

Social Support Superpowers

Listener

Cheerleader



Doer

Knower



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"



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



Doer

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



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

