

Survival tips for carers

The positives of communication



Having honest conversations with your partner while they are in prison can be difficult.

The visiting room is noisy; you might feel like you need more privacy and may find it hard to share everything because you worry it will burden them.

Despite the difficulties, it's helpful to keep open lines of communication.

- When your partner is more involved, it is easier for them to remember the reality of life on the outside.
- Your partner will feel more secure if you involve them in some decisions.
- Some of your partner's fears may be put to rest when they can voice opinions, and act like a partner again.
- Your partner can help discuss a problem and help find the answer with you.
- Sharing decisions will help your partner to understand the reasons why some decisions have to be made.
- These discussions will help remind your partner about how tight the budget really is, which may help them stop and think before they ask you to put money in their account.
- If you can have open conversations with your partner, this can lessen the load you are carrying
- If you both share and talk openly, there will be less confusion and more trust.