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
  o Bowel and Bladder Management in MS
  o Emotional Disorders and MS: Approach to Management
  o MS Modifiable Risk Factors (Health Risks)
  o MS, Cognition and Brain Imaging: Understanding Cognitive Dysfunction
  o Mobility for People with MS
  o 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
- ADA and People with MS
- At Home with MS: Adapting Your Environment
- Bowel Problems
- “But You Look So Good”
- Caring for Loved Ones
- Choosing the Right Health Care Provider
- Clear Thinking About Alternative Therapies
- Controlling Spasticity
- Driving with MS
Additional Books:


