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/](http://www.viacharacter.org/)

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**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*
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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