



VeteranCaregiver.com Video Resource

Recommended Resources: Friendship Evolution on the CG Journey

Definition	Friends are valuable and cherished on the Caregiver journey, but many caregivers find that there is no pattern to knowing which friends will walk part of the journey and which will walk all of it. Some can manage the injuries or illness and others cannot or will not. Surround yourself with those who genuinely care; online and in person.
Isolation	https://www.caring.com/blogs/caring-currents/depression-isolation-help-seniors-loneliness
Misunderstandings	https://www.caring.com/blogs/self-caring/caregivers-8-least-favorite-helpful-comments http://www.unpreparedcaregiver.com/ Blog about friendships and many other topics
Friends' Understanding	http://www.kevinmd.com/blog/2011/01/lesson-true-friends-facing-illnesses.html http://www.sciencecare.com/caregiver-friendship/ http://www.co.winnebago.wi.us/sites/default/files/uploaded-files/friendships_and_caregiving.pdf http://newamericamedia.org/2012/03/7-ways-to-save-your-relationships-from-caregiver-stress.php
Peer Support	http://www.huffingtonpost.com/bonnie-carroll/military-caregiver-peer-network_b_5269619.html http://www.milvetcaregivernetwork.com
VeteranCaregiver Meetups:	www.VeteranCaregiver.com/peer-support