



## Resources for Video: Caregivers: Like & Love?

**Overview:** As a caregiver, there are days where you are frustrated with your care receiver and you might say, “I love you, but I don’t like you right now”. Caregiver stress can wear on family members and friends. Learning the “skills” to effectively share feelings and communicate will help you in your caregiving relationship.

**Resources:** <http://www.focusonthefamily.com/marriage/communication-and-conflict/learn-to-speak-your-spouses-love-language/understanding-the-five-love-languages>

<http://www.focusonthefamily.com/marriage/communication-and-conflict/learning-to-communicate/learning-to-communicate>

<http://www.helpguide.org/articles/relationships/effective-communication.htm>

<https://www.caregiver.org/pathways-effective-communication-healthcare-providers-and-caregivers>

<http://www.loveisrespect.org/healthy-relationships/communicate-better/>

<https://www.nia.nih.gov/alzheimers/communication-and-behavior-problems-resources-alzheimers-caregivers>

<http://www.caregiverslibrary.org/caregivers-resources/grp-caregiving-basics-topic/hsgroup-communication/communications-skills-article.aspx>

**Videos:** <https://www.youtube.com/watch?v=fVET8oaj9Sg>

<https://youtu.be/6p94QreV8jE>

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