



Caregiver Health & Wellbeing Coaching

The road to better health and wellbeing starts with you.

What is Caregiver Health & Wellbeing Coaching?

Caregiver Health and Wellbeing Coaching is offered to caregivers of Veterans through the Department of Veterans Affairs' (VA) Caregiver Support Program (CSP). You, the caregiver, and a member of your local CSP team trained in Caregiver Health and Wellbeing Coaching, will partner to implement a plan to enhance your overall physical, emotional, and mental health. Your coach will use a guiding helping style which places the focus on you and your needs. Caregiver Health and Wellbeing Coaching is based on VA's cutting-edge Whole Health approach, which focuses on what matters to you, not what's the matter with you.

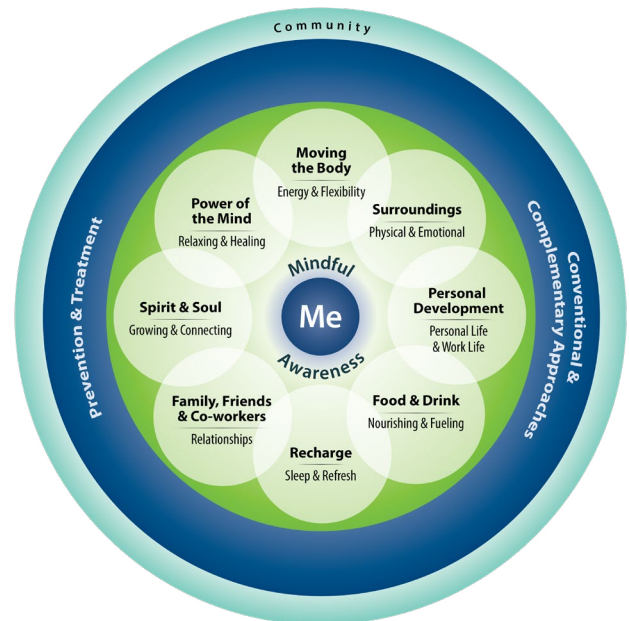
Why is Caregiver Health & Wellbeing Coaching Beneficial?

Caregiver Health and Wellbeing Coaching focuses solely on YOU. This resource empowers you as a caregiver by focusing on your own health and wellbeing. Although caregiving may be rewarding, research shows that serving in the role of a caregiver can increase the risk of anxiety, depression, and burnout. Caregiver Health and Wellbeing Coaching uses Whole Health strategies, including the Circle of Health, to assist caregivers in managing these risks while improving overall wellness.

Who Can Participate in Caregiver Health & Wellbeing Coaching?

Caregiver Health and Wellbeing Coaching is available to caregivers enrolled in CSP's Program of General Caregiver Support Services (PGCSS) and Program of Comprehensive Assistance for Family Caregivers (PCAFC). There is no cost to participate.

Circle of Health



How Can Caregiver Health & Wellbeing Coaching Work for You?

Your Caregiver Health and Wellbeing Coach is your personal guide who will help you develop a personalized health plan based on your values, needs, and goals. Whole Health self-assessment tools, such as the Circle of Health, the Personal Health Inventory, and the Personal Health Plan are used to help you explore connections among important aspects of your life to guide the coaching journey.

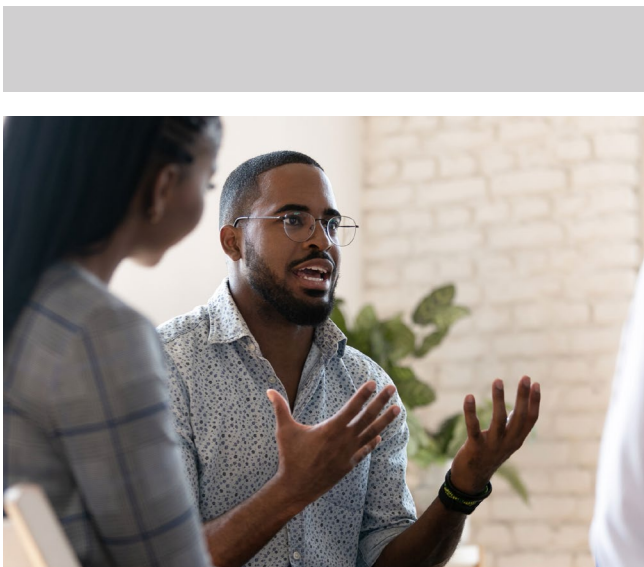
Your Health and Wellbeing Coach will help you identify your strengths and values to assist you in achieving your goals.

What Is My Next Step?

Contact your local CSP team at _____ if you are interested in learning more about Caregiver Health and Wellbeing Coaching.

“ Coaching provides a positive connection – a supportive relationship – between the coach and the person who wants to make a change. That connection empowers the person being coached to recognize and draw on his or her own innate ability and resources to make lasting changes for better health and well-being.”

-Anne Helmke, National Wellness Institute



To learn more about CSP and its services, visit us online:
www.caregiver.va.gov

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

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of Veterans Affairs