

Resource of the Month

Caregiver Referral Guide

Resources for Enhancing All Caregivers Health (REACH) VA Program



Resources for Enhancing All Caregivers Health (REACH) VA offers one-on-one coaching and group support to caregivers of Veterans. REACH VA primarily supports caregivers of Veterans with dementia, Parkinson's Disease, spinal cord injury/disorders, multiple sclerosis (MS), post-traumatic stress disorder (PTSD), or amyotrophic lateral sclerosis (ALS), or caregivers experiencing bereavement. There is also a unique program for spouses of post-9/11 Veterans. REACH VA is available for caregivers of Veterans enrolled in VA health care.

How REACH VA Works:

One-on-One Coaching

REACH VA Individual pairs caregivers with a trained and certified REACH VA program coach who provides four individual sessions with caregivers over two to three months. The number of sessions is extendable if both the coach and caregiver feel there is additional work to do. The sessions typically last about an hour each and may be held face-to-face, over the telephone, or via telehealth video conferencing. Caregivers receive a caregiver notebook to assist them during the sessions, as it allows the caregiver to track and write down information related to stress management, mood management, and problem-solving.

Group Telephone Support

REACH VA's telephone support group instills valuable skills to help with problem-solving, stress management, and positive thinking. The Support Group Leader works with a group of caregivers and teaches them ways to deal with challenges.

BENEFITS OF REACH VA



Educates caregivers on the importance of developing a strategic approach and streamlining the caregiving process.



Helps caregivers understand their Veteran's condition(s).

REACH VA May Be Good for Caregivers Who:

- Desire stress reduction methods.
- Care for Veterans diagnosed with dementia, Parkinson's Disease, spinal cord injury/disorders, MS, PTSD, or ALS (but any caregiver can participate).
- Are experiencing bereavement.
- Would like to work one-on-one with a coach or connect with other caregivers in a support group setting.

Advantages of REACH VA:

- Develop a strategic and streamlined approach to caregiving.
- Enhance understanding of the Veteran's condition(s).

More Information and How to Enroll:

Learn more about REACH VA at:

www.caregiver.va.gov/REACH_VA_Program.asp

Contact your local CSP team for information about how to enroll. Find your local CSP team using the locator tool:

www.caregiver.va.gov/support/New_CSC_Page.asp