Social Support Shorts Episode 6: Support Superpower 4 – The Knower

Hi friends, this is August and I am back for our sixth episode of Social Support Shorts. I cannot believe it's been six already and I'm so glad that you're joining me for this journey.

The last few episodes we focused on the first three Support Superpowers – The Listener, The Cheerleader, and The Doer.

Our final category, the official name is informational support, but that's the fancy term we like to call them the Knowers.

They're the person who we can go to that might have knowledge on a specific topic or at least they're knowledge seekers who like to find out about a specific topic for us. If they don't know, they do know where to find it.

For example, you may be wondering about home care and how to get it, and they would immediately jump onto the internet and start finding out exactly what the steps are to getting home care.

As an alternative, your doctor might be a Knower as well if you went and asked about home care, what the steps were for applying, and those questions were answered to your satisfaction.

Or it could be that you wanted to know about different day programs in your area, or any programming in your area, and you don't know where to start. Well, your local Alzheimer's Society would be one of the Knowers in this category. They would be able to tell you about the different types of supports that are available.

Also, again, that friend who likes to jump on the internet, the one who is internet savvy, they know how to look things up, and they could definitely help you with that.

It also could be someone in your life who provided care in the past. I mean, not every caregiving journey or dementia journey is the same, but maybe they have some knowledge that can translate over to your experience.

Maybe they're a Knower as well, and they're able to kind of share that knowledge that they've gleaned from their experience, and it can be helpful to you.

So again, as always, I'd love to invite you to start thinking about who the Knowers are in your life.

I'll give you the opportunity now to grab your pen, grab your paper, grab your Social Support Superpowers Worksheet if you downloaded it off our website and we will take a few seconds to think about who the Knowers are in our lives.

Remember, too, that you can pause this podcast if you need more time, but we'll take this break now.

Hey, welcome back. Maybe you've identified some Knowers, but if you didn't, that's okay. We will be discussing some tools in the near future that may help you to possibly identify more people to add to your supports list.

Also, again, the Superpower is about knowledge, about gaining knowledge from others that you may not have had before. So don't forget about the organizations in your life like the Alzheimer Society or any professionals who may support you with medical knowledge.

For example, like your doctor, or your nurse practitioner, or important info about prescriptions like you could obtain from your pharmacist. Just keep an open mind and keep thinking about it.

Some sources of knowledge – the Knowers that support us through educating us and help us navigate the complexity of dementia – these sources, they may come to you as we continue this journey. So, you may have to add them to this list later, and that's okay too.

But for now, friend, that's about all I have for this time for discussing the Knower. Next time we'll be talking about matching the Superpowers and I hope you'll join me.

But for now, this is August, signing off another episode of Social Support Shorts. Thanks again for joining me on this journey.