

5 TIPS FOR CAREGIVERS

More than 14.3 million military and veteran caregivers provide care for service members and veterans throughout the country.

Being a caregiver for a service member or veteran is an important job and often a difficult one. You may manage and support all aspects of a warrior's life, from daily tasks to managing health care.

REAL WARRIOR • REAL BATTLES
REAL STRENGTH

USE THE FOLLOWING PRACTICAL TIPS AND REMINDERS TO BETTER CARE FOR YOUR WARRIOR AND YOURSELF:

1

Talk with your warrior's care team.

With your warrior's approval, attend medical appointments ready to ask any questions and take notes about possible changes in their care plan.

2

Stay organized.

Organization can make your caregiving responsibilities more manageable. Use lists or logs from the Department of Veterans Affairs (VA) (caregiver.va.gov/Tips_Tools.asp) or a calendar to keep track of medication schedules and medical appointments.

3

Use caregiver resources.

Learn how to be a stronger caregiver. Military Caregiver Support lists resources and information tailored to help military caregivers (<https://warriorcare.dodlive.mil/caregiver-resources/>). VA also offers programs to address the needs of military and veteran caregivers (https://www.caregiver.va.gov/help_landing.asp).

4

Take time for yourself.

Caregiving can be stressful and tiring. Make time — even if just a few minutes each day — to do something special for yourself. Respite care may also be available (<https://www.militaryonesource.mil/resources/gov/va-adult-day-care-and-respite-services/>). This service provides short-term rest from caregiver duties, time you may need for your own health and wellness.

If you are caring for an active-duty service member, you may receive respite care up to eight hours a day for five days per calendar week (<https://tricare.mil/Plans/SpecialPrograms/ECHO/Benefits>).

If you are caring for a veteran, you may receive up to 30 days per calendar year.

5

Reach out if you need help.

Caregivers often are so focused on moment-to-moment responsibilities that they forget about the broader network of available supports. Team with family, friends, and health care providers to support your service member or veteran.

Contact the Caregiver Support Line for free at **855-260-3274** to speak with a licensed professional or find a caregiver support coordinator ([caregiver.va.gov/help_landing.asp](https://www.caregiver.va.gov/help_landing.asp)) to learn about resources and VA benefits in your area.



ADDITIONAL SUPPORT

Your support helps your service member or veteran to live a better life, which can be deeply rewarding.

At the same time, this role can be challenging.

Know you are not alone.

CONSIDER THE FOLLOWING RESOURCES FOR IMMEDIATE CARE:

Military Crisis Line

If you or someone you know is in a crisis, there is help. In the U.S., dial **988** then press **1** or text **838255**. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

Psychological Health Resource Center

Call/chat with a trained health resource consultant confidentially for free, 24/7 by calling **866-966-1020** or by chatting online at health.mil/PHRC (click "Live Chat") for assistance accessing care.

For sources visit health.mil/RealWarriorsSources.

VA Caregiver Support Line

Call **855-260-3274** or visit caregiver.va.gov/help_landing.asp

Military Hospital or Clinic

Visit tricare.mil/mtf to find your nearest hospital or clinic to receive emergency and non-emergency care for both physical and invisible wounds covered by TRICARE.

