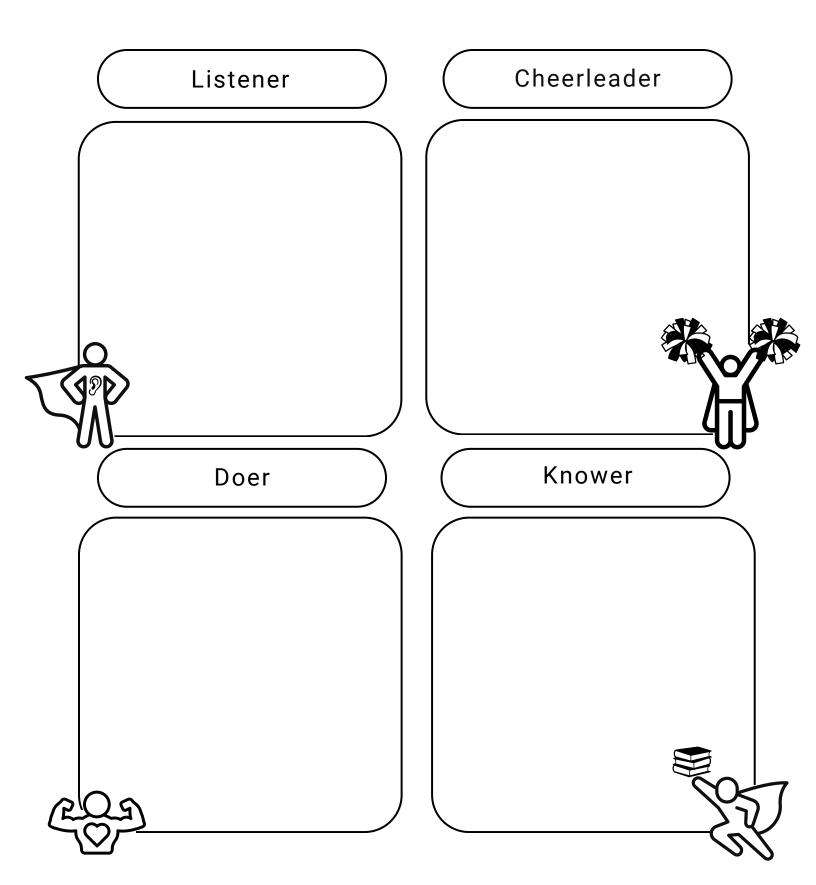
# Social Support Superpowers



# Social Support Superpowers

#### Listener

### **Emotional support** (Episode 3)

#### **Examples:**

- a person who listens without giving advice or problem-solving
- someone who can appreciate what a hard day you had and doesn't prompt you to "cheer up"

#### Instrumental support (Episode 5)

# **Examples:**

- a person who brings you a casserole when they know you need some extra help
- someone who notices that your lawn needs mowing and does it for you

# Cheerleader

# **Esteem support** (Episode 4)

#### **Examples:**

- a person who reminds you of a time you faced a challenge and successfully met it
- someone who tells you how capable you are, even when you don't feel it

#### Knower

# Informational support (Episode 6)

# **Examples:**

- a person who calls the Alzheimer Society to find you information about dementia progression
- someone who uses the Internet to find information about day programs for you

