



U.S. Department
of Veterans Affairs

Choose VA

Get started with caregiver benefits

This guide will help caregivers of Veterans access support at VA that may include caregiver education and training, mental health services, peer support, access to health care benefits, financial assistance, and respite care.

Am I a “caregiver”?

Often people do not identify themselves as a “caregiver.” Most of us, at some point in our lives, will be in a caregiver role. Caregivers are daughters, wives, husbands, sons, grandchildren, nieces, nephews, partners and friends. Caregivers manage a wide range of responsibilities. **Here’s how you know if you are in a caregiver role.**

Do you:

- Buy groceries, cook, clean house or do laundry for a Veteran who needs help doing these things?
- Make medical appointments or drive to the doctor and pharmacy to pick up prescriptions for a Veteran?
- Help a Veteran get dressed, take a shower, or take medicine?
- Help transfer a Veteran in and out of bed, or with physical therapy, injections, feeding tubes or other medical procedures at home?
- Talk with doctors, nurses, social workers, and others to understand what medical care or other benefits a Veteran might need?

If you answered “yes” to any of these questions, you are a caregiver and may be eligible for caregiver services at VA.

Who can help me determine which programs and services are available to me and the Veteran I care for?

Caregiver Support Coordinators are social workers and nurses with extensive knowledge of VA benefits and can help connect you with the resources you need.

- **Call** the Caregiver Support Line at (855) 260-3274, Monday–Friday 8 a.m.–8 p.m. (EST)
- Visit us **online** at https://www.caregiver.va.gov/help_landing.asp
Enter your zip code to find Caregiver Support Coordinators at your local VA Health Care center
- Find a Caregiver Support Coordinator **in person** at a VA Medical Center

HOW DOES VA SUPPORT CAREGIVERS OF VETERANS?

Programs and services include:

- Caregiver Support Line
- Peer-support mentoring
- Monthly caregiver education groups by telephone
- Mental health services for caregivers
- Building Better Caregivers™ (six-week online workshop)
- In-home health care
- Help with daily tasks (like bathing, dressing, making meals, taking medicine) and rehab programs
- Comfort care and help with managing pain
- Adult day health care centers
- Telehealth
- Health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)
- Home care supplies and equipment
- Veteran clothing allowance
- Home modification benefit
- Program of Comprehensive Assistance for Family Caregivers

What is the Program of Comprehensive Assistance for Family Caregivers (PCAFC)?

PCAFC is a program of enhanced support for caregivers of eligible Veterans who sustained or aggravated a serious injury **in the line of duty on or after September 11, 2001**.

A Veteran can appoint one primary (main) caregiver and up to two secondary caregivers (people who serve as backup support to the primary caregiver when needed). Your benefits will depend on whether you're the primary caregiver or a secondary caregiver.

Primary caregivers may be eligible for:

- Caregiver education and training
- A monthly stipend (financial assistance)
- Travel, lodging, and financial assistance when traveling with the Veteran to receive care
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)—if you don't already qualify for care under another health care plan
- Mental health services and counseling
- Up to 30 days per year of respite care (short-term support so caregivers can work, travel, or run errands)

A checklist to help you apply for the Program of Comprehensive Assistance for Family Caregivers:

1

PREPARATION

- Check eligibility in **one** of these ways:
 - **Online** https://www.va.gov/healthbenefits/resources/Caregiver_Eligibility_Check.asp
 - **Call** the Caregiver Support Line at (855) 260-3274
- Collect identification and health coverage information for both you and your Veteran to complete the application.
Note: you'll both need to sign and date the form.

2

APPLICATION

- Apply by submitting all documents in **one** of these ways:
 - Download VA Form 10-10CG **online** at <https://www.va.gov/health-care/forms/vha-10-10CG.pdf>
 - **Mail completed form to** Program of Comprehensive Assistance for Family Caregivers, Health Eligibility Center (2957 Clairmont Road NE, Ste 200, Atlanta, GA 30329-1647)
 - **Apply in person** with the Caregiver Support Coordinator at your local VA Medical Center

3

DECISION

The application process is multi-step and includes an assessment of both the Veteran and caregiver, training and a home visit.

Your Caregiver Support Coordinator will remain in contact with you during the review process.

OTHER QUESTIONS YOU MAY HAVE

We do not qualify for the Program of Comprehensive Assistance for Family Caregivers but I am a Caregiver for a disabled Veteran.

VA offers many long-term care options for sick or disabled Veterans and support for their caregivers.

If you need help accessing services, help connecting with your nearest Caregiver Support Coordinator, or just a listening ear:

- **Call** the Caregiver Support Line at (855) 260-3274, Monday–Friday 8 a.m. – 8 p.m. (EST)

Where can I find more information about Family and Caregiver Health Benefits?

- Visit us **online** at <https://www.va.gov/health-care/family-caregiver-benefits/>

Where is my nearest VA Medical Center?

- To locate **your nearest VA facility**, visit [va.gov/find-locations](https://www.va.gov/find-locations)