

Federal Employee Military and Veteran Caregiver Affinity Group

The American Red Cross Military and Veteran Caregiver Network was designed to support caregivers of all eras, all relationships to Veterans they support, across all aspects of their journeys. According to the 2019 Northwestern Mutual C.A.R.E. Study 66% of caregivers are working while also providing care, and nearly two in three caregivers say their caregiving responsibilities are impacting their work and professional lives.

The Military and Veteran Caregiver Network provides quality peer support, with specific efforts for employment and workplace support, mental and physical health support, and financial and legal support. Additionally, it provides opportunities for caregivers to connect with others to share life experiences. Our peer support programs offer a secure, custom, caregiver-only online community, online caregiver peer support groups, as well as caregiver-peer mentorship to help members navigate the caregiving journey. Additionally, we offer online resiliency workshops facilitated by licensed mental health professionals that are designed to provide education and tools for:

- Managing the stress of isolation, multitasking, working from home, supporting children, managing health care, career interruptions, and caring for family members
- Defining stress and recognizing its impact
- Healthy communication during highly stressful times
- Learning relaxation exercises
- Setting goals for building wellness plans
- Getting healthy sleep
- Finding a positive perspective

This effort is available to all federal employees who are caring for a service member or Veteran with assistance from the Department of Veterans Affairs.

We appreciate their leadership in recognizing the unique needs of military and Veteran caregivers working with them while caregiving for our nation's Veterans. It is our hope to reach all military and Veteran caregivers who are employed in the federal workforce and offer them the full support of the Military and Veteran Caregiver Network during the COVID-19 pandemic and beyond.

Military and Veteran caregivers who are also federal employees can access all the programs and services of the Military and Veteran Caregiver Network by entering their name and email address here <https://www.tfaforms.com/4766847>



**American
Red Cross**

Military and Veteran
Caregiver Network