

VA Caregiver Support Program

Resources for Enhancing All Caregivers Health (REACH) VA Program

Caregiving can be challenging. The **REACH VA Caregiver Program** is designed to assist Caregivers of Veterans with challenges such as Taking Care of Yourself, Problem Solving, Mood Management, Asking for Help, and Stress Management.



- REACH VA *provides education, a focus on safety for the patient, support for the caregiver, and skills building to help Caregivers manage difficult patient issues and decrease their own stress.*
- REACH *has been shown to significantly improve caregiver quality of life – caregiver burden, depression/emotional well-being, self-care and healthy behaviors, social support, and management of care recipient problem behaviors.*
- REACH VA *is an effective intervention to decrease caregiver stress and improve the management of Veteran concerns.*
- The goal of REACH VA *is to decrease Caregiver stress and improve the management of patient behaviors throughout the VHA system.*
- Each VA Coaches *help Caregivers of Veteran loved ones care for themselves, too.*
- REACH VA Coaches *help Caregivers build caregiving strength and stay strong.*

REACH VA Program - Sessions

The trained and certified REACH VA Program Coach usually provides four individual sessions with the Caregiver over a period of 2 to 3 months, extending the number of sessions if both the Coach and Caregiver feel there is more work to do. The sessions normally last about an hour each and may be held face to face, over the telephone, or over telehealth video conferencing.

REACH VA Program - Eligibility

To be eligible for the REACH VA Program, the Caregiver must be caring for a Veteran or a Veteran caring for a loved one, where the Veteran is receiving services at the VA. Caregivers receive a Caregiver Notebook, which is the first resource for caregiver issues and challenges, for stress management, mood management, and problem-solving. REACH VA is available for Caregivers of Veterans diagnosed with: ALS, Dementia, MS, PTSD, or Spinal Cord Injury/Disorder.

Ask your [Caregiver Support Coordinator](#) about the REACH VA Program!

Need Help?

Caregiver Support Coordinator

Your local Caregiver Support Coordinator is a licensed professional who can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love. Find your local [Caregiver Support Coordinator](#)

Caregiver Support Line

With VA's Caregiver Support Line – 1-855-260-3274 – assistance is just a quick phone call away. If you're just getting started with VA, calling the [Caregiver Support Line](#) is a great first step to take to learn more about the support that's available to you.

Caregiver Support Program (CSP) - [Menu of Resources](#)