What is Caregiver Health and Well-being Coaching?

Caregiver Health and Well-being Coaching is dedicated solely to the caregiver, empowering them to prioritize their own health and well-being. Caregivers are paired with training coaches from local CSP teams who provide guidance in creating personalized health plans tailored to their values and needs. This coaching enhances caregiver’s overall physical, emotional, and mental health.

The coaching is grounded in the VA's innovative Whole Health approach, which emphasizes what matters to you, rather than focusing on what’s wrong.

This valuable resource is available at no cost to caregivers enrolled in CSP’s Program of General Caregiver Support Services and the Program of Comprehensive Assistance for Family Caregivers.

Benefits of Caregiver Health and Well-being Coaching:

- Tailored coaching to improve your life
- Personalized planning for your needs
- Focus on all of you—not just part
- Supportive relationships empower change
- Leverage your inherent strengths to create lasting impact
- Supports your mental, physical, emotional, and spiritual health

Additional Resources and Information:

Learn more about Caregiver Health and Well-being Coaching: https://www.caregiver.va.gov/support/docs/Caregiver-Health-Well-being-Coaching-Factsheet.pdf

Learn more about Live Whole Health: #LiveWholeHealth - VA News

Explore Self Care Activities: Self-Care Activities - VA Caregiver Support Program

See the next page for even more information and how to get connected with your personal Caregiver Health and Well-being Coach.
Visit the Whole Health website to find out more about the Whole Health approach: https://www.va.gov/wholehealth/

Build your personal Whole Health Plan: https://www.va.gov/wholehealth/phi.asp

Whole Health treatment improves health outcomes and promotes health and well-being through skill-building. CSP is here to support you on your journey to a healthier you! To get connected with your personal Caregiver Health and Well-being Coach contact your local CSP Team, by using our locator tool.

You can also call the Caregiver Support Line at 1-855-260-3274 for additional help connecting to coaching and other available resources.

Watch this informative video to learn more about Health and Well-being Coaching for Caregivers: https://www.youtube.com/watch?v=6-cAvh0Fy1A