



VeteranCaregiver.com Video Resource

Recommended Resources: Compassionate Boundaries

Definition	Compassionate boundaries are respectful guidelines that are healthy for caregivers to set so that they retain aspects of themselves that are a priority. If you constantly put yourself last, you will end up sick, resentful or burned out. Everyone is different, but know that it's wise to prioritize yourself as much as you prioritize your family member.
Boundary Help	<p>http://www.familycaregiversonline.net/wp-content/uploads/Limits-and-Boundaries.pdf</p> <p>http://www.darts1.org/sites/darts1.org/files/ResilientCgvr06-30-11.pdf Written for eldercare, but relevant</p> <p>http://training.mmlearn.org/blog/bid/141604/Boundaries-of-Caregiving Video training about boundaries</p> <p>https://www.caring.com/articles/caregiver-issues</p>
Military CG'g Videos	<p>http://www.militarywithptsd.org/resolve-of-a-caregiver/ A series of 18 videos for those caregiving for PTSD</p> <p>https://www.facebook.com/MilitarywithPTSD/posts/822867617760726 Corresponding FB group thread</p> <p>https://www.youtube.com/watch?v=Tc_uXgvinfY</p> <p>https://www.youtube.com/watch?v=gXfSaXejO8o&list=PLXvYd9Q3yOO3XB-kxTTN_4C71BjdRzStr</p>
Boundary Quote:	<p>“We change our behavior when the pain of staying the same becomes greater than the pain of changing. Consequences give us the pain that motivates us to change.”</p> <p>— Henry Cloud</p>