

CAREGIVER COMPETENCIES

A WILLING caregiver recognizes:

- › attitudes affect interventions
- › *Pathway for Assisting Life* meets the needs of a person at risk
- › the value of life
- › the need for care and respect

A READY caregiver understands:

- › persons at risk are uncertain about suicide
- › persons at risk have connections to life
- › persons at risk can choose suicide, life—or safety-for-now
- › short-term, immediate, safety-for-now is the focus
- › persons at risk needs for guidance vary

An ABLE caregiver:

- › explores invitations
- › talks openly, honestly and asks directly about suicide
- › hears the suicide story
- › recognizes a turning point and its connection to life
- › supports a turning point by connecting it to safety-for-now
- › develops a safeplan using *PAL's* safety framework
- › works with a person at risk
- › knows local helpers in the community and how to access them
- › confirms the actions in the safeplan



TRAINER COMPETENCIES

A WILLING trainer recognizes:

- › participants have wisdom about intervention
- › ASIST unfolds intervention wisdom
- › learning intervention and doing interventions have similar processes

A READY trainer understands:

- › positive feedback is important
- › almost everything participants do and say is a contribution
- › ASIST increases intervention skills

An ABLE trainer:

- › balances safety and challenge
- › demonstrates care and respect
- › does a suicide intervention when needed
- › is committed to ASIST standards
- › engages in self-reflection and pursues ongoing learning
- › supports other trainers
- › values ASIST training