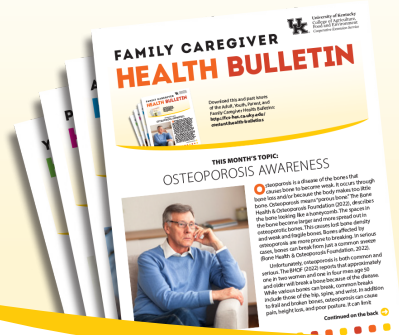


FAMILY CAREGIVER HEALTH BULLETIN



MAY 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC MILITARY CAREGIVER MONTH



Military caregiver month happens in May to honor the millions of caregivers who support the nation's veterans. This month helps the public learn about wounded service men and women and the people who care for them. Pay tribute to caregivers and praise the work they do and time they give. These are ways you can help support our troops and military households.

Military caregivers can be spouses, partners, parents, children, relatives, friends, neighbors, and co-workers. They provide a range of physical and mental care to support and help foster faster healing. Military caregivers help the nation save millions of dollars in health-care costs.

To show your support of a military caregiver, try helping with these daily tasks:

- Drive a veteran to a health-care visit or to run errands

Continued on the next page ➔

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The VA Caregiver Support Line,

1-855-260-3274,

helps with resources,

gives advice, and offers

networking chances,

such as education groups.

➔ **Continued from the previous page**

- Help with grocery shopping
- Make or deliver a meal
- Housecleaning
- Offer to sit with a veteran and offer friendship
- Offer time with the veteran to give a caregiver some rest

You can also reach out to the Department of Veterans Affairs to learn about chances to volunteer that might be near you.

If you are a military caregiver, there are resources, support services, and other assistance to help with the challenge of caregiving.

- **The VA Caregiver Support Line, 1-855-260-3274**, helps with resources, gives advice, and offers networking chances, such as education groups.
- **The VA Program of Comprehensive Assistance for Family Caregivers** gives approved caregivers support options such as a monthly stipend, respite care, money for approved travel costs, health insurance, and mental health services. To

learn more, go to the U.S. Department of Veterans Affairs website, <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>.

- **Veterans Crisis Line: Dial 988 and then press 1** to reach the Veterans Crisis Line. Responders are trained in crisis intervention and military culture. You can find more information at <https://www.veteranscrisisline.net/about/what-is-988>.

REFERENCES:

- U.S. Department of Veterans Affairs. (2025). The Program of Comprehensive Assistance for Family Caregivers. Retrieved 3/12/25 from <https://www.va.gov/family-and-caregiver-benefits/health-and-disability/comprehensive-assistance-for-family-caregivers>
- Veteran.com Community. (2025). Month of the Military Caregiver. Retrieved 3/12/25 from <https://veteran.com/military-caregiver-month>

Written by: Kerri Ashurst, Senior Extension Specialist, and Amy Kostelic, Associate Extension Professor of Adult Development and Aging

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock

