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## **Respite Relief for Military and Veteran Caregivers**

### **What is Respite?**

Respite gives you a break. It gives you an opportunity to focus on yourself. If you are caring for a spouse, parent, child, friend, or another loved one, then respite relief is for you.

I was skeptical that using respite care would actually help - I thought it might be more work than it was worth. But it was a game-changing. It really was the first step for me to start taking better care of myself mentally and physically.

-Jennifer M., Caregiver, FL

If you are a military or veteran caregiver, you've come to the right place. Keep scrolling to find recommended respite care services.

### **How Do I Prepare My Loved One For Respite?**

Respite provides a much-needed break for both the caregiver and the care receiver. Some Veterans, however, may be hesitant because they are uncomfortable in an unfamiliar environment or being with people who are considered "strangers." Allowing someone new to help them may be outside of their comfort zone, and yours.

Check out our helpful [\*\*9 Steps to Respite Care\*\*](#) guide to help prepare you and your loved one for receiving respite. Respite is a crucial service for you and there are ways to maximize your experience.

### **Take the Break You Deserve.**

**Helpful Resources to Find the Respite Option that Works Best for You:**

#### **ARCH National Respite Network and Resource Center**

- ARCH can help you find a respite provider in your community through your State Respite Coalition or Lifespan Respite Program. ARCH also maintains the National Respite Locator Service (NRLS), which helps parents, family caregivers, and professionals find respite services in their state and local area to match their specific needs. The NRLS lists primarily home care agencies, assisted living, or state or community-based agencies that provide respite care.

#### **Code of Support Foundation**

- While there are tens of thousands of resources available to those who serve and have served, there are barriers to finding the right resource, knowing if you qualify, and navigating the application process. COSF helps veterans, caregivers, and family members find and navigate these critical services through their [PATRIOTlink](#) and [Case Management programs](#). They provide one-on-one support, education, and outreach connecting civilians, members of the military, and veterans.

#### **Wounded Warrior Project's Resource Center**

The Wounded Warrior Project® (WWP) Resource Center primarily serves:

- Warriors who are registered with WWP (veterans who incurred a physical or mental injury, illness, or wound concurrent to military service on/after September 11, 2001)
- Family members of registered WWP warriors
- Veterans who are interested in learning more about and registering for WWP  
Unique to the Resource Center, the team can assist veterans of all eras to connect them with the appropriate resources to meet their needs.
- If you support or are a post-9/11 veteran, please see Wounded Warrior Project's Program Directory attached. This directory provides information on WWP's many programs and services.

#### **U.S. Department of Veterans Affairs - Program of Comprehensive Assistance for Family Caregivers (PCAFC)**

- The Program of Comprehensive Assistance for Family Caregivers (PCAFC) is for eligible veterans who have sustained or aggravated a serious injury (or illness) in the line of duty in the active military, naval or air service during any service era. This program provides resources, education, support, a financial stipend, and health insurance (if eligible), beneficiary travel (if eligible), to caregivers of eligible veterans.
- Call VA's Caregiver Support Line (CSL) at 1-855-260-3274 to learn more about the support that is available to you, and for assistance connecting with the [CSP team](#), at your local VA facility.
- VA CSL Expanded hours:
  - Monday-Friday 8:00 a.m. to 10:00 p.m. ET
  - Saturday 8:00 a.m. to 5:00 p.m. ET

#### **U.S. Department of Veterans Affairs - Program of General Caregiver Support Services (PGCSS)**

- The Program of General Caregiver Support Services (PGCSS) is one of two programs within the Caregiver Support Program. PGCSS provides peer support mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of veterans. The veteran must be enrolled in Veterans Affairs (VA) health care and be receiving care from a caregiver for the caregiver to participate. Caregivers who participate in PGCSS are called General Caregivers. General Caregivers do not need to be a relative or live with the veteran to participate.

#### **Administration for Community Living (ACL.gov)**

- The ACL provides supports, services, and information on resources available to help older adults and people of all ages with disabilities live where they choose, with the people they choose, and with the ability to participate fully in their communities.

#### **CareLinx - Private pay in-home care services**

- CareLinx is a nationwide online network that connects families with pre-screened, professional caregivers. AARP members who are new to CareLinx receive a 3% discount on in-home caregiving services. Once you utilize the 35 free hours of respite through EDF, you are welcome to continue

in-home care services with CareLinx.

### **For more information**

► Go to [www.hiddenheroes.org/respite](http://www.hiddenheroes.org/respite) to learn more about respite programs and find answers to frequently asked questions including eligibility, services provided, how to prepare your loved one for respite.

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