

Experiences, Strengths, and Preferences Inventory



Empowering Partnerships

Preparing People with Dementia to Partner with Researchers

Thank you for your interest in participating in the Empowering Partnerships Training!

To prepare for our time together, we would like you to complete the following questionnaire. Our hope is that these questions will increase your self-awareness and help us to get to know you better. The goal of the Experiences, Strengths, and Preferences Inventory is to:

- Share life and work experiences including information on:
 - Family, significant others and friends
 - Home life
 - Work/Career history
 - Cultural influences
 - Hobbies and leisure activities

- Identify personality strengths which contribute to:
 - Understanding myself
 - Working with others

- Identify preferences and values which:
 - Help Learning
 - Guide interests
 - Shape priorities

After gathering this information, we will format your responses into a simple report that you can use/share. Over the course of our 2-day training, we will refer to your answers to illuminate shared character traits, build upon your strengths and preferences, and draw upon your life and work experiences as we begin to partner on research initiatives.

Name: _____ Date: _____



Getting to Know Us: Our Project – What you should know

You have been invited to join a training that brings together researchers, persons living with dementia (PLWD) and family carepartners (CP). The purpose of the training is to prepare PLWD, Carepartners and researchers to partner together on research initiatives. This training is the first of its kind and lasts for 2 days. During the training you will learn about the research process, hear from people living with dementia and hear from researchers. You will hear lectures, watch videos, read/review materials, and participate in group discussions.

We are asking you to join the training, because:

- 1. You have Alzheimer's or another form of dementia, and this training is specifically designed for people with these diseases who are interested in engaging in research initiatives. OR...*
- 2. You are a carepartner of someone with Alzheimer's or dementia, and you are interested in supporting people living with dementia to be engaged in research initiatives. OR...*
- 3. You are a researcher interested in partnering with people living with dementia in research initiatives*

During the training, you will also be asked to answer questions and share your opinions as a PLWD, CP or Researcher.

Your participation in the training is completely voluntary. After the 2-day training, we are hopeful that participants will be interested in engaging in some type of research project. However, you will not be required to participate in any further project.

Historically, researchers have only engaged with PLWD as research subjects. Our hope is to see if we can change the way research is developed. This training is bringing together 3 groups of people: PLWD, CPs and Researchers. Over the course of the 2 days, researchers will hear directly from PLWD about their priorities and goals for research. And PLWD and CPs will learn about how research is designed, funded and conducted. By talking and working together, we

hope to see Researchers and PLWD working in partnership to develop research initiatives.

As we have shared before, this is the first time we are offering the Empowering Partnerships Training Program. This is a pilot program. We have based the training on other successful programs, and we hope it will be useful and beneficial to all participants. Before and after the training, we will ask participants to complete surveys to help us determine the impact and benefit of the training.

There are several benefits that we hope will result from the training. First, the training team will gain insight from PLWD, CPs and researchers on what is important to them in this type of research training. Second, participants may learn ways to partner in research development. Third, participants' attitudes about dementia and those living with it may change.

During the training, we will be working to ensure that everyone has a positive experience. If you are a PLWD, we are particularly interested in hearing your opinions and priorities and we hope that you will be comfortable expressing yourself. Over the 2 days, other training participants may ask you about your thoughts and experiences living with dementia. There will also be some material which may be new or unfamiliar. If at any point during the training, you feel uncomfortable with an activity, you can stop or ask for help. Your participation is completely voluntary. No one has to be in the training. You can change your mind at any time, and your withdrawal will not have a negative impact on you now or in the future.

Do you have any questions about the above information? Feel free to contact:

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I have read and understood the above information and would like to participate in the Empowering Partnerships Training.

Name: _____ Date: _____



Getting to Know Me: Experiences

We would like to know a little bit about your background and current life situation. With a few sentences, please answer the following questions.

Who are the most important people in your life? (Family, significant others and friends)

Tell us about your home life? Where do you live? Does anyone else live there? If so who? (people, pets, relatives?)

Tell us about your vocational, work or career history? What have you loved about your vocations/work?

What cultural or other influences are significant in your life?

What do you do for fun? (Hobbies and leisure activities)?



Getting to Know Me: Strengths

Personality Strengths*

There are many different resources to determine personality types and strengths. The Myers-Briggs assessment is one such tool which explores the way people focus their attention, take in information, make decisions and determine lifestyle. While this is not a complete Myers-Briggs assessment, this tool will help us get a quick gauge on some of your personality traits.

Are you outwardly focused or inwardly focused?

Check those items that apply to you in the boxes below and then circle the letter of the column (E or I) that most closely represents you.

- I could be described as talkative, outgoing.
- I like to be in a fast-paced environment
- I tend to work out ideas with others and think out loud.
- I enjoy being the center of attention.

E

Extraversion

- I could be described as reserved, private.
- I prefer a slower pace with time for contemplation.
- I tend to think things through inside my head.
- I would rather observe than be the center of attention.

I

Introversion

** The questions, descriptions and resources for this section have been adapted from a chart available on Wikipedia. The file is licensed under the Creative Commons Attribution-Share Alike 3.0 Unported license, and the copyright holder grants permission to share and remix his work.*

How do you prefer to take in information?

Check those items that apply to you in the boxes below and then circle the letter of the column that most closely represents you.

- I focus on the reality of how things are.
- I pay attention to concrete facts and details
- I prefer ideas that have practical applications.
- I'd like to describe things in a specific, literal way.

S
Sensing

- I imagine the possibilities of how things could be
- I noticed the big picture, see how everything connects.
- I enjoy ideas and concepts for their own sake.
- I like to describe things in a figurative, poetic way.

N
Intuition

How do you prefer to make decisions?

Check those items that apply to you in the boxes below and then circle the letter of the column that most closely represents you

- I make decisions using logical reasoning.
- I value justice, fairness.
- I enjoy finding the flaws in an argument.
- I could be described as reasonable, levelheaded.

T
Thinking

- I base my decisions on personal values and how my actions affect others.
- I value harmony, forgiveness.
- I like to please others and point out the best in people.
- I could be described as warm and empathic.

F
Feeling

How do you prefer to live your outer life?

Check those items that apply to you in the boxes below and then circle the letter of the column that most closely represents you

<input type="checkbox"/> I prefer to have matters settled
<input type="checkbox"/> I think rules and deadlines should be respected.
<input type="checkbox"/> I prefer to have detailed, step-by-step instructions.
<input type="checkbox"/> I make plans. I want to know what I'm getting into.
J
Judging

<input type="checkbox"/> I prefer to leave my options open.
<input type="checkbox"/> I see rules and deadlines as flexible.
<input type="checkbox"/> I like to improvise and make things up as I go.
<input type="checkbox"/> I am spontaneous, enjoy surprises in new situations.
P
Perceiving

Based on your circled responses, write in the 4 letters which best represent your personality strengths

(E/I)	(S/N)	(T/F)	(J/P)
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You can read some information on these different personality characteristics on the charts at the end of this document.

Getting to Know Me: Strengths



**Empowering
Partnerships**

*Preparing People with Dementia
to Partner with Researchers*

Working Together

When people work together in a group setting, they often take on a particular role to support the effective working of the group. Think about the different types of groups you have been a part of over the course of your life. Can you see a pattern for the way you tend to act? From the following list, choose 3-4 statements which reflect the way you tend to participate in a group.

In a group setting, I tend to:

- Give direction, set goals, define problems (Initiator)
- Request more information and ask for clarification (Information Seeker)
- Provide facts and information. State my opinions, feelings, beliefs and evaluate suggestions (Information/Opinion Giver)
- Clarify and define terms, interpret ideas. Explain what others have said; paraphrasing or summarizing (Clarifier/Interpreter)
- (Elaborator)
- Suggest ways that different issues can be adjusted to avoid conflict (Harmonizer)
- Suggest agenda items, keep the meeting organized (Organizer)
- Elaborate, give examples, explain things. Summarize how ideas are related, restate suggestions (Elaborator/Summarizer)
- Encourage others to share opinions – especially from those who are quiet (Encourager)
- Crack jokes, suggest breaks – especially when tensions rise (Tension-Reliever)
- Listen to other's ideas first and then accept where the group is going (Listener/Follower)
- Keep track of time and keep things moving (Timekeeper)



Getting to Know Me: Preferences

Learning Styles

All of us learn and work with information in different ways. Understanding your learning preferences can help us craft our training to maximize your strengths. The following lists contain statements that can help us identify what type of learning preferences you have. Please check those items which are TRUE for you. You may find that you are checking more items in one category over another.

Visual Preferences – Check all statements that are TRUE for you.

- I prefer to learn something new by reading about it vs. hearing about it
- I need to write things down to help me remember
- Looking at the person speaking helps keep me focused
- I prefer to have handouts of slides to reference when someone speaks
- I prefer to read information myself vs. having it read to me
- I prefer written directions; I do not follow verbal directions well
- I need quiet to get work done

Auditory Preferences – Check all statements that are TRUE for you.

- I prefer to learn something new by hearing about it
- I like to listen and discuss work with a partner
- I prefer to listen to a speaker and not follow handouts
- I prefer to have someone read information to me vs. reading it myself
- I prefer verbal directions; I do not follow written directions well
- Writing is difficult for me
- Reading is difficult for me
- My eyes tire easily or jump around on written materials

Kinesthetic Preferences – Check all statements that are TRUE for you.

- I enjoy working with my hands and making things
- I prefer to have someone show me how to do something and then do it myself
- I solve problems using trial and error
- I don't like to sit for long periods of time
- I have a difficult time giving step by step instructions
- I use my hands when describing things
- I start a project before reading the directions

Other Preferences – Check all statements that are TRUE for you.

- I am comfortable verbally sharing my thoughts and opinions
- I prefer writing/typing my thoughts and opinions
- I am able to use the computer
- I am comfortable reading out loud
- I am able to handwrite notes for myself
- I prefer typing notes for myself

Are there particular things we can do during our 2-day training to maximize your learning experience?



Getting to Know Me: Preferences

Values & Priorities

Determining what topics and priorities matter to people living with dementia is one focus of the Empowering Partnerships project. And what matters to each of us is largely determined by our values. Gaining clarity on our values will be helpful for our work together. When you think about your answer above, what values of yours come to mind? Below is a list of common values. Please select 8-10 of the values listed below that are most important to you.

- | | |
|---|--|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Learning |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Love |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Making a Contribution |
| <input type="checkbox"/> Community | <input type="checkbox"/> Meaningful Work |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Openness |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Optimism |
| <input type="checkbox"/> Family | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Religion/Spirituality |
| <input type="checkbox"/> Fun, Leisure | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Happiness | <input type="checkbox"/> Security |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Self-Determination |
| <input type="checkbox"/> Humor | <input type="checkbox"/> Service |
| <input type="checkbox"/> Independence | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Justice | <input type="checkbox"/> Trustworthiness |
| <input type="checkbox"/> Knowledge/Wisdom | <input type="checkbox"/> Wealth |

Of your selections above, please chose the top 3 values that are most important to you.

1. _____

2. _____

3. _____

PERSONALITY TYPES KEY



Extroverts

Extroverts are energized by people, enjoy a variety of tasks, a quick pace, and are good at multitasking.



Introvers

Introvers often like working alone or in small groups, prefer a more deliberate pace, and like to focus on one task at a time.



Sensors

Sensors are realistic people who like to focus on the facts and details. They apply common sense and past experience to find practical solutions to problems.



Intuitives

Intuitives prefer to focus on possibilities and the big picture, easily see patterns, value innovation, and seek creative solutions to problems.



Thinkers

Thinkers tend to make their decisions using logical analysis, objectively weigh pros and cons, and value honesty, consistency, and fairness.



Feelers

Feelers tend to be sensitive and cooperative, and decide based on their own personal values and how others will be affected by their actions.



Judgers

Judgers tend to be organized and prepared, like to make and stick to plans, and are comfortable following most rules.



Perceivers

Perceivers prefer to keep their options open, like to be able to act spontaneously, and like to be flexible with making plans.

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ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

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