

Resources on Caregiving

Your health care providers give you a lot of great information to help you stay as healthy as possible. But sometimes you have more questions than your provider has time for answers. Here are some resources you can use to learn more about Caregiving. Use the worksheet on the back to prepare for your clinic visit.

Books



Check with your local VA hospital or public library to find good titles.

Web Information



Military OneSource

This free 24-hour service is available to all **active duty, Guard, and Reserve members** (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues, including **caregiving**. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.militaryonesource.mil to learn more.

VA Caregiver Support

<http://www.caregiver.va.gov/>

AARP: Family & Caregiving Webinars

<http://www.aarp.org/relationships/caregiving-webinars/>

USA.gov: Caregivers' Resources

<http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml>

MedicineNet.com: Caregiving

<http://www.medicinenet.com/caregiving/article.htm>

Associations

Family Caregiver Alliance (FCA): National Center on Caregiving (NCC)

<http://www.caregiver.org/>

Well Spouse Association

<http://www.wellspouse.org/military-spousal-caregiving/military-spousal-caregiving/>

Health and Aging Organizations

<http://www.nia.nih.gov/health/resources>

The Consumer Health Library Panel (CHLP), a group of professional librarians from the VA Library Network, developed this for you. You can find other information from the CHLP on the web at http://www.va.gov/VALNET/Consumer_Health.asp

Remember that your VA Librarians can help you find the health information you need.

TeamTalk

You and Your Health Care Team

You are a key part of your health care team, and it is important to tell your team members what they need to know to treat you correctly. To make the most of your visits, fill out this worksheet and share it with your health care team at the **beginning** of your visit.

I am here today because: _____

I am most concerned about (symptom or health question): _____

My symptoms are (be specific): _____

The symptoms started: _____

I want to know more about: _____

Use this space to list your top 3 questions (be brief; put your most important question first):

- 1) _____
- 2) _____
- 3) _____

Key points my health care provider told me about my health today: _____

Actions I need to take: _____

I plan to go to my VA Librarian and ask about (ask a member of your team to print the name of the disease or medicine you want to know more about): _____
