

## Understanding the VA for Caregivers

School for Military Veteran Caregivers and Families

### Tips: Important Strategies

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- Collect the following documents to apply to the VA: DD-214, current health information, and wage and financial data. Applications are accepted by in person, online, over the phone, or by mail.
- After enrollment, a Veteran is assigned to a Patient Aligned Care Team (PACT). This includes a physician, nurse, and social worker.
- Keep a list of questions about symptoms, medications, and treatments when visiting with your Veteran's PACT.
- Planning ahead can help alleviate a lot of stress. Consider talking to your PACT social worker about an advanced directive with the Veteran in your life.
- Ask the PACT social worker how to connect with the local Caregiver Support Coordinator (CSC).

### Takeaways: Things to Remember

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- The Veterans Health Administration (VHA) is dedicated to providing outstanding health care for all eligible Veterans who served their country.
- As a caregiver, you are a very important part of the Veteran's PACT. Never underestimate how much you matter to the team.
- Your advocacy and support for the Veteran in your life is a critical part of his/her care.
- Don't be afraid to speak up and ask your questions. They matter.

### Next Recommended PsychArmor Course(s):

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- Coaching into Care
- How to be a healthcare advocate

### Personal Reflection

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Do you have everything you need for your next visit to the VA? Have you thought about your questions for the Veteran in your life's care team ahead of time? Do you need additional support?

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#### Resources:

If you like this course and want additional information, contact the VA Caregiver Support Program at 855-260-3274 or online at <http://www.caregiver.va.gov/>.

For additional resources, check out <https://hiddenheroes.org/>.

