

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

<https://www.slocounty.ca.gov/coa>

Meeting Date: Wednesday January 22, 2025
Time: 10:00 am - Noon
Location: DSS Building, 3433 South Higuera Street, Room #101, SLO

- ✓ Call to Order
- ✓ Flag Salute (please stand if able)
- ✓ Check/announce meeting being recorded.
- ✓ Public Comment and Member/Agency Updates – *burning desires from members or guests about current concerns, issues, events* - 2 min. max

Introductions: Members and Guests (please provide your name, Commission position, and brief agency description)

Member rollcall: Chair establish Quorum.

Approve Minutes: November 20, 2024

**Presentation: U.S. Department of Veterans Affairs
Caregiver Support Program**

Presenters: Vee Maldonado, LCSW & Marina Johnson, LCSW
Caregiver Support Coordinators, Greater Los Angeles VAMC

Mini-Presentation (15 minutes):

Meals that Connect; Nutrition - Dignity – Compassion

Presenter: Brandee Puett, Deputy Director

Break 10 minutes

Reports:

ASPC (5 min) – Jerry Mihaic
AAA (5 min) – Susannah Fenton
Membership Update (5 min) – Anita Shower
Co-Chair Report – Anita and Maryanne

Next Meeting: February 26, 2025 – Hording Panel; Looking for Answers

***Please submit agenda and program items, ideas, and feedback to
slocommissiononaging@gmail.com***

SAN LUIS OBISPO COUNTY COMMISSION ON AGING

Department of Social Services Building, Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

January 22nd, 2025 Minutes

Members Present: Maryanne Zarycka, Ilene Brill, Paul Worsham, Bill Degnan, Anita Shower, Jerry Mihaic, Danielle Raiss, Sue Gibson, Mike Bossenberry, Jamie Moothart, Paige Anderson, Susannah Fenton, Claryce Knupper, Paulina Flores Jimenez, Kristin Allen, Dianna Votaw

Members Absent: Charmaine Petersen, Louise Justice, Tristan O'Neil, Jessica Yates, Alexis Okumura, Kristy Edwards

Call to Order: 10:00 am

Flag Salute.

"Meeting is Being Recorded" Announcement

Public Comment:

Kristin Allen

- Able to assist and share resources with someone that needed help with a direct family member and wanted to share how she appreciated the resources and feedback provided at COA meetings

Sue Gibson

- Seminar March 5th 10:00AM - 11:30AM at Hilton Hotel in Pismo Beach, CA
- 3 presenters: financial planner, state planning attorney and Sue Gibson
- Topics of key conversation that family should be having with seniors
- Free seminar for both seniors and family members
- Preregistration required

Member

- Health & Wellness fair January 25th 9:00AM – 12:00 PM
- Free event
- Flyers were provided

Danielle Raiss

- Public Health Dept. has a new resource guide Navigate SLO Resource Guide
- Online database with various resources
- Will be posted on COA website

Ilene Brill

- The planning commission will have a meeting and decide on safe parking for all homeless people that are living in the streets especially seniors living in homeless situation

Paige Anderson

- Rideshare is planning bike ride this month. One of the prizes for this year is an electric bike
- If any ideas are brought up contact Paige

Jerry Mihaic

- [2025 Community Forum at the Ludwick Community Center on January 23 from 6:00PM – 9:00PM](#)
- Paso Robles Veterans Resource Fair in Paso Robles Elks 1402 Park St, Paso Robles, CA on 02/22/2025 10:00AM – 2:00PM

Approval of November 2024 Minutes: First motion was made by Claryce Knupper to accept **November 2024** minutes second motion made by Kristin Allen. All in favor. Paulina and Alexis abstained.

Presentation:

U.S. Department of Veterans Affairs Caregiver Support Program

Presenter: Vee Maldonado, LCSW & Marina Johnson, LCSW Caregiver Support Coordinators, Greater Los Angeles VAMC

VA Caregiver Support Program (CSP)

- The Department of Veterans Affairs (VA) Caregiver Support Program (CSP) provides support and services for Family Caregivers of Veterans and Veterans serving in the role of Caregiver to another Veteran enrolled in Greater Los Angeles VA Healthcare System.

The mission of CSP:

- To promote the health and well-being of family caregivers who are providing caregiving to Veterans enrolled in the GLA VA Healthcare system.
- To improve the quality of life of Caregivers, so they can help Veterans live to their fullest potential.
- To help Caregivers navigate the VA health care system and access resources.
- To provide training, education and support to Caregivers, VA staff, and community partners.
- *Please note that the CSP does not provide/assign a caregiver to the Veteran.*

Who is a family caregiver?

- A family Caregiver is a relative or friend over the age of 18 who provides personal care services for Activities of Daily Living (ADLs), or Supervision, Protection, and Instruction based on symptoms or residuals of neurological care or other impairment or injury on a regular basis to the Veteran.

The CSP consists of:

- Advanced Practice Clinical Social Workers
- Registered Nurses
- Psychologist
- Occupational Therapists

Team members are located throughout the GLA healthcare system.

- West Los Angeles
- Temple (downtown Los Angeles)
- Sepulveda (North Hills, CA)
- Ventura CBOC
- Lancaster CBOC

- Bakersfield CBOC

VA Caregiver Support Program (CSP) has two programs:

- Program of General Caregiver Support Services (PGCSS)
- Program of Comprehensive Assistance for Family Caregivers (PCAFC)

Program of General Support Services (PGCSS)

PGCSS provides family Caregivers of Veterans access to:

- Local Caregiver Support Coordinator (CSC) who can help the caregiver navigate the VHA system and serves as their main point of contact for the program.
- Groups & Classes that focus on providing support, education, and skills to caregivers.
 - Caregiver support services are designed to: decrease or prevent caregiver burnout (compassion fatigue), provide education related to self-care & stress management, provide connection to other family caregivers, and so forth.
 - All services are provided through telehealth (Veteran Video Connect and by phone), so the caregiver never has to worry about coming to the VA to access support.
- Nationally provided caregiver educational courses and virtual special events.

Support services are voluntary, free of charge, focus on helping the family Caregiver reduce stress and increase self-care.

All support services are provided through Veteran Video Connect, or by phone, and provided by Licensed Professionals.

- GLA CSP Support Services are facilitated by the CSP Staff Psychologist & Advance Practice Licensed Clinical Social Workers.
- Our support services bring together Veteran Family Caregivers to create opportunities for Caregivers to express difficult aspects of caregiver; and to receive encouragement and support from one another; as well as psychoeducation and support from the group facilitator.
- Connecting with other Caregivers decreases feelings of isolation and often rewarding, meaningful, and can even be fun.

Examples of Supportive Services within the CSP

Program of General Support Services (PGCSS)

Caregiver's enrolled in PGCSS also have access to our seasonal Electronic Newsletter by email.

- The newsletter is developed quarterly by local CSP staff. It includes caregiver-focused articles, embedded links to online resources, and information about upcoming groups, classes, and special events.

PGCSS Eligibility criteria:

1. The Veteran is an active patient within GLA VHA.

2. The Veteran is receiving personal care services from a family caregiver related to at least one activity of daily living (ADL), or needs supervision or protection based on symptoms or residuals of neurological care or other impairment or injury.

3. The caregiver *wants* to participate in the available supportive services and the Veteran is agreeable to having their caregiver enrolled in the program.

➤ PGCSS does not have an application process.

➤ There is a brief intake process completed over the phone by the PGCSS Coordinator.

What are the steps for a family caregiver to become enrolled in PGCSS?

1. A provider places a consult to the Caregiver Support Program, or the Veteran/Caregiver leaves a message on the Caregiver Support Program mainline requesting information/enrollment into PGCSS.

2. PGCSS coordinator contacts the Veteran and Caregiver to discuss the program with them.

3. PGCSS coordinator completes telephone intakes with the Veteran and Caregiver, sets up the Caregiver's electronic health record and completes the enrollment process.

4. After completing the assessment with the caregiver, the PGCSS coordinator recommends the support services that would be the most helpful and completes referrals. The assessment is completed over the phone or by Veteran Video Connect.

5. The coordinator serves as the main point of contact for the Caregiver within the CSP.

Program of Comprehensive Assistance for Family Caregivers (PCAFC) – Program Overview

- The Program of Comprehensive Assistance for Family Caregivers (PCAFC) is a clinical program based on the Veteran's personal care needs that are required daily for at least the last 6 months to prevent a higher level of care placement.
- PCAFC is for Veterans whom, should their caregiver become unavailable, would require an alternate caregiver, or placement in a skilled nursing facility.
- There must be documentation in the Veteran's medical record that supports the need for daily hands-on assistance for activities of daily living (ADL) or daily eyes on supervision and protection requirements. *Examples of ADLs dressing, bathing, grooming, adjusting prosthetic's, toileting, feeding, and mobility.*
- Please note, help with shopping, cleaning, yard work, lifting, transportation, childcare and general emotional support cannot be considered for eligibility. Additionally, the care and support being provided must exceed what would generally be expected from a spouse, parent, close friend, etc.

Who can apply to PCAFC?

- Effective October 1, 2022, Veterans of all eras who have a 70% or higher service connection rating can apply (*being rated at 100% for Unemployable Status does not meet criteria*).
- The Veteran must need personal care needs that are required daily for at least the last 6 months to prevent a higher level of care placement.
- Personal care services must be needed for assistance with at least one Activity of Daily Living (ADL) or for supervision, protection, and instruction.
- *Applying to PCAFC does not guarantee acceptance into the program.*

Program of Comprehensive Assistance for Family Caregivers (PCAFC) Eligibility Criteria

Program of Comprehensive Assistance for Family Caregivers (PCAFC) – Program Overview

Caregivers who have been approved for PCAFC have access to all the supportive services offered in PGCSS as well as additional benefits. Approved PCAFC Caregivers may qualify for:

- Caregiver Monthly Stipend
- CHAMPVA (if they are currently uninsured)
- Access to clinical support services that focuses on decreasing stress related to caregiving
- Certain Beneficiary Travel
- Respite Care
- Coaching
- Mental Health Counseling related to Caregiving

Program of Comprehensive Assistance for Family Caregivers (PCAFC) application process

- Veteran or Caregiver applies for PCAFC online at www.Caregiver.Va.Gov, or they can submit a paper application to the Caregiver Support Program (CSP) form 1010CG.
- When CSP receives the application, a coordinator will be in contact with the Veteran/Caregiver within 5 business days to start the 10-step application process.
- Application processing can take up to 90 days.

Program of Comprehensive Assistance for Family Caregivers (PCAFC) application review

- Local CSP staff do not determine if applicants get approved or denied.
- The Clinical Eligibility Team at VISN level (*Not staff at the VA Greater Los Angeles Healthcare System*) makes the final determination regarding initial and continued eligibility.
- The Clinical Eligibility Team considers input from the Veteran's providers, reviews all related VA, DoD, and community provider medical records to determine eligibility.
- Applicants who are determined to not meet PCAFC criteria for approval are sent a letter by The Clinical Eligibility Team that details the cause for the denial, and the appeal options. Applicants who are denied approval for PCAFC may enroll in PGCSS if they meet PGCSS criteria.

What are the differences between PGCSS & PCAFC?

- PGCSS does not have an application process.
- PGCSS and PCAFC provide access to the same support services for family caregivers.
- PCAFC provides the family caregiver with a monthly stipend, CHAMP VA (if uninsured) and beneficiary travel (as applicable).

National Caregiver Support Line (NCSL) – 1-855-260-3274

Monday to Friday - 8:00 am – 8:00pm (EST)

- Staffed by Licensed Clinical Social Workers
- Provides supportive counseling.
- Provides information and education on topics specific to caregiving such as Caregiver burnout and the importance of self-care.

- Provides information & services available through VA and non-VA (community).
- Referrals to the Caregiver Support Coordinators at local VA Medical Centers for follow up when appropriate.

GLA Caregiver Support Program Mainline

310-478-3711 x43599

www.caregiver.va.gov

Meals that Connect; Nutrition - Dignity – Compassion

Presenter: Brandee Puett, Deputy Director

What is self-care?

- It is a practice
- It is a feeling
- The caregiver takes care of themselves

How do I practice self-care?

- Doing something specific
- Doing something for a time period
- Doing something with someone

Self-Care Examples:

- Every Tuesday I attend a support group for an hour
- Every Saturday I Take a 2 mile walk with my brother
- Group examples

Additional Tidbits

- Understanding perfection does NOT exist
- Set differences aside: forge healthy relationships
- Don't over schedule
- Reach out for help
- Give yourself breaks, it's ok to say no
- Free activities: play board games, join book club, library activities

ASPC

- Presenter for January
- SLO Libraries
Monique Matta, Coordinating Librarian
- Discussed various programs offered

AAA

- Promoting senior connection with seniors needing tax services
- Tax season is coming up
- 2 tax programs free
- Call 1-800-510-2020

Membership Update

- Paul Worsham moved to District 4 Supervisor Rep
- Alternate Member at Large Charmaine moved to Member at Large
- District 5 Supervisor Rep is still open
- Alternate Member at Large is Vacant

Co-Chair Report

- Hoarding panel coming up next month
- Karen Jones presenting in March
- April Robert Diaz
- June will be brainstorming activity
- July annual Veterans Panel
- May & August opened for presenter
- September Suicide and Prevention presentation
- October Medicare presentation
-

Next Meeting: February 26th, 2025 at Conference Room #101 3433 South Higuera, San Luis Obispo, CA 93401

Minutes submitted by Gabriela Garcia. Reviewed by Co-Chairs.

SELF-CARE



WHAT IS SELF- CARE

*IT IS A PRACTICE

*IT IS A FEELING

*THE CAREGIVER
TAKES CARE OF
THEMSELF



HOW DO I PRACTICE SELF- CARE

I PRACTICE SELF-CARE BY:

1. DOING SOMETHING SPECIFIC
 2. DOING SOMETHING FOR A TIME PERIOD
 3. DOING SOMETHING WITH SOMEONE
-

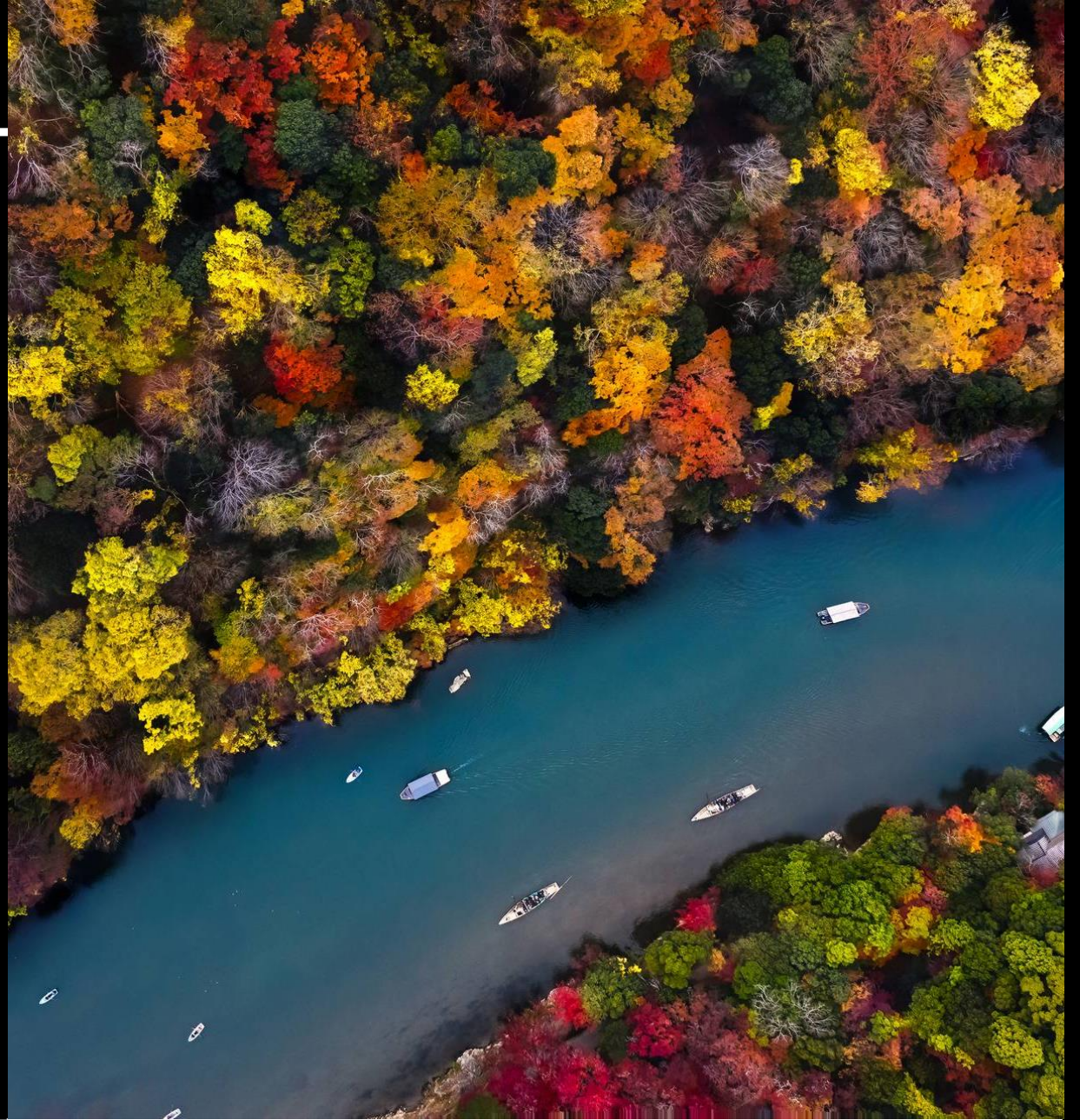


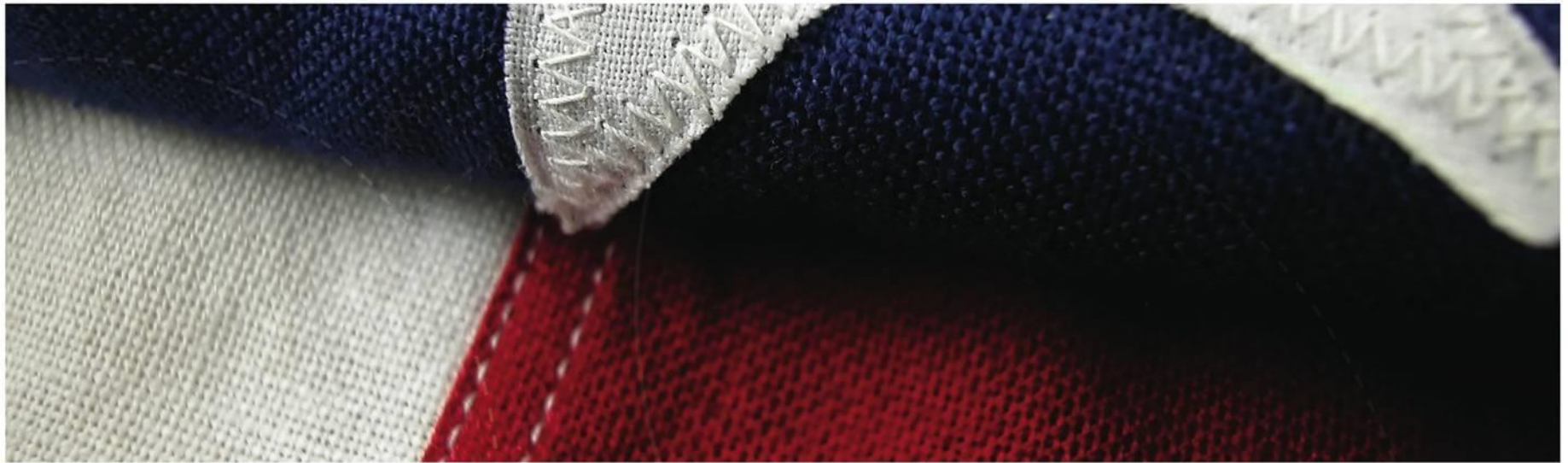
SELF-CARE EXAMPLES

- EVERY TUESDAY I ATTEND A SUPPORT GROUP FOR 1 HOUR
- EVERY SATURDAY I TAKE A 2 MILE WALK WITH MY BROTHER
- GROUP EXAMPLES

ADDITIONAL TIDBITS

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VA



U.S. Department
of Veterans Affairs
VA Greater Los Angeles Healthcare System

Caregiver Support Program at Greater Los Angeles VHA

Updated March 2023

VA
HEALTH
CARE | Defining
EXCELLENCE
in the 21st Century

VA Caregiver Support Program (CSP)

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The CSP consists of

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VA Caregiver Support Program (CSP) Programs

VA Caregiver Support Program (CSP) has two programs

Program of General
Caregiver Support
Services (PGCSS)



Program of
Comprehensive
Assistance for Family
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Program of General Support Services (PGCSS)

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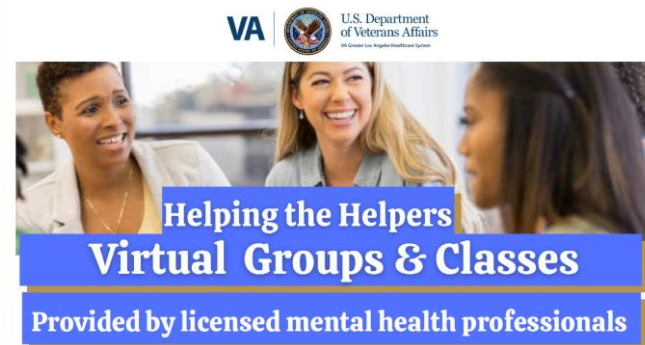
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- Connecting with other Caregivers decreases feelings of isolation and often rewarding, meaningful, and can even be fun.



Examples of Supportive Services within the CSP



Drop-in Support Groups

This means that each week you can join the group, or skip it depending on what works best for your schedule.



Lead by Licensed Mental Health Providers

Services for family Caregivers are provided by The Caregiver Support Program staff Psychologist and Licensed Clinical Social Workers



Participate from home

Join our groups from the comfort of your home by using a computer, smartphone, or tablet.



Mindful Self-Compassion for Family Caregivers

Mondays at 11:00 am to Noon

Available online

Support Circle for Family Caregivers

Thursdays at 1:00 pm to 2:00 pm

Available online

Available to caregivers who are approved for PCAFC or PGCSS.

Program of General Support Services (PGCSS)

Caregiver's enrolled in PGCSS also have access to our seasonal Electronic Newsletter by email.

The newsletter is developed quarterly by local CSP staff. It includes caregiver-focused articles, embedded links to online resources, and information about upcoming groups, classes, and special events.


Summer 2021


VA | U.S. Department of Veterans Affairs
VA Greater Los Angeles Healthcare System

Vol. 5

CAREGIVER CONNECTION

The electronic newsletter for Greater Los Angeles VA's Caregiver Support Program




This newsletter has live links added and is intended to be viewed electronically on your favorite device (*computer, laptop, tablet, or smartphone*). Now you can easily navigate to helpful online resources. When you see this highlighted arrow,  click the text or icon next to the arrow to learn more about resources for you and your family.

In This Newsletter

- Sesame Street For Military & Veteran Families
- VA Mobile APP Highlight: PTSD Family Coach
- Therapeutic Benefits of Pets

Family Caregivers are Partners in Care at VA

By: Malissa Page, LCSW

The [Campaign for Inclusive Care](#)  is a national VA initiative to **integrate caregivers into their Veteran's healthcare team**. A shift towards an inclusive care model creates a more seamless, safe, and integrated care continuum. **It honors the vital role Veteran's Caregivers play in the health and well-being of their loved ones**, and offers providers a valuable resource in the planning and

VETERANS HEALTH A

Program of General Support Services (PGCSS)

PGCSS Eligibility criteria:

1. The Veteran is an active patient within GLA VHA.
 2. The Veteran is receiving personal care services from a family caregiver related to **at least one activity of daily living (ADL), or needs supervision or protection** based on symptoms or residuals of neurological care or other impairment or injury.
 3. The caregiver **wants** to participate in the available supportive services and the Veteran is agreeable to having their caregiver enrolled in the program.
- PGCSS does not have an application process.
 - There is brief intake process completed over the phone by the PGCSS Coordinator.

What are the steps for a family caregiver to become enrolled in PGCSS?

1. A provider places a consult to the Caregiver Support Program, or the Veteran/Caregiver leaves a message on the Caregiver Support Program mainline requesting information/enrollment into PGCSS.
2. PGCSS coordinator contacts the Veteran and Caregiver to discuss the program with them.
3. PGCSS coordinator completes telephone intakes with the Veteran and Caregiver, sets up the Caregiver's electronic health record and completes the enrollment process.
4. After completing the assessment with the caregiver the PGCSS coordinator recommends the support services that would be the most helpful and completes referrals. The assessment is completed over the phone or by Veteran Video Connect.
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Program of Comprehensive Assistance for Family Caregivers (PCAFC) – Program Overview

- **The Program of Comprehensive Assistance for Family Caregivers (PCAFC) is a clinical program based on the Veteran's personal care needs that are required daily for at least the last 6 months in order to prevent a higher level of care placement.**
- PCAFC is for Veterans whom, should their caregiver become unavailable, would require an alternate caregiver, or placement in a skilled nursing facility.
- There must be documentation in the Veteran's medical record that supports the need for **daily hands-on** assistance for activities of daily living (ADL) or **daily eyes on** supervision and protection requirements. *Examples of ADLs dressing, bathing, grooming, adjusting prosthetic's, toileting, feeding, and mobility.*
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Program of Comprehensive Assistance for Family Caregivers (PCAFC) Eligibility Criteria

Who can apply to PCAFC?

- Effective October 1, 2022, Veterans of all eras who have a 70% or higher service connection rating can apply (*being rated at 100% for Unemployable Status does not meet criteria*).
- The Veteran must need personal care needs that are **required daily** for at least the last 6 months in order to prevent a higher level of care placement.
- Personal care services must be needed for assistance with at least one Activity of Daily Living (ADL) or for supervision, protection, and or instruction.

Applying to PCAFC does not guarantee acceptance into the program.

Program of Comprehensive Assistance for Family Caregivers (PCAFC) Eligibility Criteria

A Veteran or Service member may be eligible for a Family Caregiver if all of the following requirements are met:

- 1** The individual is either:
 - A Veteran; or
 - A member of the Armed Forces undergoing a medical discharge from the Armed Forces.
- 2** The individual has a serious injury (including serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service.
 - For purposes of PCAFC, serious injury means any service-connected disability that: (1) Is rated at 70 percent or more by VA; or (2) Is combined with any other service-connected disability or disabilities, and a combined rating of 70 percent or more is assigned by VA.
- 3** The individual is in need of in-person personal care services for a minimum of six (6) continuous months based on any one of the following:
 - An inability to perform an activity of daily living;
 - A need for supervision or protection based on symptoms or residuals of neurological or other impairment or injury; or
 - A need for regular or extensive instruction or supervision without which the ability of the Veteran to function in daily life would be seriously impaired.
- 4** It is in the best interest of the individual to participate in the program.
- 5** Personal care services that would be provided by the Family Caregiver will not be simultaneously and regularly provided by or through another individual or entity.
- 6** The individual receives care at home or will do so if VA designates a Family Caregiver.
- 7** The individual receives ongoing care from a Primary Care Team or will do so if VA designates a Family Caregiver.



Program of Comprehensive Assistance for Family Caregivers (PCAFC) – Eligibility Criteria

Unable to Self-sustain in the Community

For purposes of PCAFC, “unable to self-sustain in the community” means that an eligible Veteran either:

- Requires personal care services each time he or she completes three or more of the seven activities of daily living (ADL) listed in the definition of an inability to perform an activity of daily living in this section, and is fully dependent on a caregiver to complete such ADLs; or
- Has a need for supervision or protection based on symptoms or residuals of neurological or other impairment or injury on a continuous basis; or
- Has a need for regular or extensive instruction or supervision without which the ability of the Veteran to function in daily life would be seriously impaired on a continuous basis.

Inability to Perform Activity of Daily Living (ADL)

For purposes of PCAFC, the “inability to perform an ADL” means the Veteran or Service member requires personal care services each time he or she completes one or more of the ADLs listed below.

- Dressing or undressing oneself
- Bathing
- Grooming oneself in order to keep oneself clean and presentable
- Adjusting any special prosthetic or orthopedic appliance, that by reason of the particular disability cannot be done without assistance (this does not include the adjustment of appliances that nondisabled persons would be unable to adjust without aid, such as supports, belts, lacing at the back, etc.)
- Toileting or attending to toileting
- Feeding oneself due to loss of coordination of upper extremities, extreme weakness, inability to swallow, or the need for a non-oral means of nutrition
- Mobility (walking, going up stairs, transferring from bed to chair, etc.)

Requiring assistance with an ADL only some of the time does not meet the definition of an “inability to perform an ADL.”



Program of Comprehensive Assistance for Family Caregivers (PCAFC) Eligibility Criteria



Family Caregiver Eligibility Requirements

A Family Caregiver must:

- 1 Be at least 18 years of age.
- 2 Be either:
 - The eligible Veteran's spouse, son, daughter, parent, stepfamily member, or extended family member; or
 - Someone who lives with the eligible Veteran full-time or will do so if designated as a Family Caregiver.
- 3 Be initially assessed by VA as being able to complete caregiver education and training.
- 4 Complete caregiver training and demonstrate the ability to carry out the specific personal care services, core competencies, and additional care requirements.

In addition, there must be no determination by VA of abuse or neglect of the eligible Veteran by the caregiver.

Program of Comprehensive Assistance for Family Caregivers (PCAFC) – Program Overview

Caregivers who have been approved for PCAFC have access to all the supportive services offered in PGCSS as well as additional benefits.

Approved PCAFC Caregivers **may qualify for:**

- Caregiver Monthly Stipend
- CHAMPVA (if they are currently uninsured)
- Access to clinical support services that focuses on decreasing stress related to caregiving
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- Mental Health Counseling related to Caregiving

Program of Comprehensive Assistance for Family Caregivers (PCAFC) application process

- Veteran or Caregiver applies for PCAFC online at www.Caregiver.Va.Gov, *or they can submit a paper application to the Caregiver Support Program (CSP) form 1010CG.*
- When CSP receives the application, a coordinator will be in contact with the Veteran/Caregiver within 5 business days to start the 10-step application process.
- Application processing can take up to 90 days.



Program of Comprehensive Assistance for Family Caregivers (PCAFC) application process

Application process information sheet is available at Caregiver.Va.Gov



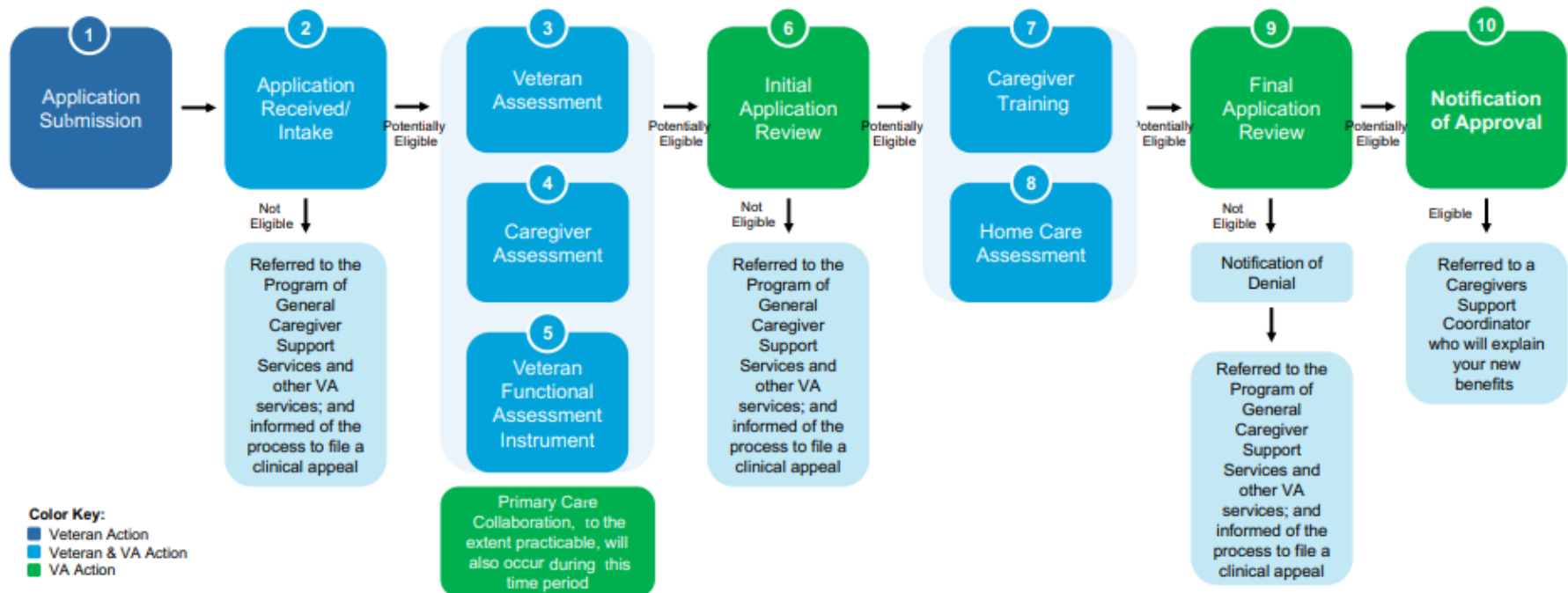
Program of Comprehensive Assistance for Family Caregivers Application Process

VA



U.S. Department
of Veterans Affairs

Eligibility Decision Within 90 Days of Application Receipt



Program of Comprehensive Assistance for Family Caregivers (PCAFC) application review

- Local CSP staff do not determine if applicants get approved or denied.
- The Clinical Eligibility Team at VISN level (*Not staff at the VA Greater Los Angeles Healthcare System*) makes the final determination regarding initial and continued eligibility.
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What are the differences between PGCSS & PCAFC?

PGCSS does not have an application process.

PGCSS and PCAFC provide access the same support services for family caregivers.

PCAFC provides the family caregiver with a monthly stipend, CHAMP VA (if uninsured) and beneficiary travel (as applicable).

Two Programs: What's the Difference?

Type of Support	PGCSS	PCAFC
Caregiver Support Team	√	√
Resources for Enhancing All Caregivers Health (REACH) VA	√	√
Caregiver Support Line	√	√
Caregiver Health & Wellbeing Coaching	√	√
Building Better Caregivers	√	√
Supportive Services	√	√
Caregivers FIRST Skills Training	√	√
Peer Support Mentoring	√	√
Respite Care	√	√
Annie Caregiver Text	√	√
Self-care/Resilience courses	√	√
Connection to VA/Community Resources	√	√
Caregiver & Family Resource Fairs	√	√
VA S.A.V.E. Training	√	√
Mental Health Counseling (as applicable)	√	√
CHAMPVA (if uninsured)		√
Monthly Stipend		√
Beneficiary Travel (as applicable)		√

National Caregiver Support Line (NCSL) – 1-855-260-3274

Monday to Friday - 8:00 am – 8:00pm (EST)

- Staffed by Licensed Clinical Social Workers
- Provides supportive counseling.
- Provides information and education on topics specific to caregiving such as Caregiver burnout and the importance of self-care.
- Provides information & services available through VA and non-VA (community).
- Referrals to the Caregiver Support Coordinators at local VA Medical Centers for follow up when appropriate.



Call VA's Caregiver Support Line toll-free today.

1-855-260-3274



Contact Information

GLA Caregiver Support Program Mainline

310-478-3711 x43599

www.caregiver.va.gov

