
Recommended Resources: Caregiving During Holidays (Year-Round)

Definition:	Caregiving can be especially challenging when routines are changed and when environments are less controlled. Holidays in this video relate to every kind of holiday: Memorial Day, Valentine's Day, Christmas, 4 th of July, New Years, Alive Days, Thanksgiving, and other events where family or friends gather together, may be surrounded by the unfamiliar, and where unexpected noises, children, or other potential triggers exist.
BSF Blog	https://www.youtube.com/watch?v=qbxVINWh88o Caregiver https://www.caregiver.org/caregiving-and-holidays-stress-success http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784
PTSD	https://www.sidran.org/wp-content/uploads/2013/06/PTSDandholidays1.pdf http://www.huffingtonpost.com/red-room/emtama-lane-psydem-why-pt_b_4311983.html
TBI	http://www.brainline.org/content/2008/12/ask-the-expert-social-skills-and-the-holidays.html https://www.facebook.com/womensbraininjury
4 th of July	http://www.cnn.com/2015/07/01/health/ptsd-vets-and-fireworks-irpt/ http://www.cbsnews.com/news/fireworks-can-trigger-ptsd-veterans/
Memorial Day	Vietnam http://bit.ly/1M8jp6y
Veterans Day	Video https://www.youtube.com/watch?v=g8K_FtWMGD8
General	Video https://www.youtube.com/watch?v=Oy-vqaJJKeQ