



You Are Not Alone

Depending on the extent of your service member's wound, illness, or injury and the level of communication you have established, your role as caregiver may at times seem like a thankless job. You may get wrapped up in the day-to-day tasks and feel like you do not have others to turn to. Accordingly to a recent study, there are an estimated 5.5 million military caregivers in the United States and the typical post-9/11 military caregiver is not connected to a support network, such as peer groups, professional counselors, or community services.¹ There are many resources and programs available to help service members and caregivers, you just need to know where to start looking. The important thing to remember is you are not alone!

Peer-to-Peer Support

Peer-to-peer support comes in many different forums. There may be gatherings in your local area where you can meet with other caregivers face-to-face, you can interact over the phone one-on-one, or you can be a part of online group webinars. Find the option that makes you feel the most comfortable to share experiences and receive the emotional support you need. Here are a few suggestions to start your search:

- [Military OneSource Peer-to-Peer Support Initiative](#)
- [Creating Peer-to-Peer Support Groups for Caregivers- Family Caregiver Alliance](#)

Caregiver Coaching

Whether you are new to caregiving or have been doing it for years, there are caregiving coaches that are available to give you guidance from foundational caregiving techniques to new ways to communicate with your loved one about concerns and treatment options. If you are looking for a free, confidential service, check out:

- [Coaching into Care- U.S. Department of Veteran Affairs](#)

Respite Care

Sometimes help is necessary to get time away in order to recharge, have the opportunity to connect with others outside your home, or to accomplish tasks that you are unable to do while providing care to your service member. Respite services are available for military caregivers so that you can get reliable, quality care for your service member while making sure that you have time to take care of yourself. Explore the following options to see if you are eligible:

- [VA Caregiver Services- U.S. Department of Veteran Affairs](#)
- [Caregiver Respite Program- Wounded Warriors Family Support](#)



References

1. Ramchaud R, Tanielian T, Fisher M, et al. Hidden Heroes: America's Military Caregivers. Rand.org. http://www.rand.org/pubs/research_reports/RR499.html. Accessed July 2014.