

Published on *VeteransNavigator* (<https://veteransnavigator.org>)

Tool Box for a Family Caregiver of a Veteran

Caregiver Toolbox

As a Family Caregiver, you know better than anyone else that caring for a Veteran requires major organizational skills. Whether you are new to family caregiving or looking for fresh tips and resources, VA has created this Caregiver Tool Box to help you find tools that work for you. This page offers resources and information to help you stay on top of things and manage the daily stresses of family caregiving.

New To Caregiving

Have you recently become a Family Caregiver of a Veteran? Feeling overwhelmed? This section provides tools and information to help you learn what to expect as a Family Caregiver and how to balance your new responsibilities.

Diagnosis Care Sheets

You're not a doctor, but you've taken on the responsibility of providing specialized care to the Veteran you love. To help support your caregiving efforts, this section provides care sheets to help you better understand common diagnosis and tips for managing your Veteran's care at home.

Everyday Tips and Checklists

A checklist can be a great tool for helping you keep track of what you need to do and reminding you what still needs to be done. To support your caregiving efforts, VA has created checklists for new Family Caregivers, questions to ask the doctor, and other information to help you stay on track. Follow the link to learn more.

Staying Organized

The key to success for Family Caregivers is organization. Getting organized will help you manage all the different aspects of caregiving – from medication regimens to having the right questions ready for the doctor appointments. Use these tools and tips to help you keep everything on track.

RESCUE Website

If you are a Caregiver of a Veteran who had a stroke, visit the 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.

VHA Office of Rural Health - Information and Support for In-Home Dementia Caregivers

This website provides an educational series through online modules designed to aid caregivers who are helping a loved one suffering from dementia. View the following 20 modules which are broken into specific topics. Learn more about how to communicate with the doctor, the stages of dementia, caregiver support groups and much more.

“Managing Dementia Behaviors: ABC’s for Caregivers”

Most people with dementia experience behavioral changes as their condition progresses, which can become challenging and distressing for caregivers to manage. This video series portrays Teri and Frank, a couple coping with Frank’s progressing dementia, to illustrate ways to communicate with and get help for someone with dementia. The series also teaches the ABC Model, a method that caregivers can apply most behavioral troublesome or frustrating behaviors associated with dementia to help reduce or eliminate them. [Click here to watch this video series.](#)

Article Source

U.S. Department of Veterans Affairs

Source URL

<https://www.caregiver.va.gov>

Last Reviewed

Wednesday, September 8, 2021