



## VeteranCaregiver.com Video Resources

### Recommended Resources: Caregiver Neglect, Is This You?

#### Resources

**Caregiver neglect** is a deficit in meeting a Caregiver's basic needs, including the failure to provide adequate health self-care, socialization, self-esteem, nutrition, shelter, as well as physical, emotional, spiritual, social, educational and safety needs. (Altered from child neglect definition – Wikipedia)

<https://www.caring.com/articles/caregiver-burnout-quiz>

<https://www.caregiver.org/taking-care-you-self-care-family-caregivers>

<http://www.futureofpersonalhealth.com/advocacy/for-caregivers-self-care-cannot-be-neglected>

<https://www.caregiver.org/caregiver-health>

<http://www.giftfromwithin.org/html/FAQ-Recovery-Rebuilding-Self-Esteem.html>

<https://lonerwolf.com/caregiver-caretaker/>

<https://www.agingcare.com/Discussions/self-worth-to-a-caregiver-164546.htm>

<https://www.psychologytoday.com/blog/me-we/201312/10-sources-low-self-esteem>

<http://www.caregiving.org/research/impact-of-caregiving/>