

CAREGIVER SUPPORT PROGRAM RESOURCE FAIR

ALEDA E. LUTZ VA MEDICAL CENTER
SAGINAW, MI



Please note that the sharing of any non-VA information does not constitute an endorsement of the products or services on part of VA.

VA CAREGIVER SUPPORT PROGRAM

- The Department of Veteran Affairs Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. The program's mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support and services. There is a CSP team located at every VA medical center.
- Services available include; skills training, mobile support, one-on-one coaching, group support and coaching, self-care, peer support mentoring, telephone support, online programs, and referrals to available VA and community resources.
- For more information and to locate the CSP team near you please visit www.caregiver.va.gov
- If you are caring for Veteran who receives care at the Aleda E. Lutz VAMC or one of the associated CBOCs and would like more information, please call 989-321-4865.

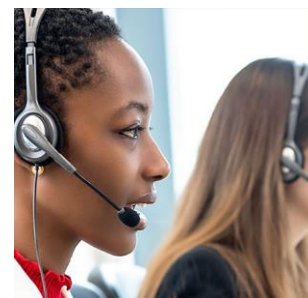


You're there to support
your Veteran.
We're here to support you.



VA CAREGIVER SUPPORT LINE

- The VA Caregiver Support Line is a toll-free number for Caregivers, family members, friends, Veterans and community partners for information related to caregiver and available supports and services.
- The CSL team provides information on caregiver support services, counseling, educational services, and referrals to local Caregiver Support Program staff at VA medical centers.
- CSL also offers free, monthly one-hour telephone education calls for caregivers. These group sessions focus on on topics important to caregivers, with a different topic presented each month. For more information, please contact CSL at the number below or your local Caregiver Support team.



VA Caregiver Support Line
☎ 1-855-260-3274 (toll-free)

Monday-Friday, 8 a.m.-10 p.m. ET
Saturday, 8 a.m.-5 p.m. ET

VETERANS CRISIS LINE

- New number, same support. As of July 16, 2022, Veterans and their loved ones in the U.S. can Dial 988 then Press 1 to reach the Veterans Crisis Line
- The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring responders.
- Veterans and their loved ones can Dial 988 then Press 1, chat online at [Chat \(veteranscrisisline.net\)](https://www.veteranscrisisline.net) , or send a text message to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.



New number, same support

Dial 988 then Press 1



MILITARY SPOUSE MENTORSHIP- HUB

- The Military Spouse Mentorship-HUB helps to bridge military families from every branch of the armed forces and their surrounding communities in locations around the world through a Virtual Education and Resource Center, New Military Spouse Support Program, and Leadership Development Program.
- To connect with a Mentor and Join the Military Spouse Mentorship-HUB:
www.milspouseadvocacynetwork.org
- Provides new and seasoned military spouses, Veteran & retiree military spouses, caregivers, and Gold Star spouses a one-of-a-kind 24/7 peer-to-peer mentorship and connection to national programs, local and military installation resources, expanding their sense of community and knowledge of resources.



THE VETERANS CONSORTIUM

- The Veterans Consortium has offered legal services to Veterans, their families, and survivors since 1992. They are the leading 501(c)(3) charity providing free legal services in federal venues for veterans in need.
- Programs offered include; Filing an Appeal to the VAVC, Discharge Upgrade Program, Legal Clinics for Veterans, Women Veterans Legal Assistance Program, and Veterans Naturalization Assistance Program.
- For more information, contact the Veterans Consortium at 202-628-8164 or visit www.vetsprobono.org



ELIZABETH DOLE FOUNDATION: RESPITE RELIEF FOR MILITARY AND VETERAN CAREGIVERS

- The Elizabeth Dole Foundation and the U.S. Department of Veterans Affairs joined together to create, Respite Relief for Military and Veteran Caregivers, which offers family caregivers of veterans or service members access to free, short-term relief with the help of in-home care professionals.
- Caregivers eligible for this program will receive 24-hours of no-cost respite care services provided by a trained professional.
- Respite care is short-term relief to help you serve as a primary caregiver, while also caring for yourself!
- Respite Relief services can include; mobility, meal prep, housekeeping, toileting, exercise, bathing, grooming, medication reminders, transportation, and/or companionship.
- To be eligible you must be a family caregiver for a wounded, ill or injured Veteran or service member.
- To learn more and to apply, please visit: <https://hiddenheroes.org/respite/>



VA APPS



The PTSD Coach App helps you learn about and cope with the symptoms related to Posttraumatic Stress (PTS) that occur following trauma. PTSD Coach can be used alone, but is not intended as a substitute for mental health treatment.



The Mindfulness Coach App provides you with tools and guided exercises to help you practice mindfulness, which means paying purposeful attention to the present moment without passing judgment on it or your feelings. Mindfulness Coach can be used alone, but is not intended as a substitute for therapy.



Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management.



The Virtual Hope Box (VHB) contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.

PLANNING YOUR LEGACY

VA SURVIVORS AND BURIAL BENEFITS KIT

- The Department of Veterans Affairs offers this survivors and burial benefits kit as a source of pre-need planning information and record storage for Veterans and their families.
- Included is a Planning for the Future section to guide you through possible end of life and survivors' benefits eligibility. This section discusses what benefits are offered and when and how to apply.
- Samples of completed forms that may be needed in the application process are included.
- A copy of the workbook can be found online at <https://www.benefits.va.gov/BENEFITS/docs/VASurvivorsKit.pdf> or talk with your PACT social worker about obtaining a physical copy.
- There is also a space for Veteran's to add their own personal information that can be kept in one location for the use of the Veteran and loved ones. This portion of the book identifies the location of important documents, account numbers, military discharge documents, and martial information

