

Milwaukee VA Caregiver Support Program

Local Caregiver Resource Guide



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Zablocki VA Health Care System

Contact us:

Phone: 414-384-2000 ext. 44571

Email: ContactMilwaukeeCareGiverSupport@va.gov

Local Website: www.va.gov/milwaukee-health-care/health-services/caregiver-support/

National Website: www.caregiver.va.gov

Our Mission

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible Veterans enrolled in VA health care. Our mission is to promote the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services.



This guide offers supportive, useful information, and local community resources for caregivers by the local CSP team. You can find more VA and non-VA resources on our website:

https://www.caregiver.va.gov/Publications_Resources_Topic.asp

Local VA CSP Resources

To enroll in a local resource, call your Milwaukee Caregiver Support Team at 414-384-2000 ext. 44571 or email: ContactMilwaukeeCareGiverSupport@va.gov

Program	Purpose
Building Better Caregivers™ (BBC)	6-week online workshop for caregivers of Veterans of all eras who care for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, other injury or illness. BBC helps caregivers learn how to give better care, and manage their own emotions, stress, and physical health.
Caregivers FIRST (Finding Important Resources, Support and Training)	An evidence-based program for group skills training. Caregivers connect with each other and with resources to help them feel more confident, capable, and supported in their caregiving role.
Caregiver Support Line (CSL) Education Calls	Education telephone calls for caregivers with a theme of "Care for the Caregiver." The topics change monthly. Call scripts and audio recordings are found on the CSP website. CSL #: 1-855-260-3274

Peer Support Mentoring	Caregivers offer guidance and share experiences with each other. The program connects caregivers and empowers them to help one another.
Resources for Enhancing All Caregivers Health (REACH) VA Caregiver Program	VA clinical staff help stressed and burdened caregivers of Veterans with dementia, spinal cord injury, MS, PTSD, Parkinson's Disease, ALS or any condition or era. Offered by individual coaching or by group.
Self-Care Courses for Caregivers	Class supports caregivers and meeting their needs. Trained facilitators give classes in English and Spanish. Learn to manage stress, mood and emotions, problem solve, communicate better, and practice selfcare.
S.A.V.E. Training	Suicide Prevention SAVE Training helps caregivers find those at risk for suicide or in crisis and teaches them ways to help.
Suicide Prevention Toolkit for Caregivers	Caregivers of Veterans learn about suicide prevention, mental health, and substance use disorder treatment. Toolkit offers self-care support and teaches you when to reach out for help. https://www.caregiver.va.gov/pdfs/VA-Suicide-Prevention-Toolkit-for-Caregivers.pdf
Annie Caregiver Text	VA's text messaging service educates and motivates caregivers with tips and activities. Messages help with grief, stress, self-care, and resiliency. Set texts to focus on topics like Dementia, PTSD, or Parkinson's Disease.
VA Caregiver Support Groups	These in-person or virtual groups at your local VA help connect caregivers for support and strategy sharing.
Caregiver Health and Wellbeing Coaching (CHWC)	Develop and apply a Personalized Health Plan with a trained Health and Wellbeing Coach. Focus on what really matters to YOU. Enhance physical and emotional wellbeing with your values, needs and goals in mind.
VA Caregiver Support Program (CSP) website	VA CSP program has links to information, resources, education, and caregiver topics. www.caregiver.va.gov

COMMUNITY RESOURCES

Organization	Purpose and contact information
Aging and Disability Resource Center (ADRC)	ADRC connects you with caregiver supports. Topics include in-home personal care nursing, housing options, housekeeping and chore services, transportation, health, nutrition and home delivered meals, Medicare, Medicaid, and respite. Find your local ADRC: https://www.dhs.wisconsin.gov/adrc/index.htm
ALS Association	Find emotional, physical, and financial help for individuals living with ALS and their families. https://www.als.org/wisconsin/ 414-763-2220
Alzheimer's Association	Offers trusted information, care consultations, family support services, educational opportunities, funding and policy change. See website for local groups, online chat groups, resources, and education. https://www.alz.org/wi/ 24/7 HELPLINE 800.272.3900
Wisconsin Dept. of Veteran Affairs (WDVA) / County Veteran Service Office (CVSO)	A variety of Veterans' programs under one agency. The WDVA has grants and services for eligible Wisconsin Veterans and their families. Contact your CVSO to see if you or your family qualify for local state and federal Veterans' benefits. https://dva.wi.gov/ 1-844-947-2876
Greater Wisconsin Agency on Aging Resources (GWAAR)	A nonprofit agency with aging programs, servicing 70 counties and 11 tribes in Wisconsin. Get access to training, technical help, and advocacy in your local area. Website offers resources and information on a variety of topics. https://gwaar.org/



National Alliance on Mental Illness (NAMI)	NAMI Wisconsin offers support and hope with free educational classes, support groups, and talks for Wisconsinites touched by mental illness. NAMI's "Homefront classes" is adapted to help military members and Veterans in such areas as post-deployment and post discharge transitions. See website for a list of resources and education. https://namiwisconsin.org/education-programs/ (800) 236-2988
Parkinson's Foundation	Veteran and Caregiver support resources with a help line, chat groups, and education. https://www.parkinson.org/resources-support 1-800-4PD-INFO (473-4636)
State of Wisconsin Dept of Health Services: Programs and Services for Older Adults	A host of resources, links, and information of aging programs in Wisconsin. https://dhs.wisconsin.gov/aging/index.htm

ONLINE RESOURCES

Organization	Purpose and website
AARP	Family Caregiver website with tips and tools to help you care for a loved one. Learn about how to handle medical issues, advance directives, home safety, life balance and much more. https://www.aarp.org/caregiving
Caregiver Action Network (CAN)	Non-Profit organization with free education, peer support and resources for family caregivers all across the US. https://www.caregiveraction.org/
Coaching into Care	A VA national telephone service to educate, supports and empower family and friends who need care or services for a Veteran. More information at: https://www.mirecc.va.gov/coaching/ Or call toll-free: 1-888-823-7458
Elizabeth Dole Foundation- Hidden Heroes	Nationwide Organization that aids military caregivers and their families. They offer Self-care videos, various links and fact sheets, health and wellness tips, application for free respite care and on-line, and Community Chats. https://hiddenheroes.org/

Family Caregiver Alliance	Improves the quality of life for family caregivers and the people who receive their care. Online and telephone resources and education. Multi-lingual resources offered. https://www.caregiver.org/
National Institute on Aging	"Being a caregiver can be a labor of love, but it can also be stressful. Learn how you can be an effective caregiver while taking care of yourself." Online resource with caregiver topics and education. https://www.nia.nih.gov/health/caregiving
Psych Armor	Online Library of courses that provides information, resources, and strategies on how to manage the demands and stressors of caregiving. https://psycharmor.org/caregivers
Red Cross Military and Veteran Caregiver Network (MVCN)	Peer support for our nation's military and Veteran caregivers of all eras. Reduce isolation and increase connection, engagement, knowledge, skills, and hope. Connect with a mentor online, in a support group, or in group chat. https://www.redcross.org/caregivers
Rosalynn Carter Institute (RCI)	Online caregiver telephone or email programs: RCI Reach for Dementia caregivers, Dealing with Dementia, Operation Family Caregiver, Caring for You, Caring for Me. https://www.rosalynncarter.org/programs
USAA -Educational Foundation for Financial Wellness	CSP teamed-up with the USAA Educational Foundation for a video series to help caregivers create a budget, build an emergency fund, and get an estate plan together. https://usaaef.org/
Disclaimer: **This list is not all inclusive. Links will take you outside of the Department of Veterans Affairs VA does not endorse and is not responsible for the content in the linked websites.	



