

Veterans & Family Support

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Host a NVS Fundraiser with your Post

Some fundraising ideas:

- Plan a steak dinner with all the fixings'



- Start planning now for a Halloween costume party with food and dancing.



- As the cool weather slowly creeps in, plan a chili cook off with trophies and bragging rights to the winners.



- Hold a raffle with a barbecue grill and all the accessories to the winner.



After you hold your fundraiser donate the proceeds to NVS and our Department Service Officers.

Finally, don't forget to report your fundraiser use lots of details to describe your event!

Caregiver Support

Caregiver Self-Care: It is important that caregivers take time for themselves in support of their overall health and wellbeing. Even small moments of self-care can make a difference.

For a self-enrichment journal, a self-care workbook, and self-care ideas, visit:

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



The VA's Support Program offers a menu of services and supports to family caregivers of Veterans from all eras of service who are eligible for VA healthcare. Go to the below link for more information.

<https://hiddenheroes.org/resource/va-caregiver-program/>

The VA Caregiver Support Program:

The Department of Veteran Affairs (VA) Caregiver Support Program (CSP) offers clinical services to caregivers of eligible and covered Veterans enrolled in the VA health care system. CSP is a national program with local offices and teams located within VA facilities. The program's 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.

CSP carries out its mission through two programs:

- **Program of General Caregiver Support Services (PGCSS)** PGCSS provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans. The Veteran must be enrolled in Veterans Affairs (VA) health care and be receiving care from a caregiver in order for the caregiver to participate. Caregivers who participate in PGCSS are called General Caregivers. General Caregivers do not need to be a relative or live with the Veteran. Go to: www.caregiver.va.gov/Care_Caregivers.asp
- **Program of Comprehensive Assistance for Family Caregivers (PCAFC)** 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 September 11, 2001. This program provides resources, education, support, a financial stipend, and health insurance (if eligible), beneficiary travel (if eligible), to caregivers of eligible Veterans. Go to: www.caregiver.va.gov/support/support_benefits.asp