



## Personality and Caregiving

March 2021

### Senior Management Services

We talked last month about self-care and things you can be doing to take care of yourself in the midst of caring for those you love. Part of self-care is knowing who you are and how your personality impacts your needs and your reactions to stresses in your life.

Do you know your personality type? Do you know the personality type of the people you are caring for? There are so many online quizzes and tests that can help you determine your type all the way to “What Disney character are you?” (I’m Moana, but that’s beside the point!) All joking aside, there are three tests that Eliza Brown talks about in her article linked below. These are all tests that we are familiar with at Senior Management Services and utilize on different occasions with families and clients.

The first is the Enneagram. This personality tool has been in circulation and use since the early 1900s. It is diagrammed as a circle and involves 9 numbers. This tool is relational and looks at how we interact, and what are our strengths and struggles. Check out the book [The Road Back to You](#) by Ian Morgan Cron and Suzanne Stabile for a detailed look into each of the 9 numbers and quizzes to help you determine your number.

The Meyers-Briggs (MBTI) is a 16-type personality test that focuses on 4 of our main functions: Introvert/Extrovert, Intuition/Sensing, Feeling/Thinking, and Perceiving/Judging. Not meant to box anyone in but knowing each of these types can give us understanding or empathy to each of our differences. You can take a free test to learn more about yourself and these personality types [here](#).

Lastly, the [Five Love Languages](#) by Gary Chapman helps us know how we receive love and how we can extend love well to others. The five languages we speak love in are Physical Touch, Words of Affirmation, Receiving Gifts, Acts of Service, and Quality Time. You can find the book and other resources online. How we love is integral to how we care for those we love.

**For additional information about Eldercare, please contact Quest at 1-800-364-6352.**

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