



VA Caregiver Support Program: Peer Support Mentoring A Resource for Family Caregivers

Are you a family caregiver?

Family caregivers have invaluable knowledge, information and perspective on the joys and challenges of providing care for an ill or injured Veteran at home. Caregivers trust the advice and guidance they receive from others who have walked in their shoes. Peer Support Mentoring is designed to facilitate and support caregivers who have knowledge, experience and insights which will be of benefit to caregivers who are less experienced or who may be struggling. All caregivers feel alone and isolated at times; Peer Support Mentoring will provide connection with other caregivers.

What is Peer Support Mentoring?

Peer Support Mentoring is a support program where caregiver Mentors are matched with caregivers who are interested in talking with a more experienced caregiver. Caregiver Mentors will have access to training, on-going support and consultation with the National Peer Mentoring Support Program Manager. As a caregiver Mentor, you will be asked to contact the caregiver you have been matched with monthly and to make a commitment to the Program.

Becoming a Peer Mentor

There are just three steps to becoming a caregiver Mentor. The first is to register as a Volunteer and receive orientation in the Voluntary Services Program at your VA medical center. The second is completing the orientation to the Peer Support Mentoring Program. The last step is being matched with another caregiver.

Being matched with a Peer Mentor

Family caregivers interested in having a Peer Mentor will be matched with an appropriate peer. All family caregivers involved in the VA Caregiver Support Mentoring Program will have an opportunity to talk with a Peer Mentor to discuss the Peer Support Mentoring Program.



Interested?

Contact the Caregiver Support Coordinator at your local VA Medical Center. To locate a Caregiver Support Coordinator go to www.caregiver.va.gov. On the home page, just type in your zip code and you'll be able to find the name and phone number of your local Caregiver Support Coordinator.