



# Resource of the Month

## Caregiving Through the Holidays Guide

*Caregiving begins with taking care of yourself.*

### What is the Caregiving Through the Holidays Guide?

It's time for holiday traditions, which can include caregivers promoting mental wellness during the season. You, the caregiver, can support the Veteran you provide care for and celebrate the holidays while caring for yourself. The Department of Veterans Affairs (VA) Caregiver Support Program (CSP) supports Veterans' caregivers and offers resources available 24/7 whenever you need them. The Caregiving Through the Holidays Guide can help you prioritize yourself this celebratory season.

By utilizing the Caregiving Through the Holiday Guide, you will:

- Easily locate VA and CSP resources that are available 24/7 when you need them.
- Know what to do when you feel overwhelmed.
- Refresh your budgeting skills.
- Familiarize yourself with practical communication techniques.
- Gain insights into managing your emotions.
- Become knowledgeable of self-care exercises.
- Discover how to make time for yourself.



# Caregiving Through the Holidays Guide Resources:

## Caring For Your Finances

Plan ahead and keep holiday spending from becoming a stressor. CSP provides [budget-building videos](#) and partners with the United Services Automobile Association (USAA) to offer the [USAA Educational Foundation](#) to help you make informed financial decisions.

For eligible and approved primary family caregivers participating in the Program of Comprehensive Assistance for Family Caregivers (PCAFC) CSP has launched its new [legal & financial services](#). Through this contract, eligible participants are afforded access to licensed attorneys and certified financial counselors.

## Caring For Your Emotions

Find comfort by navigating your feelings this holiday season. Join the [Caregiver Support Line](#) and other caregivers for valuable insights and inspiration for the **Finding Comfort in the Healing Gifts of the Season** call. **To register for the call, dial 1-855-260-3274.** Caregivers unable to attend the calls can access presentations on the [CSL's](#) webpage.

Calls will be held on the following dates and times:

- Tuesday, December 5, 2023, at 10 a.m. ET
- Wednesday, December 13, 2023, at 7 p.m. ET
- Wednesday, December 20, 2023, at 3 p.m. ET

In addition, CSP delivers guidance on [setting boundaries](#), [restoring balance](#) and [communicating and managing emotions](#) to help enhance your well-being.

## Caring For Yourself

Learn new ways to deal with holiday-related stress. VA develops research-based [self-care tools](#) and [Whole Health Library](#) materials to help you establish healthy coping mechanisms.

## Additional Resources

- **Veterans Crisis Line:** <https://www.veteranscrisisline.net/>
- **Local CSP Team:** [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp](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](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](https://www.caregiver.va.gov/REACH_VA_Program.asp)
- **Clinical Resource Hubs (CRH):** <https://www.patientcare.va.gov/primarycare/CRH.asp>
- **Caregiver Support Legal and Financial Planning Services:** <https://www.caregiverfinanciallegal.va.gov/>

