



# VA Caregiver Programs

The VA offers many programs and materials to support the family caregivers who care for veterans. Go to [www.caregiver.va.gov](http://www.caregiver.va.gov) to access more information.



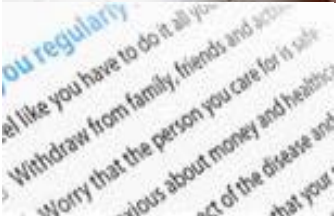
## Everyday Tips and Checklists

VA has created checklists for new Family Caregivers, questions to ask the doctor, and other information to help you stay on track.



## Staying Organized

Use these tools and tips to help you keep everything on track.



## Diagnosis Care Sheets

Care sheets to help you better understand common diagnosis and tips for managing your Veteran's care at home.



## RESCUE Website

Resources and Education for Stroke Caregivers' Understanding and Empowerment, or RESCUE for short, is a lifeline to help Caregivers "keep their heads above water." The website is written in English and Spanish languages. You can read, download or print information from 44 easy-to-read fact sheets, learn about caregiving resources, and find self-help tools. This website will help you take better care of yourself and your loved one.

[www.caregiver.va.gov](http://www.caregiver.va.gov)

# Family Caregivers Program for Post-9/11 Veterans

New Services for Family Caregivers of Post-9/11 Veterans Under the "Caregivers and Veterans Omnibus Health Services Act of 2010," additional VA services are now available to seriously injured post-9/11 Veterans and their Family Caregivers through a new program of Comprehensive Assistance for Family Caregivers.



## Who Is Eligible?

Post 9-11 Veterans who have:

- 1) Sustained a serious injury
  - including traumatic brain injury (TBI), psychological trauma or other mental disorder
2. Incurred or aggravated in the line of duty, on or after September 11, 2001
3. Veteran must also be in need of personal care services because of an inability to perform one or more activities of daily living and/or need supervision or protection based on symptoms or residuals of neurological impairment or injury

## New Services Available to Family Caregivers through this Program

- 1) Monthly stipend
- 2) Travel expenses (including lodging and per diem while accompanying Veterans undergoing care)
- 3) Access to health care insurance (if the Caregiver is not already entitled to care or services under a health care plan)
- 4) Mental health services and counseling
- 5) Comprehensive VA Caregiver training provided by Easter Seals
- 6) Respite care (not less than 30 days per year)Post 9/11 Veteran Caregiver Program

# VA Caregiver Program Point of Contacts



## South Texas Veterans Health Care System

7400 Merton Minter Blvd.  
San Antonio, TX 78229  
Phone: 210-617-5300 Or 210-617-5300  
Alisa Hartfield-Cordero: 210-617-5300 X 15113  
Andrew Benavidez: 210-617-5300 X 14338

## Central Texas Veterans Health Care System

1901 Veterans Memorial Drive  
Temple, TX 76504-7451  
Phone: 254-778-4811 Or 254-778-4811  
Joseph Bishell, LCSW: 254-742-4938  
Revonder Ellis-VanArsdale, LCSW:  
254-743-1312

## Michael E. DeBakey VA Medical Center

2002 Holcombe Blvd.  
Houston, TX 77030-4298  
Phone: 713-791-1414 Or 800-553-2278  
Lashanta Dorsey-Lee, MSN RN: 713-791-1414  
X 3319  
Tomasita Espinosa: 713-791-1414 X 5047  
Marie Jones, LCSW: 713-791-1414 X 6852

## VA Texas Valley Coastal Bend Health Care System

2701 S 77 Sunshine Strip  
Harlingen, TX 78550  
Phone: 956-430-9325 Or 956-430-9325  
Esmeralda Alamia : 956-618-7127  
Melinda Leo-Rodriguez: 956-618-7109

## VISN 17: VA Heart of Texas Health Care Network

2301 East Lamar Blvd., Suite 650  
Arlington, TX 76006  
Phone: 817-652-1111  
Erica Poston, RN, BSN, MBA : 817-385-  
3762 X 25762

**VA's Caregiver Support Line 1-855-260-3274 toll-free**

Monday through Friday

8:00 am – 11:00 pm ET

Saturday

10:30 am – 6:00 pm ET