Your Caregiving Personality

Which are you? Which would you like to be?

Advocate: You champion causes, whether they be yours, your caree’s, the family caregiver’s or all of them, and speak for those who can’t.

Connector: You create a network of colleagues who do great work and make sure to nurture and share those connections to help others.

Diplomat: You effectively negotiate to get what you need and want within the caregiving systems (health care, workplace, family, community).

Entrepreneur: You can’t find what you need and want so you create and build it yourself, whether it be a hack formed by duct tape or into an app.

Fighter: Your concern for sub-standard (care, rights, results) spurs you to fight for better.

© CareGiving.com
Your Caregiving Personality

Investor: You invest in the people, services, ideas, products and resources which best help you and your caree which brings out the best in you and in them.

Mentor: You’ve been through it so want others to experience better outcomes.

Organizer: You build teams and movements in your house, your caree’s house, on Facebook, in your neighborhood.

Peacemaker: When the arguments begin, you step in to find common ground so everyone can agree on the compromise.

Phoenix: After losing it all, you regroup to become better.

Shepherd: When others lose faith, you bring the belief that they will be okay.
Your Caregiving Personality

Story-Teller: You educate the systems (health care, workplace, family, community) to improve the experience for family caregivers and former family caregivers by collecting and sharing stories at events and conferences.

Supporter: You share words of encouragement as often and as much as you can which gives courage to others to continue.

Writer: You write and blog about your experiences to honor your story (and your caree) and so others know they aren’t alone.

Your personality reveals your strengths. How will you use these strengths to improve today and tomorrow?