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## **Military and Veteran Caregiver Journey Map**

### **Veteran Caregiver Experience Map**

Elizabeth Dole Foundation, Philips, and the Department of Veterans Affairs have partnered to document the journey of military and veteran caregivers. We would also like to give special thanks to Wounded Warrior Project for their ongoing support for the creation and digitization of this project.

#### **LEARN WHY**

Military and veteran caregivers provide invaluable service to this country, but their unique journeys are not always well understood.

Caregivers must often cope with significant physical, psychological, financial, and social challenges without the help they need.

### **Creating the Caregiver Journey Map**

By mapping out key points where the right people, organizations, and service providers can step in and support caregivers as they adapt to their new way of life, we'll help achieve better outcomes for our veterans and our hidden heroes.

#### **Becoming Aware and Adjusting**

During this phase, the caregiver notices changes in the veteran service member's behavior. These changes may affect the dynamic of their relationship.

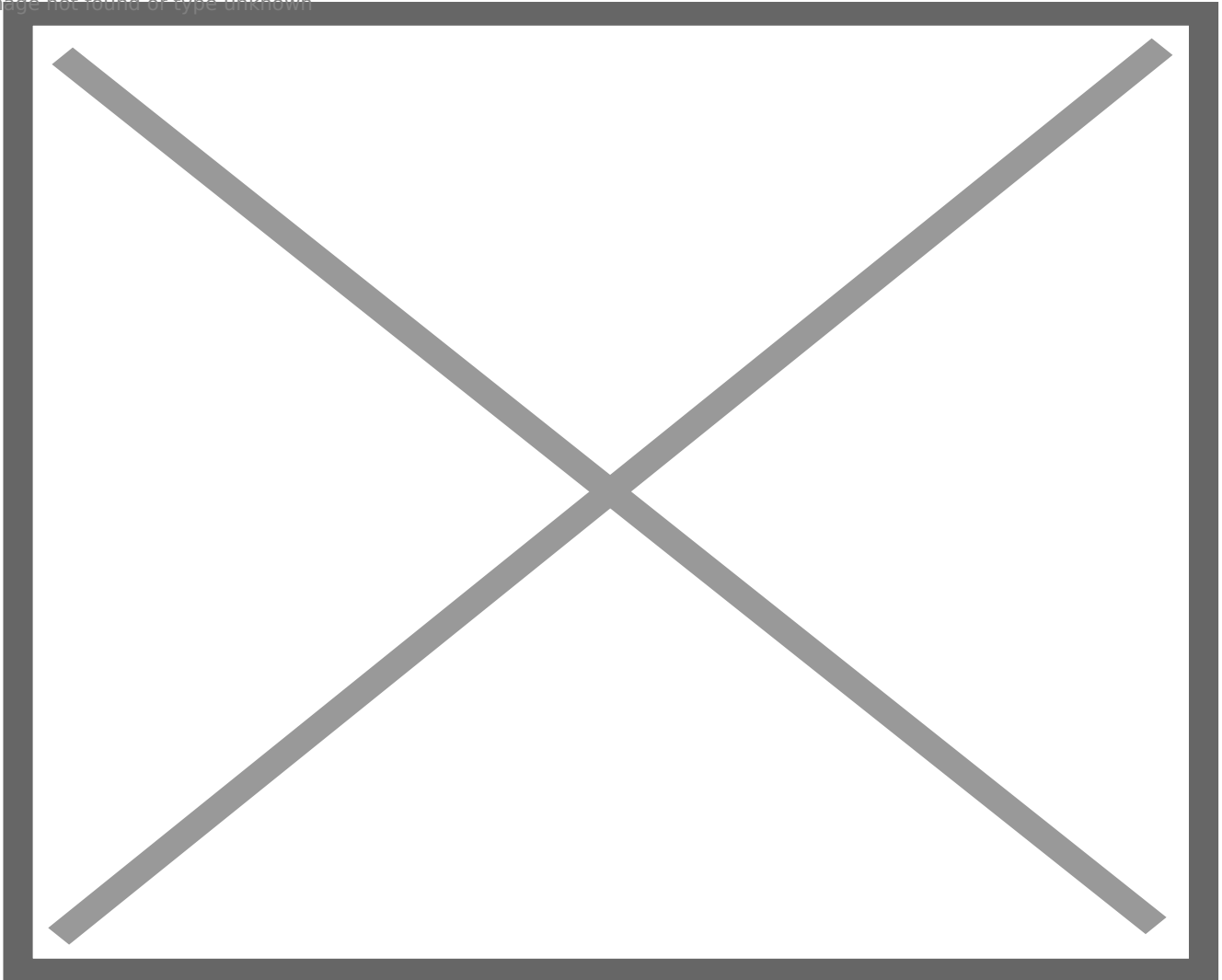
#### **Shifting Priorities and Seeking Help**

The caregiver accepts an increased level of responsibility for their loved one's care, and reaches out for external assistance.

## **Finding a Rhythm**

The caregiver starts to establish a new rhythm for their day-to-day lives, cultivating the support and skills they need to address new challenges along the journey.

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