Resources within the Caregiver Support Program

Caregiver Support Line: 1-855-260-3274
The Caregiver Support Line is a toll free number (1-855-260-3274) for Caregivers, Veterans and/or Community Partners to call for supportive counseling, information, education, referral to community local resources and/or Caregiver Support Coordinators.

Monthly Caregiver Support Line Education Calls:
Participate in calls focusing on strategies to enhance resilience and restore balance. The calls are facilitated by the VA Caregiver Support Line. Typically one topic is offered each month at different times.

Building Better Caregivers:
Building Better Caregivers™ (BBC) is a six-week online interactive workshop for Caregivers 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: it offers training in how to provide better care, and it also helps Caregivers learn how to manage their own emotions, stress and physical health.

Peer Support Mentoring Program:
Peer Support Mentoring Program is a program that matches Caregivers with peer mentors, who can provide personalized support, guidance and friendship, experience and knowledge, and wisdom and skills about thriving as a Caregiver.

Resources of Enhancing All Caregivers’ Health (REACH) VA Telephone Support Group:
The REACH VA program offers a monthly telephone support group to Caregivers providing long-term care for Veterans diagnosed with Dementia or Alzheimer’s disease. Each month, the group will address a new topic, while also providing time for Caregivers to share their concerns and experiences.

Mindfulness Based Stress Reduction:
This course taught in eight consecutive weeks, meets once per week for 2.5 hours to learn techniques of mindfulness mediation. The mindfulness approach is taught through lying and sitting meditations, light stretching or yoga, and walking. This formal practice is integrated with an informal practice of mindfulness, allowing mindful attention to be brought to daily activities, such as work, interactions, or stressful events.

Family & Friends CPR Anytime:
This class will provide a Caregiver with an “all-in-one” training kit that teaches the following basic skills in about 20 minutes: Adult Hands-Only CPR, Child CPR, Adult and child choking relief, and General AED.

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Multiple Sclerosis Family and Caregiver Conference Call:
The VA Multiple Sclerosis Centers of Excellence host a family member and Caregiver conference call every month. The call will offer a variety of educational topics, resources, and allow family members to connect with one another to share their unique stories.

Caregiver Self-Care Classes:
Four self-care classes are offered: Taking Care of Yourself, Managing Stress, Problem Solving/Effective Communication, and Utilizing Technology. Each class is 3 hours and will be held at the Medical Center or another convenient community location.

Caregiver Website:
Go to www.caregiver.va.gov and sign up for email updates on caregiver topics. Look at the Diagnosis Care Sheets, download Everyday Tips and Checklists, read other Caregiver stories and more.

Caregiver Library:
Go to www.caregiverslibrary.org to view a vast array of articles, forms and links related to caregivers. This site has both great depth and breadth on most every aspect of caregiving. It was created by Family Care America, Inc.

There are many other programs and services offered outside the Caregiver Support Program to support Caregivers.

- Home Based Primary Care
- Adult Day Healthcare
- Home Health Aide Care
- Hospice and Palliative Care
- Family Support Services
- GRACE
- Skilled Home Care
- Respite Care
- Home Telehealth
- Caregiver Education and Training

Contact your Caregiver Support Coordinators:

Heather Moss-Baker, LCSW, (317) 988-3488, Heather.Moss-Baker@va.gov

Mary Burns-Verbarg, LCSW (317) 988-4891, Mary.Burns-Verbarg@va.gov

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