MS Caregiver and Veteran Resources

VA Caregiver Website:  www.caregiver.va.gov
- Caregiver Support Coordinator at your VA:  www.caregiver.va.gov/help_landing.asp
- Every Day Tips and Checklists:  www.caregiver.va.gov/toolbox/toolbox_tips.asp
- Family Caregivers of Veterans:  www.caregiver.va.gov/support/support_services.asp

VA Multiple Sclerosis Centers of Excellence (MSCoE) Website:  www.va.gov/ms
- Caregivers:  www.va.gov/MS/veterans/caregivers
- Veterans with MS:  www.va.gov/MS/veterans
- Overview of Multiple Sclerosis for Veterans Booklet:  www.va.gov/MS/Products/overview_booklet
- MS Veteran Newsletter:  www.va.gov/MS/Products/newsletters
- Educational videos can be viewed:  www.va.gov/MS/products/videos
- DVDs can be ordered for free on the MSCoE website:
e-mail:  MSCentersofExcellence@va.gov
  - Bowel and Bladder Management in MS
  - Emotional Disorders and MS: Approach to Management
  - MS Modifiable Risk Factors (Health Risks)
  - MS, Cognition and Brain Imaging: Understanding Cognitive Dysfunction
  - Mobility for People with MS
  - Sexual Intimacy and MS

VA Websites:
- “Coaching into Care”:  www.mirecc.va.gov/coaching/services.asp
- Benefits:  www.ebenefits.va.gov/ebenefits/homepage
- Fiduciary Program:  http://benefits.va.gov/fiduciary
- Financial Planning Services:  www.benefits.va.gov/benefits/services.asp
- Mental Health:  www.mentalhealth.va.gov
- My HealtheVet:  www.myhealth.va.gov
- Online Veteran Training Resource Center:  www.veterantraining.va.gov
- VBA Claims:  www.benefits.va.gov/TRANSFORMATION
- VHA Health Promotion and Disease Prevention:  www.prevention.va.gov

The National Multiple Sclerosis Society (NMSS) – By going to  www-nationalmssociety.org, you and your family can access information and downloadable brochures to learn more about MS. To search for any of the topics below, click on the search box located in the top right-hand corner of the National MS Society homepage. You will then be given a list of all available information and downloadable material related to your topic of interest.  http://www-nationalmssociety.org/Resources-Support/Library-Education-Programs

NMSS Brochures:
Acupuncture in MS  Caring for Loved Ones
ADA and People with MS  Choosing the Right Health Care Provider
At Home with MS: Adapting Your Environment  Clear Thinking About Alternative Therapies
Bowel Problems  Controlling Spasticity
“But You Look So Good”  Driving with MS
Dental Health
Diagnosis
Disclosure
Disease-Modifying Drugs
Exercise as Part of Everyday Life
Fatigue: What You Should Know
Food for Thought
Focus On Employment
Gait or Walking Problems
Guide for Caregivers
Hiring Help at Home
Hormones: Basic Facts
How to Choose the Mobility Device That’s Right For You
Intimacy & Sexuality in MS
Just the Facts
Keep S’myelin (Kid’s Newsletter)
Knowledge is Power
Living with MS
Managing MS Through Rehab
Managing Progressive MS
Maximizing Independence: A Guide to Planning for Changing MS Care Needs
Minimizing Your Risk of Falls
MS Navigator Brochure
MS and Your Emotions

**Additional Books:**


