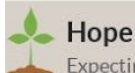
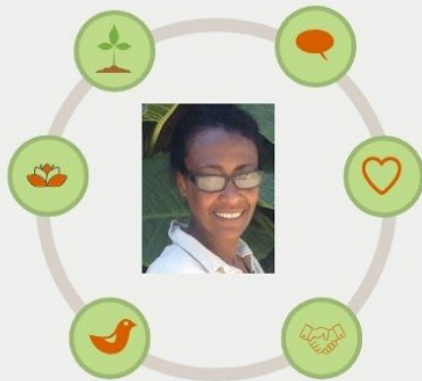


THE ANATOMY OF A

caregiver

What character strengths and attributes do caregivers most value and prize?

Caregivers from group homes in India (Nagaland & Hyderabad), Ethiopia, Cambodia, and Kenya ranked key character strengths, virtues, and attributes to help us figure out what character strengths are most valued by quality caregivers.



Hope

Expecting the best in the future and working to achieve it; believing that a good future is something possible

- Most prominent in: Cambodia, Ethiopia, & Nagaland



Spirituality

Having coherent beliefs about the higher purpose and meaning of the universe that shape conduct and provide comfort

- Most prominent in: Ethiopia & Hyderabad



Forgiveness

Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance

- Most prominent in: Hyderabad



Honesty

Speaking the truth, presenting oneself in a genuine way; being without pretense; taking responsibility for one's feelings and actions. Most prominent in: Cambodia & Ethiopia



Love

Valuing close relationships with others, particularly in relationships where caring and sharing are reciprocated; being close to people. Most prominent in: Ethiopia, Hyderabad, Nagaland & Kenya



Kindness

Doing favors and good deeds for others; helping them; taking care of them

- Most prominent in: Nagaland

*All character strength definitions are taken from the VIA Inventory of Strengths

Creating Cultures of Caregiving:

Findings from the Caregiver Flourishing Study

Recommendations

- ❖ **Create** ways for caregivers to assess the strengths they value in their own institutions
- ❖ **Encourage** caregivers in supervision to cultivate the most valuable character strengths
- ❖ **Provide** space and time for caregivers to engage in personal religious practices
- ❖ **Select** caregivers who embody the most valuable character strengths

Resources:

- ❖ VIA Institute on Character:
 - <http://www.viacharacter.org/>

Thank You to Our Partners:

- ◆ **Ace Africa in Kenya**
- ◆ **Meahto Phum Ko'mah in Cambodia**
- ◆ **Sahara Centre for Residential Care and Rehabilitation in India**
- ◆ **Stand for Vulnerable Organization in Ethiopia**



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