

VA Portland Caregiver Support Program

The VA Portland Caregiver Support Program is available to Family Caregivers of Veterans of all eras with the following support services. For more information or to enroll, please call 503-273-5210

Caregiver Support Line 1-855-260-3274

The Caregiver Support Line is a toll-free number for Caregivers Veterans and/or Community Partners to call for supportive counseling, information, education, referral to VA and local community resources and/or Caregiver Support Coordinators.

Caregiver Support Program Drop-In Mindfulness Based Support Group

Every Thursday from 1-2pm at VA Portland, Bldg 100, Room 8D-104. Providing emotional support and self-care practices to family caregivers. Phone line: 1.800.767.1750, access code: 19041#

Healing Touch Clinic

Wednesdays and Fridays, 8:30—12:30 at VA Portland. An offering from Center for Integrated Pain Care in partnership with Caregiver Support Program. Healing Touch is non-invasive, utilizes gentle touch to assist in balancing your mind and body. Potential benefits: reducing stress, decreasing pain, strengthening the immune system, creating a sense of well-being, and promoting a better night's sleep. Contact Judy Ulibarri, RN at 971-373-3829 for information.

Monthly Caregiver Support Line Education Calls

Strategies to enhance resilience and restore balance. Facilitated by the VA Caregiver Support Line. The topics change monthly and scripts and audio recordings of the calls can be found on the Caregiver Support Program website: <http://www.caregiver.va.gov/>. Please register with the Caregiver Support Program 3 business days in advance of the scheduled call.

Caregiver Self-Care Courses

Caregiver Self-Care courses are in-person classroom trainings provided to caregivers with a focus on supporting and meeting the needs of caregivers. The classes are led by trained facilitators. Topics include: Managing Stress, Problem Solving & Effective Communication, Taking Care of Yourself, and Utilizing Technology.



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Mission statement: To promote the health and well-being of family Caregivers who care for our nation's Veterans, through education, resources, support, and services.

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Peer Support Mentoring Program

The National Peer Support Mentoring Program (PSM) provides an opportunity for caregivers to receive guidance and to share their experiences, wisdom, skills and passion with other caregivers. The Caregiver PSM Program was developed to strengthen relationships between caregivers, to provide an opportunity for networking, and to empower caregivers to help one another.

REACH VA Program

Resources for Enhancing All Caregivers Health (REACH) is an evidenced-based intervention that is delivered by VA clinical staff to provide individual and group support to caregivers of Veterans with dementia to to caregivers of Veterans with PTSD. This is offered either face-to-face or by telephone.

DVDs and Fact/Resource Sheets/Newsletter

DVDs: "Understanding Post-Traumatic Stress Disorder (PTSD) for Caregivers", "Understanding Traumatic Brain Injury (TBI) for Caregivers" and "Understanding Pain Management for Caregivers". Taught by VA experts, who educate and answer real-life questions from Caregivers of Veterans. Resource sheets for PTSD, TBI and Pain Management & a Caregiver Quarterly newsletter are also available.

VA Caregiver Support Program online

Caregiver Support Program website with valuable resources such as: the Caregiver toolbox, including diagnosis care sheets and everyday tips and checklists; Caregiver Connections, resource links, Caregiver Support Line presentations and more.

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



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