



## **Tips for having meaningful conversations with those in your home, and elsewhere**

**Have  
reasonable  
expectations**

**Share  
the  
conversation**

**Show  
genuine  
interest**

**Be generous  
in your  
response**

**Encourage  
each other**

**Take time  
to listen**

**Prevent loneliness**

**Visit [loneliness.org.nz](https://loneliness.org.nz)**

