



VA's Caregiver Support Program (CSP) offers a menu of services to family members and friends who care for Veterans, including on-line courses, face-to-face classes, telephone support, and peer support. These services are offered in addition to the support provided to families and caregivers across VA by clinicians as part of a Veteran's care. Every VA Medical Center has a Caregiver Support Coordinator (CSC) who assists with information and referrals to these programs. Many of the following programs are also available to Veterans who serve as the family caregiver to a non-Veteran. **For more information, please contact your local CSC.*

Caregiver Support Program Website: The CSP website contains tips, tools, videos, and links to resources for caregivers of Veterans of all eras. The link is: www.caregiver.va.gov.

Building Better Caregivers™ (BBC): Building Better Caregivers (BBC) is a 6 week online workshop for caregivers of Veterans of all eras who are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. BBC helps caregivers in two key ways: training in how to provide better care, and helping caregivers learn how to manage their own emotions, stress and physical health.

Caregiver Education Calls: The VA's National Caregiver Support Line (CSL) (855-260-3274) offers monthly telephone education calls for caregivers with a theme of "Care for the Caregiver." The topics change monthly and scripts and audio recordings of the calls can be found on the Caregiver Support Program website.

Caregiver Self-Care Courses: Caregiver Self-Care courses are in-person classroom trainings provided to caregivers with a focus on supporting and meeting the needs of caregivers. The classes are led by trained facilitators and are offered in English and Spanish. Topics include: Managing Stress, Problem Solving & Effective Communication, Taking Care of Yourself, and Utilizing Technology.

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

REACH VA Intervention: Resources for Enhancing All Caregivers Health (REACH) is an evidenced-based intervention that is delivered by VA clinical staff to provide individual support to stressed and burdened caregivers of Veterans with dementia or spinal cord injury. New REACH interventions are underway for Veterans with MS, PTSD, and ALS.

General Telephone Support: General Telephone Support is an evidenced-based intervention that is delivered by a VA clinical staff to provide group sessions to stressed and burdened caregivers. The group sessions can be delivered either face-to-face at the VA or by telephone. Topics include: Caregivers of all Era's, Post-911 Spouses, Dementia, and Spinal Cord Injury. Materials for ALS, MS and PTSD are underway.