

CAREGIVER CONNECTION

Spring 2021 | Issue 9

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Pittsburgh Healthcare System



Program of Comprehensive Assistance for Family Caregivers

The Program of Comprehensive Assistance for Family Caregivers (PCAFC) is for eligible Veterans who have incurred or aggravated a serious injury in the line of duty on or before May 7, 1975, or on or after Sept. 11, 2001. This program provides resources, education, support, a financial stipend and, if eligible, health insurance and beneficiary travel to caregivers of eligible Veterans.

Veterans may be eligible for this clinical program if they sustained or aggravated a serious injury or illness in the line of duty on or before May 7, 1975, or on or after Sept. 11, 2001, and meet both of the following criteria:

- Have a single or combined service-connected disability rating by VA of 70% or more. This requirement is included in the definition of "serious injury;" and

- Need personal care services (requiring in-person personal care services) for a minimum of six continuous months based on any one of the following:

- * An inability to perform an activity of daily living (ADL)
- * A need for supervision, protection, or instruction

How do I apply for PCAFC?

You and the Veteran must apply together and participate in an application process to determine eligibility for the PCAFC. You'll both need to sign and date the application and answer all questions for your roles. You can apply online at: www.va.gov/family-member-benefits/apply-for-caregiver-assistance-form-10-10cg/introduction.

If you have any questions about PCAFC or the application process, call 412-822-2364.

WE'RE HERE
FOR YOU

Virtual Caregiver Resource Fair

May 13 from 1 – 3 p.m.

Participants will learn about VA and community resources available to Veteran caregivers and families. We will focus on empowering and engaging caregivers as partners in care. There are three ways to join:

1. **Via WebEx**
Go to:
veteransaffairs.webex.com
Meeting number (access code): 199 685 2644
Meeting password:
PemkJdD@672
2. **By phone**
404-397-1596 (toll number)
3. **From a video system or application**
Dial [1996852644](tel:1996852644)@veteransaffairs.webex.com

Caregiver Support Program Spotlight: REACH VA

Resources for Enhancing All Caregivers Health VA (REACH VA) connects caregivers and teaches them skills for problem-solving, stress reduction, mood management and positive thinking. REACH VA is offered virtually to individuals and groups by phone or video sessions. The individual program is provided in four one-

hour sessions. The group program is provided in six one-hour sessions. A REACH VA program coach moderates each session. Participants are provided caregiver notebooks that cover behavior, stress and other topics.



To learn more or enroll, call 412-822-2364.

The Campaign for Inclusive Care

The Campaign for Inclusive Care is a partnership between the Elizabeth Dole Foundation and VA to make inclusive care the standard of care across VA. This national initiative aims to better integrate caregivers as integral members of their Veteran's health care team. Inclusive care is

a necessary part of VA health care — in a 2016 VA survey, over 25% of Veterans Health Administration enrollees reported needing the support of a caregiver.



Learn more at elizabethdolefoundation.org

COVID-19 Vaccines

Under the SAVE LIVES Act, VA now provides the COVID-19 vaccine to Veterans' spouses and to Veteran caregivers enrolled in both the Program of Comprehensive Assistance for Family Caregivers and the Program of General Caregiver Support Services. To learn more, visit: www.va.gov/health-care/covid-19-vaccine/stay-informed and www.va.gov/health-care/covid-19-vaccines.

Meet your Caregiver Support Team



Jamie DaPos, LCSW
Caregiver Support
Program Manager



Vanessa Beck, LCSW
Caregiver Support
Coordinator (PGCSS)



Sarah Merlina, LCSW
Caregiver Support
Coordinator (PCAFC)



Heather Korpa,
LCSW Caregiver
Support Senior
Social Worker



Ramon "Tony"
Rivera, LSW
Caregiver Support
Social Worker



Teresa "Terri"
Thompson, RN
Caregiver Support
Nurse/Clinical Assessor



Lauren Smilek,
OTR/L, Occupational
Therapist/Clinical
Assessor



Monica Hernandez,
Caregiver Support
Program Support
Assistant