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Community Interest Company

Supporting Someone with Tourette Syndrome Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general information and practical guidance for adults supporting someone with Tourette syndrome.

It is intended for partners, family members, friends, carers and volunteers supporting adults aged 18 and over.

This workbook is not a substitute for professional medical advice or assessment. Every person with Tourette syndrome is unique, and support should always be tailored to the individual's individual needs and circumstances.

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Supporting Someone with Tourette Syndrome

PAGE 1 – Understanding Tourette Syndrome

Tourette syndrome is a neurological condition that causes involuntary movements and sounds known as tics. Tics can be physical (motor tics), vocal (phonic tics), or both.

Tics can change over time and may become more noticeable during periods of stress, excitement, tiredness or anxiety. Many people with Tourette syndrome also have strengths, interests and abilities that deserve equal recognition.

Not everyone with Tourette syndrome experiences swearing or offensive language (coprolalia). This is often misunderstood and only affects a small proportion of people with the condition.

Understanding, patience and acceptance can make a significant difference.

♥ Tourette syndrome may affect...

- ☐ Motor tics
- ☐ Vocal tics
- ☐ Concentration
- ☐ Confidence
- ☐ Anxiety
- ☐ Daily activities
- ☐ Social situations
- ☐ Emotional wellbeing
- ☐ Other:

♥ What do I hope to learn from this workbook?

♥ How can I become a better supporter?

Remember

Tourette syndrome does not define who someone is.

Looking beyond the tics and recognising the person's strengths, interests and individuality helps create a more understanding and supportive environment.

Support the person, accept the tics and celebrate who they are.

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Supporting Someone with Tourette Syndrome

PAGE 2 – Understanding the Person

Every person with Tourette syndrome is different.

Some people experience mild tics that have little impact on daily life, while others may experience more frequent or noticeable tics. Tics can change over time and often become more noticeable during periods of stress, anxiety, excitement or tiredness.

It's important to remember that tics are involuntary. The person is not choosing to make the movements or sounds, and asking them to "stop" can increase stress and sometimes make the tics worse.

The person is far more than their diagnosis.

 Things that may help them feel supported

- ☐ Being accepted without judgement.
- ☐ Staying calm.
- ☐ Ignoring tics unless they ask to talk about them.
- ☐ Being patient.
- ☐ Understanding that tics are involuntary.
- ☐ Respecting their independence.
- ☐ Listening without judgement.
- ☐ Other:

 How can I support them today?

- ☐ Treat them with respect.
- ☐ Focus on the person, not the tics.
- ☐ Stay patient.
- ☐ Ask how I can help.
- ☐ Encourage confidence.
- ☐ Support them in social situations if needed.
- ☐ Celebrate their strengths.
- ☐ Other:

 What have I learned about what helps them?

♥ What strengths do they have?

♥ Remember

Acceptance is one of the greatest forms of support.

By recognising the person beyond their tics and responding with patience, understanding and kindness, you can help them feel safe, respected and valued.

See the person first, accept the tics and celebrate their individuality.

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Supporting Someone with Tourette Syndrome

PAGE 3 – Communicating with Understanding

Communicating with someone who has Tourette syndrome should always be based on patience, respect and acceptance.

Tics are involuntary and may interrupt speech or conversations. This can sometimes be frustrating for the person, especially if they feel embarrassed or worry about how others might react.

Giving someone the time to communicate without drawing attention to their tics can help them feel more relaxed and confident.

Helpful ways to communicate

- ☐ Speak calmly and respectfully.
- ☐ Give them time to finish speaking.
- ☐ Listen without interrupting.
- ☐ Focus on what they are saying, not their tics.
- ☐ Be patient if communication takes longer.
- ☐ Ask how you can help.
- ☐ Treat them with dignity and respect.
- ☐ Other:

Helpful things I can say

- ☐ "Take your time."
- ☐ "I'm listening."
- ☐ "How can I support you?"
- ☐ "It's okay."
- ☐ "Thank you for sharing that."

☐ Other:

 Things to try and avoid saying

☐ "Can you stop doing that?"

☐ "Just control it."

☐ Drawing unnecessary attention to their tics.

☐ Laughing or making jokes about tics.

☐ Finishing sentences without asking.

☐ Becoming impatient.

☐ Other:

 One thing I can do today to support them

 Remember

Sometimes the greatest support is simply treating someone normally while respecting that their tics are beyond their control.

Patience, kindness and acceptance help build confidence and create a safe environment where the person feels valued.

Focus on the person, not the tics, and communicate with understanding and respect.

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Supporting Someone with Tourette Syndrome

PAGE 4 – Supporting Everyday Life

Living with Tourette syndrome can sometimes make everyday situations more challenging, particularly if the person worries about how others may react to their tics.

Supporting someone doesn't mean trying to stop their tics. Instead, it means helping them feel accepted, respected and confident while encouraging independence and helping reduce unnecessary stress.

Simple acts of understanding can make a big difference.

 Practical ways I can help

- ☐ Be accepting of their tics.
- ☐ Help create a calm environment when possible.
- ☐ Encourage independence.
- ☐ Offer support in stressful situations if they want it.
- ☐ Respect their choices.
- ☐ Stand up against stigma or misunderstanding.
- ☐ Celebrate their achievements.

☐ Other:

♥ Everyday situations they may find more challenging

♥ Things they manage well independently

♥ One practical thing I can do this week

Remember

The goal isn't to remove every challenge—it's to help the person feel confident, accepted and supported while living the life they want.

Your understanding, patience and encouragement can help reduce anxiety and build confidence.

Accept the person, respect their individuality and support their independence every step of the way.

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Supporting Someone with Tourette Syndrome

PAGE 5 – Supporting Emotional Wellbeing

Living with Tourette syndrome can sometimes affect emotional wellbeing as much as physical wellbeing.

Some people may feel anxious about being judged, embarrassed by their tics or worried about how others will react. Repeated misunderstandings or negative experiences can affect confidence and self-esteem.

Your acceptance, encouragement and understanding can help someone feel safe, valued and more confident in everyday life.

 They may be feeling...

☐ Frustrated.

☐ Anxious.

☐ Embarrassed.

- ☐ Overwhelmed.
- ☐ Low in confidence.
- ☐ Misunderstood.
- ☐ Isolated.
- ☐ Hopeful.
- ☐ Other:

 How can I support their emotional wellbeing?

- ☐ Listen without judgement.
- ☐ Accept them as they are.
- ☐ Encourage their strengths.
- ☐ Celebrate achievements.
- ☐ Be patient during difficult days.
- ☐ Help challenge stigma and misunderstanding.
- ☐ Respect their independence.
- ☐ Other:

 What usually helps them feel more confident?

♥ One thing I can do today to encourage them

♥ Remember

Feeling accepted can have a powerful impact on someone's confidence and wellbeing.

By focusing on the person rather than the condition, you can help them feel respected, included and understood.

Acceptance, kindness and encouragement can help someone with Tourette syndrome thrive.

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Supporting Someone with Tourette Syndrome

PAGE 6 – Looking After Yourself as a Supporter

Supporting someone with Tourette syndrome can be both rewarding and challenging.

At times, you may feel unsure how best to help, particularly if the person experiences difficult days or encounters misunderstanding from others.

Looking after your own wellbeing helps you remain patient, supportive and able to continue encouraging the person with confidence.

Remember, it's okay to ask for support when you need it too.

♥ How am I feeling today?

- ☐ Calm
- ☐ Hopeful
- ☐ Tired
- ☐ Stressed
- ☐ Worried
- ☐ Frustrated
- ☐ Overwhelmed
- ☐ Emotionally drained
- ☐ Other:

♥ This week I will...

- ☐ Take regular breaks.
- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Spend time outdoors.
- ☐ Talk to someone I trust.
- ☐ Make time for activities I enjoy.

☐ Accept support when it's offered.

☐ Practice self-care.

☐ Other:

♥ People who support me

1.

2.

3.

♥ One thing I will do for myself this week

♥ Remember

Supporting someone with Tourette syndrome doesn't mean you have to have all the answers.

Looking after your own wellbeing helps you remain calm, understanding and able to provide the consistent support the person may need.

A supported carer is better able to provide supportive care.

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Supporting Someone with Tourette Syndrome

PAGE 7 – Encouraging Independence and Confidence

Adults with Tourette syndrome can live full, active and meaningful lives.

Although tics may sometimes present challenges, they do not define a person's abilities, ambitions or potential. Encouraging independence means believing in the person's strengths while offering support when they ask for it.

Confidence grows when someone feels accepted, respected and empowered to be themselves.

 Ways I can encourage independence

- ☐ Encourage them to make their own decisions.
- ☐ Respect their choices.
- ☐ Focus on strengths rather than limitations.
- ☐ Celebrate progress and achievements.
- ☐ Encourage hobbies and interests.
- ☐ Support realistic goals.

☐ Stand alongside them during challenging situations.

☐ Other:

♥ Things they enjoy and do well

☐ Creative activities.

☐ Music.

☐ Technology.

☐ Sport or exercise.

☐ Work or volunteering.

☐ Helping others.

☐ Spending time with family and friends.

☐ Other:

♥ One positive goal for this week

♥ How can I help build their confidence?

♥ Remember

Confidence grows when people are accepted for who they are, not judged for the challenges they face.

By recognising strengths, encouraging independence and showing consistent support, you can help someone with Tourette syndrome feel confident, capable and valued.

Believe in the person, celebrate their achievements and encourage them to live life with confidence.

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PAGE 8 – My Tourette Syndrome Support Plan

Every person with Tourette syndrome is unique.

What helps one person may not help another. The best support comes from listening, respecting the person's wishes and creating an environment where they feel accepted, understood and confident.

This support plan can help you focus on practical ways to provide encouragement while promoting independence and wellbeing.

♥ What helps them most?

- ☐ Being accepted without judgement.
- ☐ Patience and understanding.
- ☐ A calm environment.
- ☐ Encouragement.
- ☐ Respect for their independence.
- ☐ Understanding that tics are involuntary.
- ☐ Positive reassurance.
- ☐ Being treated like everyone else.
- ☐ Other:

♥ My Three Priorities

1.

2.

3.

People and Services That Can Help

1.

2.

3.

My Personal Reminder

When supporting someone with Tourette syndrome, I want to remember...

Remember

Supporting someone with Tourette syndrome isn't about trying to stop their tics.

It's about helping them feel accepted, respected and confident enough to be themselves.

Acceptance, patience and understanding create the foundation for confidence and wellbeing.

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PAGE 9 – My Commitment as a Supporter

Congratulations on completing this workbook.

Supporting someone with Tourette syndrome is about showing patience, understanding and acceptance.

Tics are only one part of who a person is. By recognising their strengths, respecting their individuality and encouraging their independence, you can help them build confidence and feel valued.

Your support can make a lasting difference.

 I Will Remember To...

- ☐ Accept the person without judgement.
- ☐ Remember that tics are involuntary.
- ☐ Focus on strengths rather than challenges.
- ☐ Encourage independence.
- ☐ Listen with patience and respect.
- ☐ Celebrate achievements, big and small.
- ☐ Continue learning about Tourette syndrome.
- ☐ Look after my own wellbeing too.

 My Personal Reminder

When supporting someone with Tourette syndrome, I want to remember...

My Support Promise

"I will support this person with kindness, patience and understanding. I will respect their individuality, accept their tics without judgement and encourage their confidence and independence. I will continue to learn, celebrate their strengths and help create an environment where they feel valued, respected and accepted."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

Tourette syndrome does not define a person's potential, personality or future.

With acceptance, understanding and the right support, adults with Tourette syndrome can continue to build confidence, pursue their goals and live fulfilling lives.

Thank you for taking the time to learn how to provide compassionate, person-centred support.

Explore our growing library of free workbooks and wellbeing resources at:

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♥ Supporting adults, families, carers and communities with compassion, dignity and hope.