



# VeteranCaregiver.com Video Resource

## Recommended Resources: Competitive Caregiving

**Definition:** Competitive Caregiving is our term to describe when caregivers (wittingly or unwittingly) judge one another and make comparisons about how you may be caring for your loved one. Each caregiver has different situations and comparisons hurt everyone. The additional emotions and stress over the comparisons and constant judging - on social media or by unhappy others - compound the pressure unnecessarily.

Caregiving is NOT a competitive sport!

### Resources:

- Emotional Caregiving <https://www.caregiver.org/emotional-side-caregiving>
- Care and Competition <http://www.unpreparedcaregiver.com/2011/02/why-care-and-competition-dont-get-along/>
- VCG Blog <http://veterancaregiver.blogspot.com/2012/03/caregiving-is-not-competition.html>
- Caregivers & Judging <https://www.agingcare.com/Articles/caregivers-shouldnt-judge-each-other-181982.htm>  
<http://blogs.psychcentral.com/caregivers/2013/05/overcoming-judgmental-attitudes-4-truths-about-judging/>

### Video Resources:

- Why do we judge others? <https://www.youtube.com/watch?v=wP0cw-lqRHo>
- Fear of being judged <https://www.youtube.com/watch?v=JU8Dfit2Wqg>

**Quote:** “Many of us follow the commandment 'Love One Another.' When it relates to caregiving, we must love one another with boundaries. We must acknowledge that we are included in the 'Love One Another.’” - Peggi Speers

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