



Services and Supports for Veterans and Caregivers

Programs, Information, and Services



VA



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of Veterans Affairs



This resource guide was designed as a tool to provide Veterans and caregivers with useful information on the supportive programs and services offered by Veterans Affairs (VA) and community organizations. In this guide you will find both VA and non-VA programs and services that may be available to support you. VA acknowledges this list is not all inclusive of available programs and services to support you, therefore additional databases for review and exploration are included.

VA Caregiver Support Program (CSP) Resources

Every VA medical center has a Caregiver Support Team who assists with information and referrals to CSP resources. Contact your [Caregiver Support Team](#) if you are interested in any of the following services. You can find your local Caregiver Support Team using the [locator tool](#) on the CSP website.

Caregiver Support Program (CSP) website contains tips, tools, videos, and links to resources for caregivers of Veterans of all eras. [VA Caregiver Support Program Home](#)

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 keyways: training in how to provide better care, and helping caregivers learn how to manage their own emotions, stress and physical health. [Building Better Caregivers™ \(BBC\)](#)

Caregivers FIRST is an evidence-based, caregiver skills group training program with the goal of connecting caregivers with each other and to resources to help them feel more confident, capable, and supported in their caregiving role.

Caregiver Support Line (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. EST; [Caregiver Support Line \(CSL\)](#)

CSL Caregiver Education Calls are 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. 1-855-260-3274

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www.caregiver.va.gov

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Financial Wellness CSP has teamed-up with the USAA Educational Foundation to provide a series of videos to assist caregivers in establishing a budget, building an emergency fund, and getting an estate plan together. [Caring for your Finances - VA Caregiver Support Program](#)

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

Resources for Enhancing All Caregivers Health (REACH) VA Caregiver Program 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. [REACH VA Caregiver Program](#)

Self-Care Courses for Caregivers 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.

Spanish-Speaking Telephone Support Group Caregiver Calls are quarterly calls for all era CSP participants. Topics are CSP overview, VA benefits, VA navigation and perspectives on caregiving.

Suicide Prevention Toolkit for Caregivers is a toolkit that 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.

[Suicide Prevention Toolkit for Caregivers](#)

Additional VA Resources

AboutFace aims to help Veterans and others recognize PTSD, reduce barriers to care, and motivate them to seek treatment. [AboutFace | National Center for PTSD \(va.gov\)](#)

Annie Text is VA's text messaging service that promotes self-care including topics such as stress management and taking care of you. Messages may be educational, motivational, or activities or tips specific to the caregiver's needs. The program is available to caregivers enrolled in the Program of General Caregiver Support Services (PGCSS) or the Program of Comprehensive Assistance for Family Caregivers (PCAFC), and able to receive text messages on their cellular device. A companion program focusing on caregivers is also available. It promotes self-care for caregivers by sending tips and messages to caregivers multiple times per week. Messages may be educational, motivational or an activity to manage stress. [Annie App for Veterans | VA Mobile](#)

Coaching into Care is a free national telephone service that educates, supports, and empowers family members and friends



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of Veterans Affairs

who are seeking care or services for a Veteran. Coaching is provided by licensed psychologists or social workers and involves helping callers figure out how to motivate the Veteran to seek treatment. 1-888-823-7458.

[Coaching Into Care | When a Veteran you know needs help - MIRECC / CoE \(va.gov\)](#)

Home and Community Based Services are for Veterans who may be chronically ill, elderly, or in poor health. Information includes Adult Day Care, Home Based Primary Care, Homemaker and Home Health Aide, Hospice and Palliative Care, Respite Care, Veteran-Directed Care, geriatric care and research, and more. For more info: [Geriatrics and Extended Care Home \(va.gov\)](#)

Intimate Partner Violence Assistance Program (IPVAP) is committed to helping Veterans, their partners, and VA staff who are impacted by Intimate Partner Violence (IPV). IPVAP is committed to addressing intimate partner violence and building healthy relationships. Women Veterans can also ask for the Women Veterans Program Manager.

[Intimate Partner Violence Assistance Program \(IPVAP\) - VHA Social Work](#)

Make the Connection is an online resource designed to connect Veterans, their families and friends, and other supporters with information, resources, and solutions to issues affecting their lives.

[PTSD | Symptoms & Treatment | Military Veterans | Make the Connection](#)

Office of Rural Health and the Caregivers “Dementia Video Series” offers many helpful tips, resources and educational videos, including materials for caregivers caring for someone with dementia.

[RESOURCES - Office of Rural Health \(va.gov\)](#)

Peer Support Specialists are VA employees who are Veterans in recovery from mental health or substance abuse disorders who have been trained to help others with these disorders to identify and achieve specific life and recovery goals. Contact your local mental health team for additional information.

Primary Care serves as the foundation of Veterans Health Administration (VHA) health care and the first point of contact with the health care system for Veterans enrolled in VHA. Veterans are assigned to their Patient Aligned Care Team (PACT), placing the Veteran at the center of their health care team.

Recreation Therapy provides services to restore, remediate, and/or rehabilitate functional capabilities for Veterans with injuries, chronic illnesses, and disabling conditions.

Suicide Prevention is VA's top clinical priority among all Veterans. The below website includes specific resources for lethal means safety planning, including resources on safe storage of firearms and medications.

[Suicide Prevention - Mental Health \(va.gov\)](#)

VA Mental Health Services offers evidence-based therapy and other treatment options for the Veteran. Explore [Get Help: Learn About Treatment - Mental Health \(va.gov\)](#). Talk to your VA health care provider about the options available in your area.



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VA Pain Management offers education and information here: [VHA Pain Management Home \(va.gov\)](#)

Veterans Benefits Administration offers information about Aid and Attendance, life insurance, burial benefits, compensation, pension, and home loans. Visit [Veterans Benefits Administration Home \(va.gov\)](#) or call 1-800-827-1000. Consider working on your claim with an accredited, trained, and certified representative.

Vet Centers (Readjustment Counseling) are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active-duty service members, including National Guard and Reserve components, and their families. Individual, group, marriage and family counseling services are offered in addition to referral and connection to other VA or community benefits and services. [Vet Centers \(Readjustment Counseling\) Home \(va.gov\)](#)



Veterans Crisis Line is a free, confidential resource that is available to anyone, even if you're not registered with VA or enrolled in VA health care. Call or dial 988 then press 1 for Veterans. [Home \(veteranscrisisline.net\)](#)

Veteran Readiness and Employment (VR&E) provides services to help with job training, employment accommodations, resume development, and job seeking skills coaching. See if you or your family member are eligible. [Veteran Readiness and Employment \(VR&E\) Home \(va.gov\)](#)

Whole Health centers around what matters to you, not what is the matter with you. Your healthcare team will get to know you and develop a personalized health plan based on your values, needs, and goals. For caregivers, talk to your local Caregiver Support team to see what resources are available in your area. [Whole Health Home \(va.gov\)](#)

Non-VA Resources

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.

Area Agency on Aging (AAA) is a public or non-profit agency, designated by your state to serve and advocate for older persons, adults with disabilities and caregivers. AAAs coordinate and offer services such as Meals-On-Wheels, homemaker assistance, and other services to help older adults maintain their health and independence in their homes and communities. [Area Agencies on Aging \(acl.gov\)](#)

Elizabeth Dole Foundation is available for those caring for wounded, ill, or injured Veterans or service members along the caregiving journey. Whether this is comprehensive case management support,

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of Veterans Affairs

assistance with applying for benefits, or just a listening ear, the Elizabeth Dole Foundation (EDF) is available to help. EDF programs include; Dole Caregiver Fellows, respite help at home, Hidden Helpers for caregiving families with children in the home, Health & Wellness, research and a peer support community. By signing up with the registry, caregivers have access to local events and programs in one's hometown. Click here for a directory of resources and support through caregivers, as well as other services.

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

Health Insurance Marketplace allows for individuals to purchase health insurance coverage, which may include coverage for treating mental health conditions and substance use disorders.

[Get 2022 health coverage. Health Insurance Marketplace® | HealthCare.gov](#)

Medicaid provides health coverage for eligible low-income adults, children, pregnant women, elderly adults, and people with disabilities. The Medicaid program covers certain behavioral health services, which vary by state of residence. [Behavioral Health Services | Medicaid](#)

Military OneSource is your 24/7 connection on multiple topics, such as, tax services, spouse employment help, webinars and online training, relocation and deployment tools, and much more.

[Support for Military Personnel & Families • Military OneSource](#)

Military Veteran Caregiver Network offers peer-based support and services to connect those providing care to Service members and Veterans living with wounds, illnesses, injuries and/or aging.

[Military and Veteran Caregiver Network | American Red Cross](#)

National Alliance on Mental Illness (NAMI) offers information, support, and education specifically for Veterans, Service members, and their families. To learn more, visit [Veterans & Active Duty | NAMI: National Alliance on Mental Illness](#)

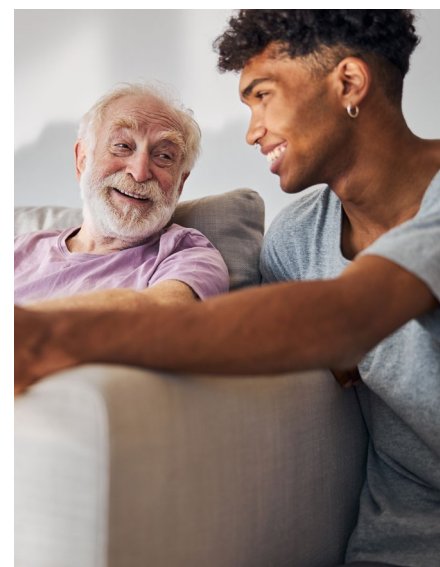
Prudential offers a no-cost, digital hub for Hidden Heroes Caregivers & families to help you manage cost, finances, achieve financial goals, and protect against financial risks.

[Financial Wellness | Financial Wellness \(prudential.com\)](#)

PsychArmor offers courses to help caregivers balance caregiving and self-care. This library of 45+ courses, provides information, resources, and strategies on managing the demands and stressors of caregiving. Courses are available at: [Psycharmor](#)

Rosalynn Carter Institute (RCI)-Operation Family Caregiver Program provides free and confidential one-on-one coaching to families/caregivers who are taking care of an injured or ill active-duty Service member or Veteran from any era. RCI has additional programs for caregivers, as well. Learn more at: [Home - Operation Family Caregiver](#)

Sesame Street Workshop provides Little Children, Big Challenges family support services, kids' learning resources and other support for military



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children, which helps all families of military service build the skills they need to be resilient. For more information, visit: <https://sesamestreetformilitaryfamilies.org/>. For military and Veteran families, Sesame Street in Communities offers games, videos and topics that are important to caregivers and their children via this link: [Family Caregiving | Sesame Street in Communities](#)

Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net.

[Supplemental Nutrition Assistance Program \(SNAP\) | Food and Nutrition Service \(usda.gov\)](#)

Veteran Service Organizations help Veterans navigate VA claims and the benefits system. They help Veterans connect and live fulfilling lives through their local facilities and programs.

[Directory of Veterans Service Organizations \(va.gov\)](#)

United Way 211 provides a comprehensive source of information about local resources and services for a variety of concerns including housing insecurity and homelessness, healthcare, hunger and food insecurity, crisis intervention for those experiencing mental health crises, assistance related to sexual assault, domestic violence, or human trafficking, as well as disaster services such as shelters, emergency food, evacuation assistance, and clean-up resources. [Call 211 for Essential Community Services | United Way 211](#)

Resource Databases

The following databases may provide additional resources of interest to Veterans and Caregivers:

American Association of Retired Persons (AARP) offers information for those either just beginning their caregiving journey or seasoned caregivers looking for more tools and resources online.

[AARP Resources for Caregivers and their Families](#)

Department of Defense (DoD) Caregiver Resource Directory includes the most commonly referenced resources, organizations, agencies, and programs that provide support to caregivers of wounded, ill, or injured services members. <https://warriorcare.dodlive.mil/caregiver-resources/>

National Alliance for Caregiving offers a directory of resources for the caregivers of loved ones with different diagnoses, abilities, and age. [Resources | The National Alliance for Caregiving](#)

National Resource Directory is a searchable database of resources vetted for service members, Veterans, family members, and caregivers. [National Resource Directory | Connecting our Service Members & Veterans \(nrd.gov\)](#)

PATRIOTlink is an online database filled with thousands of resources tailored to the needs of the military and Veteran community. [PATRIOTlink](#)

Veterans Health Library is a collection of resources designed to help Veterans stay well and informed. [My HealtheVet Veterans Health Library \(va.gov\)](#)

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