

VETERANS NEWS & NOTES

Free Professional Help For Family Caregivers

(NAPS)—There is good news for many individuals who care for a loved one living with an injury or illness connected to military service. They're now eligible for free professional assistance.

Who Helps

A new program offered by the Elizabeth Dole Foundation provides veteran caregivers with trained professionals to perform daily tasks, including house-keeping, meal preparation, grocery shopping, and grooming.

Military caregivers nationwide can apply for 24 hours of services free through the Foundation's website hiddenheroes.org/respite. The number of available hours is limited, so caregivers are urged to apply right away.

"Military caregivers have always struggled with the enormous responsibility on their shoulders, but the risks and restrictions of COVID-19 have sent rates of caregiver burnout, depression and isolation soaring," said Steve Schwab, CEO of the Elizabeth Dole Foundation. "We developed this emergency assistance program to give America's hidden heroes the precious time they need to rest, relax and recharge."

The Foundation is managing the program in partnership with the U.S. Department of Veterans Affairs, CareLinX, Wounded Warrior Project, AARP, and Bob Woodruff Foundation. The professional caregivers are provided



Lara Garey provides full-time care to her husband Tom who lives with ALS, caused by his military service.

by the trusted and licensed professionals of the CareLinX network and follow CDC guidelines to ensure everyone's safety.

"I was skeptical that using respite care would actually help—I thought it might be more work than it was worth," said veteran caregiver Jennifer Mackinday. "But it was game-changing. It was the first step for me to start taking better care of myself mentally and physically."

Who Can Get Help

If you assist a service member or veteran with dressing, bathing, transportation, managing medication, physical therapy, or dealing with the symptoms of post-traumatic stress, you may be a military caregiver.

Learn More

For more information about military caregiving and available services, visit hiddenheroes.org/respite.