

If you are a caregiver of a Veteran, we are here to support you.

Our sole purpose is to help you, the wife or husband, mother or father, sister or brother, daughter or son, or loving friend who cares for a Veteran.

We are caring professionals who can...

- Tell you about the assistance available from VA.
- Help you access services and benefits.
- Connect you with your local caregiver support coordinator at a VA Medical Center near you.
- Just listen, if that's what you need right now.

1-855-260-3274 toll-free

Monday through Friday, 8:00 am – 11:00 pm ET
Saturday, 10:30 am – 6:00 pm ET

If you are a family member or friend providing care for a Veteran who is living with the effects of war, disabled, chronically ill, or aging, we are here to support you with resources, tools, answers, and a listening ear.



VA Caregiver Support Line
1-855-260-3274 toll-free

Monday through Friday, 8:00 am – 11:00 pm ET
Saturday, 10:30 am – 6:00 pm ET

www.caregiver.va.gov

You're taking care of the Veteran you love.



Call VA's Caregiver Support Line toll-free today.

1-855-260-3274

 Department of Veterans Affairs

We're Here to Support You.



Do you care for a Veteran who is living with the effects of war, disabled, chronically ill, or aging?

Do you...

- Provide transportation?
- Prepare meals?
- Do household chores?
- Help with medication management?
- Manage appointments?
- Help with bathing and dressing?
- Transfer your Veteran from bed to chair and back again?
- Provide support and companionship?
- Help pay bills and manage finances?
- Make important decisions on behalf of your Veteran?

Call **1-855-260-3274 toll-free** to reach VA's Caregiver Support Line and find out what we can do to help you stay strong while you care for your Veteran.

Family members and friends who care for Veterans spend, on average, more than 20 hours a week taking care of their loved ones. We can help you learn about resources that may be available to you and your Veteran. We also want you to know that we can help you with assistance specifically designed for you as a caregiver. VA's Caregiver Support Line can help you:

- **Take care of yourself** — by guiding you to a range of resources designed to help you take care of your own needs, so you can continue to provide your Veteran with the care he or she needs. This might mean helping you find "respite care" — basically, someone to step in and provide care for your Veteran on an interim basis so you can get a needed break. We're also here if you just need someone to talk to.
- **Be the best advocate you can be for your Veteran and yourself** — by connecting you with people, tools and resources that can answer your questions about the health care and benefits systems surrounding your Veteran, helping you navigate that system, and boosting your confidence in dealing with it.



As a caregiver, you probably experience mixed emotions. Although you feel love and affection for the Veteran you care for, you may also feel angry, lonely, and exhausted at times.

It's also common to feel:

Overwhelmed	Isolated
Burned-out	Unprepared
Hopeful	Loved
Scared	Lucky
Not in control	Frustrated

We are here for you, whatever you are feeling right now.

www.caregiver.va.gov