

Caregiver Resource Guide



The Caregiver Support Program (CSP) promotes the health and well-being of family caregivers who care for our nation's Veterans through education, resources, and support services. There are two unique programs to the Caregiver Support Program: the Program of General Caregiver Support Services and the Program of Comprehensive Assistance for Family Caregivers. This Resource Guide provides a list of support services to help meet needs within and outside of VA.

** Links to information and websites outside of the Department of VA do not indicate an endorsement of products or services offered by the sites. In addition, these sites may have privacy and security policies that are inconsistent with those of VA.*

VA Caregiver Support Resources

VA's Caregiver Support Program (CSP) offers a menu of services to family members and friends who care for Veterans. These services are offered in addition to the support provided to families and caregivers across VA by clinicians as part of a Veteran's care. Every VA medical center has a caregiver support coordinator (CSC) who assists with information and referrals to these programs.

Annie Caregiver Text Program: Annie is a text messaging service that promotes self-care for Veterans enrolled in VA health care as well as caregivers. Annie sends stress management tips via text messaging to caregivers three times per week. Messages may be educational, motivational or an activity to manage stress. You may pause or stop the service at any time.

Building Better Caregivers (BBC): Building Better Caregivers (BBC) is a 6-week online workshop for caregivers of Veterans of all eras who are caring for someone with dementia, memory problems, posttraumatic stress disorder, a serious brain injury, or any other serious injury or illness. BBC helps caregivers in two key ways: training in how to provide better care and helping caregivers learn how to manage their own emotions, stress and physical health.

Self-Care Courses for Caregivers: Self-Care courses are in-person classroom trainings provided to caregivers with a focus on supporting and meeting the needs of caregivers. The classes are led by trained facilitators and are offered in English and Spanish. Topics include: managing stress; lowering stress, improving mood; problem solving and effective communication; taking care of yourself; and handling emotions.

Caregiver Support Line (CSL): The CSL is staffed by VA social workers who respond to calls from caregivers, Veterans and community agencies seeking information about VA caregiver services. Responders provide information about assistance through VA, offer supportive counseling and link callers to their local caregiver support coordinator. 1-855-260-3274; Monday – Friday 8 a.m. - 8 p.m. ET

CSL Caregiver Education Calls: VA's National CSL (1-855-260-3274) offers monthly telephone education calls for caregivers with a theme of "Care for the Caregiver." The topics change monthly and scripts and audio recordings of the calls can be found on the CSP website.

REACH VA Telephone Support: Telephone support is an evidenced-based intervention that is delivered by a VA clinical staff to provide group sessions to stressed and burdened caregivers. The group sessions can be delivered either face-to-face at VA or by telephone. Topics include: caregivers of all era's, post-9/11 spouses, dementia, spinal cord injury, ALS, MS and PTSD.

REACH VA Intervention: Resources for Enhancing All Caregivers Health (REACH) is an evidenced-based intervention delivered by VA clinical staff to provide individual support to stressed and burdened caregivers of Veterans with dementia, spinal cord injury, MS, PTSD, and ALS.

Peer Support Mentoring: The Caregiver Peer Support Mentoring Program (PSM) provides caregivers the opportunity to receive guidance from and the opportunity to share their experiences with other caregivers. The program was developed to strengthen relationships between caregivers and empower them to help one another.

Caregiver Support Program Website: Contains tips, tools, videos, and links to resources for caregivers of Veterans of all eras.
<https://www.caregiver.va.gov>

Suicide Prevention Toolkit for Caregivers: This toolkit provides education to caregivers of Veterans, including facts about suicide prevention, mental health, and substance use disorder treatment. In addition, it provides self-care resources and describes when to reach out for help.

VA Video Connect (VVC): VVC is a VA application that allows Veterans and caregivers to meet face to face with VA healthcare providers in Virtual Medical Rooms. The application uses encrypted video that is secure and private. VVC provides a flexible option for meeting with providers and caregiver support coordinators (CSC).

Additional VA Resources

VA offers a variety of services to support caregivers and families of Veterans, which may include respite care, home health aides, home-based primary care (HBPC), home hospice care, adult day health care centers (ADHC), skilled home care and home telehealth. Contact your VA Primary Care Team for more information and/or referrals.

Veteran's Crisis Line: The Veterans Crisis Line (VCL) is a free, confidential resource that is available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.
<https://www.veteranscrisisline.net/> or (800) 273-8255 (TALK) Press 1 for Veterans.

Coaching into Care: Coaching into Care is a national telephone service that educates, supports, and empowers family members and friends who are seeking care or services for a Veteran. Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping our callers figure out how to motivate the Veteran to seek treatment. We can help you get information about mental health services at VA and tips on how to begin the conversation about treatment with a loved one who is a Veteran.

<http://www.mirecc.va.gov/coaching/index.asp> or 1-888-823-7458

Resources & Education for Stroke Caregivers' Understanding and Empowerment: This website helps caregivers care for themselves and their loved one after the crisis of stroke, through a variety of online tools.

<https://www.cidrr8.research.va.gov/rescue/tools.cfm>

Office of Rural Health – Caregivers “Dementia Video Series”: The Office of Rural Health website offers many helpful tips, resources and educational videos, including materials for dementia caregivers.

<https://www.ruralhealth.va.gov/vets/resources.asp>

Non-VA National Resources

Department of Defense (DoD) Caregiver Resource Directory: This DoD directory includes the most commonly referenced resources, organizations, agencies, and programs that provide support to the caregivers of wounded, ill, or injured services members.

<https://warriorcare.dodlive.mil/files/2019/08/Caregiver-Directory-2019-Edition.pdf>

PATRIOTlink: This online database of thousands of resources for the military community.

<https://www.patriotlink.org/>

Military OneSource: This website is a connection to information, answers and support when military life (MilLife) happens to help service members overcome challenges, reach goals and thrive.

<https://www.militaryonesource.mil/> or 800-342-9647

National Resource Directory: This searchable database of resources vetted for service members, Veterans, family members and caregivers.

<https://nrd.gov/>

Department of Defense Warrior Care: This website provides information regarding a resource directory, peer support, as well as webinars and events.

<https://warriorcare.dodlive.mil/caregiver-resources/>

Well Spouse Association: This website provides access to groups (in person and telephone), online forum, mentor, conference/respite, and newsletter for military caregivers. There is a fee to join.

<https://wellspouse.org> or 732-577-8899

Operation Family Caregiver: This service provides one on one coaching to caregiver to help cope with stressors and transitions of being a military caregiver.

<https://www.operationfamilycaregiver.org> or 229-928-1234

Code of Support Foundation: This website offers Care Coordination to link to resources to meet various needs.

<https://www.codeofsupport.org/>

Project Sanctuary: Offers one family and one couples retreat to veterans from all eras with their family and caregiver.
<https://projectsanctuary.us/>

Red Cross (Military and Veteran Caregiver Network): Peer based support to caregivers (online peer support community, peer mentor support program, peer support groups), resource library and training services.
<https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network>
<https://www.redcross.org/take-a-class>

Hidden Heroes: Caregiver community for peer support and Q&A, resource search engine, and caregiver stories.
<https://hiddenheroes.org>

Easterseals: This website provides on demand educational sessions.
<https://www.easterseals.com/explore-resources/for-caregivers/#militarycaregiver>

Stand Beside Them: This website provides information regarding coaching for career development, leadership, life/relationships, health and wellness, small business development, and resource hub. Primary focus on post 9/11 veterans and caregivers.
<https://www.standbesidethem.org>

Yellow Ribbon Fund: This organization provides services to caregivers of post 9/11 wounded warriors including recreation/respice, education and training, and peer support.
<https://yellowribbonfund.org>

Semper Fi & Americas Fund: Caregiver retreats, assist with adaptive housing, visiting nurse, LCpl Parsons fund (Vietnam Veterans with serious health diagnosis can obtain funding).
<https://semperfifund.org>

Defense and Veterans Brain Injury Center (DVIBIC): This website has education and resources regarding brain injury and is specific to veterans.
<https://dvbic.dcoe.mil/>

Quality of Life Foundation (Wounded Veteran Family Care): This agency serves caregivers of wounded warriors and have small grants to serve all eras.
<https://woundedveteranfamilycare.org/assistance/>

MOAA/USAA Educational Foundation/American Bar Association Legal and Financial Guide for Military Veteran Caregivers E-Guide: This website provides financial and legal resources for military caregivers.
www.moaa.org/caregiver

National Alliance for Caregiving: This website offers a directory of resources for the caregivers of loved ones with different diagnoses, abilities and age.
<https://www.caregiving.org/resources/> or 202-918-1013

National Alliance on Mental Illness (NAMI): This website provides information and resources about mental health, programs, education, and support with a national directory.

<https://www.nami.org/Find-Support/Family-Members-and-Caregivers>

American Association of Retired Persons (AARP) and Caregiving:

This website helps caregivers navigate their role as a family caregiver on multiple topics.

<https://www.aarp.org/caregiving/>

Aging Care: This website provides access to look for home care or senior housing. There is also a virtual forum to be able to seek support.

<https://www.agingcare.com>

Family Caregiver Alliance: This website provides resources via a condition specific directory, has information regarding policy and Advocacy, and also has resources for caregivers to be able to connect with each other.

<https://www.caregiver.org> or 800-445-8106

Caregiver Action Network: This website provides resources and supports based on where you are in your caregiving journey.

<https://caregiveraction.org> or 855-227-3640

Eldercare Locator: This website is brought to you by the U.S. Administration on Aging. Website contains information regarding housing, support, elder rights, insurance and benefits, health, and transportation.

<https://www.eldercare.acl.gov> or 1-800-677-1116

Alzheimer's Association: This website provides information and support regarding Alzheimer's and related cognitive disorders. Option to find your local chapter and obtain area specific information including support groups.

<https://www.alz.org> or 800-272-3900

PsychARMOR Institute: This website provides caregiver courses for self-care, education, and communication. Additional resources regarding military culture, suicide prevention, transition, and parenting. Also offers Caregiver Binder.

<https://psycharmor.org/caregivers>

ARCH National Respite Network: This website is a respite locator search service and resources.

<https://archrespite.org>

CEMM Library: This website provides videos and other educational materials regarding many common conditions including caregiving, TBI, mental health, suicide prevention, diabetes and more.

<https://www.cemmlibrary.org>

Give an Hour: This website provides free mental health services. Offer in person and telehealth possibilities. Varies based on volunteer providers in your area. Use website to locate providers.

<https://giveanhour.org>

A Place For Mom: This website provides resources and no charge referrals to assist with locating senior living as well as in home care assistance options.

<https://www.aplaceformom.com/> or 804-441-8420

Non-VA Virginia Resources

Virginia Department of Veterans Services (Virginia Veteran and Family Support):

Provides resources referrals, care coordination, and supportive services. (Claims, Domestic Violence, Employment, Financial, Health Administration, Healthcare, Housing/Homelessness, Legal, Leisure Activities, Mental Health Services, Military Children, Re-entry for incarcerated Veterans).

<https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2> or 877-285-1299

Tech for Troops: This organization refurbishes computers and sends them out to veterans and caregivers. They do require that shipping is paid. They also have a computer building IT opportunity for veterans in Richmond.

<https://techfortroops.org>

Virginia Granting Freedom Grant: This grant provides up to \$6000 for home modifications related to service connected disabilities and can be used in conjunction with Veterans Affairs grants.

<https://www.vhda.com/Programs/Pages/GrantingFreedom.aspx>

Virginia Military Survivor Dependents Educational Program: This is a program that could pay for a spouse to retrain if they meet the criteria for the program. It waves the tuition portion of any Virginia in state public university. It will also provide assistance to the children of veterans who meet this criteria.

<https://www.dvs.virginia.gov/education-employment/virginia-military-survivors-and-dependents-education-program-2-2-2>

Virginia Navigator: This website is a resource directory for disability, aging and Veteran services in Virginia.

<http://virginiannavigator.org> or 1-866-393-0957

American Parkinson Disease Association (APDA) (Virginia Chapter): This website helps to provide information and support regarding Parkinson's disease as well as events local to Virginia.

<https://www.apdaparkinson.org/community/virginia/> or 757-495-3062

Brain Injury Association of Virginia: This website provides information and support regarding brain injury to include individual resource consultation, support groups, overnight camp.

<https://www.biav.net> or 800-444-6443

Project Lifesaver: This website provides information regarding a GPS tracking system for persons with memory loss.

<https://projectlifesaver.org/> or Call your local police office

Salvation Army: Provide access to shelter, food, substance abuse treatment, job training, elderly services, veteran services, summer camps, and holiday assistance.

<https://www.salvationarmyusa.org/usn/>

Virginia GrandDriver: This website provides information about driving and understanding potential challenges with aging.

<https://granddriver.net>

Virginia Lifespan Respite Voucher: This service provides a \$400 voucher to assist with funding respite for family member with dementia or severe disability when you reside with them. Voucher is reimbursement.

www.vda.virginia.gov/vlr.v.htm

Virginia Association of Area Agencies on Aging: Resources for education and support for your local area. See website to determine your local agency and contact information.

<https://vaaaa.org>

Partners in Aging: Betty Bazemore Memorial Respite Grant(1) 8 hour or (2) 4 hour services. Application necessary (income limited) – 2 week processing

Also has annual Caregiver Luncheon, Art of Aging Expo, and Medication collection. Fredericksburg Area only.

<http://www.partnersinaging.org/donations/betty-bazemore-memorial-respite-grant/>

Mental Health America of Fredericksburg: Senior Visitors Program for the Fredericksburg and surrounding areas.

<https://www.mhafred.org/senior-visitors/> or 540-371-2704

Elder Care Connections: Geriatric Case Management

<http://eldercareconnections.net/> or 540-419-4387

RESOURCES FOR CHILDREN

Sesame Street for Family Caregivers: Resources for children aged 0-6 to assist with understanding illness and injuries.

<https://sesamestreetincommunities.org/topics/family-caregiving/>

Our Military Kids: Provides one time grant for sports, arts, or other enrichment activities of children of a post 9/11 veteran who is 30% or more service connected for burns, amputation, mental health, SCI, TBI, or PTSD.

<https://www.ourmilitarykids.org>

Thrive: Provides parenting resources for ages 0-18

<https://thrive.psu.edu> or 877-382-9185

Semper Fi & Americas Fund: Skips Semper Fi & America's Fund
<https://semperfund.org>

LEGAL ASSISTANCE

VetLex: This website provides assistance in locating pro bono legal services.
<https://vetlex.org>

Stateside Legal: This website provides legal education, locate assistance, news.
<https://www.statesidelegal.org>

Combined Arms Support Command (Fort Lee): Provided legal assistance, claims and tax preparation to eligible personnel, which includes disabled veterans.
<https://cascom.army.mil/staff/sja/legalasst-1.htm>

Virginia Legal Aid: Provides legal assistance and information to low income individuals.
<https://www.valegalaid.org/>

END OF LIFE PLANNING

National Cemetery Administration: Can be contacted to complete pre-need burial eligibility for veteran. Spouses are also eligible in the event that veteran is. Eligible individuals are entitled to burial in any open VA national cemetery which includes opening/closing of the grave, a government-furnished grave liner, perpetual care of the gravesite, and a government-furnished upright headstone or flat marker or niche cover all at no cost to the family. Veterans are also eligible for a burial flag and Presidential Memorial Certificate.
<https://www.cem.va.gov/>

National Hospice and Palliative Care
<https://www.nhpco.org> or 703-837-1500

The Conversation Project
<https://thecoversationproject.org>

FINANCIAL ASSISTANCE

Freddie Mac: This website provides a course and workbook for credit management and financial planning.
<https://sf.freddiemac.com/working-with-us/creditsmart/courses#military-financial-readiness>

In Charge Debt Solutions: This website provides information regarding credit counseling, grants, debt consolidation.
<https://www.incharge.org/debt-relief/credit-counseling/military-debt-relief/>

Military Wallet: This website provides information regarding money management as well as benefits.

<https://themilitarywallet.com>

PsychArmor: This website offers educational courses for financial wellness and budgeting.

<https://psycharmor.org/courses-for-financial-wellness>

Veteran's Plus: This website provides information regarding financial education and literacy.

<https://www.veteransplus.org>

PENFED Foundation: Provides financial assistance to include emergency assistance, child-care assistance, education/training assistance, down payment assistance for homebuying, and interest free loans. <https://penfedfoundation.org/>

VETERAN'S BENEFITS

Veterans Benefits Administration: Comprehensive access to all benefits for veteran.

<https://www.benefits.va.gov/benefits/> or 800-827-1000

Virginia Department of Veterans Services: Can be contacted to assist with applying for benefits.

<https://www.dvs.virginia.gov/or> 804-786-0286

Disabled American Veterans (DAV): Provide assistance with filing benefits, travel, and employment.

<https://www.dav.org/>

Paralyzed Veterans of America: Provide assistance with benefits claims, access to medical services, legal services, caregiver support, and accessible design.

<https://pva.org/>

American Legion: Provides assistance with learning about and filing for veteran benefits.

<https://www.legion.org>

Veterans of Foreign Wars: Provides assistance with learning about and filing for veteran benefits.

<https://www.vfw.org>