



VeteranCaregiver.com Video Resource

Recommended Resources: Competitive Caregiving

Definition	<p>Competitive Caregiving is our term for those who consciously compare their caregiving situations to others. Comparisons are rarely complimentary, but often a source of pain and hurt. Your situation is unique and you are vital to your household. Make the choice to remove this “competition” from your life.</p> <p>“Caregiving is not a competitive sport; less drama and more compassion is best.” ~ Linda Kreter</p>
Caregiver Training	<p>http://www.easterseals.com/explore-resources/for-caregivers/2014-military-caregiving-webinar-series.html. A regular schedule of caregiver webinars, slides, information (some translated into Spanish).</p>
Caregiver Confidence	<p>http://www.qolpublishing.com/booklets/caregiver-confidence.</p>
Caregiver Leadership	<p>https://www.youtube.com/watch?v=xjMgnYQfDg</p>
Caregiver Peers	<p>Create or join a local Caregiver Meetup in addition to Caregiver Meetups to safely share frustrations & release. www.Meetup.com.</p>
Personal Development	<p>Audio books are free from the library and these authors are recommended for inspiration, motivation, positive perspective, and “brain food”: John C. Maxwell, Jim Rohn, Joel Osteen, Zig Ziglar, Malcolm Gladwell, Napoleon Hill, Dale Carnegie, Steven Covey, and Jeff Olson.</p>
Happiness Quote	<p>“Happiness is not by chance; but by choice.” ~ Jim Rohn</p>