



Being the caregiver of a Veteran is full of challenges. VA has developed a Peer Support Mentoring Program to link you to a peer — someone who has experienced similar challenges and situations — to provide you with additional support and guidance along your journey.



Contact the VA Caregiver Support Line
for information and resources
1-855-260-3274 toll-free

Monday through Friday,
8 a.m. – 8 p.m. ET

or

Visit the VA caregiver website to learn about
services and support available to caregivers

www.caregiver.va.gov

VA



U.S. Department
of Veterans Affairs

Caregiver Peer Support Mentoring Program





Goal

The Caregiver Peer Support Mentoring Program was developed to strengthen relationships between caregivers, to provide an opportunity for networking and to empower caregivers to help one another. The Caregiver Peer Support Mentoring Program provides an opportunity for caregivers to receive guidance and to share their experience, wisdom, skills and passion with other caregivers.

In addition to providing support, the Caregiver Peer Support Mentoring Program also helps caregivers to establish relationships with each other and create a comfort zone for support.

Mentoring Can Provide:

- Personalized guidance, based on experience and knowledge
- Friendship
- A good listener when you need it

Why Become a Peer Mentor?

Mentoring creates a trusting and helpful relationship between two people. Peer Mentors provide personal support to their Mentees, assist with the navigation of daily stressors and serve as role models for individuals who need help.

Because there are many challenges to being a caregiver, it can be helpful for you to talk with someone who has “been there” and understands the pressures that come with being a caregiver.

Benefits of Serving as a Peer Mentor

- Sharing tips about caregiving that you have learned through your own experience
- Sharing your experience and knowledge of resources such as VA benefits, the VA healthcare team and community agencies that can provide needed assistance
- Providing an outlet for socializing and networking
- Helping caregivers build life skills to deal with adversity in the future

Benefits of Having a Peer Mentor

- Creating an outlet for socializing and networking
- Learning from the experience and support of those who understand the challenges caregivers face
- Receiving support from someone who has “been there”

Eligibility Criteria

- Caregivers of Veterans of all eras are eligible to participate in the VA Caregiver Peer Support Mentoring Program, both as Mentors and as Mentees.
- Mentors will be required to participate in training before being assigned to a Mentee.
- Background and fingerprint checks are required for Mentors through the local VA medical center Voluntary Services Department.

How Can I Be Connected to the Peer Support Mentoring Program?

Your local Caregiver Support Coordinator can assist you with a referral. Caregiver Support Coordinators serve to assist Veterans and caregivers access VA services and benefits as well as local community resources. To identify your local Caregiver Support Coordinator, contact your local VA medical center or use the locator link on the caregiver Website: www.caregiver.va.gov

Contact your Caregiver Support Coordinator for information on resources and services available to support you in your caregiving role and to become involved in the Caregiver Peer Support Mentoring Program.