



Caregiver Resources

Caregiving with Children and Adolescents Guide

Caring for the Veteran, children and/or adolescents, and yourself.

What is the Caregiving with Children and Adolescents Guide?

The *Caregiving with Children and Adolescents Guide* from the Department of Veterans Affairs (VA) Caregiver Support Program (CSP) helps caregivers take care of Veterans and [children and/or adolescents](#) while tending to their own needs. You, the caregiver, can support the Veteran you provide care for and the young people in your life by helping them process what is going on.

You have the unique task of raising Hidden Helpers. These children and young adults often help with the daily caregiving activities of the impacted Veteran. Although guiding them through the steps of emotional regulation is vital, you must manage your own feelings and needs as well. The *Caregiving with Children and Adolescents Guide* can help you facilitate understanding, navigate meaningful conversations, and give yourself the same level of care you provide to others.

By using the *Caregiving with Children and Adolescents Guide*, you will:

- Easily locate free resources that are available 24/7.
- Familiarize yourself with techniques for talking with youth.
- Foster safe spaces for dealing with youths' emotions.
- Gain knowledge about support from various organizations.
- Learn strategies to deepen family relationships and understanding.
- Discover new ways to build upon your caregiving skillsets.
- Promote mental wellness in your household and lead by example.
- Prevent and manage caregiver burnout.

Rosalynn Carter Institute (RCI) for Caregivers

RCI supports the unsung heroes behind our heroes with military-centered support programs. RCI and Wounded Warrior Project® (WWP) are continuing their partnership to support military and Veterans' caregivers. You can join RCI's four-part webinar series focused on caregiving issues and real-world solutions, providing tools you can use throughout your journey. This [program](#) is powered by WWP to honor and empower post-9/11 injured service members, Veterans, and their families.

For immediate support, you can text **TOUGH** to **741741** at no cost to access 24/7 crisis counseling from the Veterans Caregivers' Crisis Text Counseling Line.

Sesame Street: Military Caregiving

RCI's [Operation Family Caregiver](#) coaches families and friends of returning service members and Veterans to manage difficult transitions. RCI partnered with Sesame Street to create the [Military Caregiving - Sesame Workshop](#) to help with adjustments for everyone in the family. These resources include videos such as [Injuries: Rehabilitation](#) and [Injuries: Long-Term Caregiving](#).

Vet Centers (Readjustment Counseling)

[Vet Centers](#) are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans; Service members, including National Guard and Reserve components; and their families. For more information, you can contact the Vet Center Call Center at 1 (877) 927-8387, 24 hours a day 7 days a week.

Our Military Kids (OMK)

[Our Military Kids](#)® is a national nonprofit offering extracurricular activity grants to children and teens of deployed National Guard; deployed Reserve; or post-9/11 combat wounded, ill, or injured Veterans in treatment. OMK activity grants build the children's self-confidence, enhance family wellness, and strengthen a shared sense of community. You can call (703) 734-6654 for more information.

Finding Time to Take Care of You

Find comfort by tending to your own feelings and concerns. The Caregiver Support Line offers free, monthly one-hour telephone education calls for caregivers. These group sessions focus on topics important to caregivers, with a different topic presented each month. Caregivers learn about communication skills, building relationships and connections, self-care, and much more. To get more information about monthly education calls, contact the CSL team at 1 (855) 260-3274. Caregivers who are unable to listen to the calls can access recorded presentations on the CSL [webpage](#).

VA also develops research-based [self-care tools](#) and [Whole Health Library](#) materials to help you establish healthy coping mechanisms.



Additional Resources for Youth

- Elizabeth Dole Foundation – Hidden Helpers Survey: <https://hiddenheroes.org/resources/hidden-helpers-clinical-survey/>
- Wounded Warrior Project (WWP) – Warriors and Families: <https://www.woundedwarriorproject.org/warriors-families>
- A Veteran’s Guide to Talking with Kids About PTSD | South Central MIRECC: <https://www.mirecc.va.gov/visn16/talking-with-kids-about-ptsd-guide.asp>
- 15 Things Military & Veterans’ Kids Want You to Know: <https://www.youtube.com/watch?v=21qTqvcnWWU>
- Camp Corral: <https://www.campcorral.org/>
- Operation Purple: <https://www.militaryfamily.org/programs/operation-purple/>
- Military Child Education Coalition® (MCEC)®: <https://www.militarychild.org/>

Additional Resources for Caregivers

- A Caregivers Journey to Self-Enrichment: https://www.caregiver.va.gov/pdfs/DailyAttentionDiary/A_Caregivers_Journey_to_Self-Enrichment_Final.pdf
- Unwind by RCI and ShareCare: <https://www.unwindingbysharecare.com/rci-partners/>
- Caregiver Letter: https://www.caregiver.va.gov/support/Caregiving_Children_Adolescents.asp#:~:text=Need%20Help%3F,your%20local%20VA%20Medical%20Center
- Live Whole Health: <https://mobile.va.gov/app/live-whole-health>
- Mindfulness Coach: <https://mobile.va.gov/app/mindfulness-coach>
- Local CSP Team: https://www.caregiver.va.gov/support/New_CSC_Page.asp
- Peer Support Mentoring Program: https://www.caregiver.va.gov/support/Peer_Support_Mentoring_Program.asp
- Caregiver Health and Well-being Coaching: <https://www.caregiver.va.gov/support/docs/Caregiver-Health-Wellbeing-Coaching-Factsheet.pdf>
- Resources for Enhancing All Caregivers Health (REACH) VA Program: https://www.caregiver.va.gov/REACH_VA_Program.asp

