



VeteranCaregiver.com Video Resource

Recommended Resources: Juggling Priorities

Definition:

To prioritize means to designate by order of importance. As a Caregiver the demands on your time seem overwhelming at times, and knowing how and when to do a certain task vs. another can be exhausting and stressful. Once you are into a routine and have your priorities in order, you will find that as a Caregiver you will be happier and healthier.

Resources

5 Tips to help Prioritize <http://www.inc.com/lauren-perkins/how-to-prioritize-when-everything-is-a-priority.html>

Balancing <https://www.agingcare.com/Articles/balancing-priorities-as-a-caregiver-work-children-parents-123286.htm>

Career & Caregiving <https://www.mindtools.com/pages/article/juggling-career-and-care.htm>

Managing Tasks <http://www.caregivingcafe.com/tips-for-caregivers/managing-tasks-routine/>

Mastering the Juggling <https://www.caregiver.org/mastering-juggling-act>

Working Caregiver <http://www.intentionalcaregiver.com/prioritizing-for-the-working-caregiver/>

Video Resources

P: Prioritize <https://www.youtube.com/watch?v=7XFuaoNn6UY>

Know your Limits https://www.youtube.com/watch?v=A7SedLj4_d0

Quote:

“The first step in Choosing is Prioritizing.” - Todd Stocker

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