



Resources within the Caregiver Support Program

Monthly Caregiver Support Line Education Calls:

Participate in calls focusing on strategies to enhance resilience and restore balance. The calls are facilitated by the VA Caregiver Support Line. Typically one topic is offered each month at different times.

Building Better Caregivers:

Building Better Caregivers™ (BBC) is a six-week online interactive workshop for Caregivers who are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. BBC helps Caregivers in two key ways: it offers training in how to provide better care, and it also helps Caregivers learn how to manage their own emotions, stress and physical health.

Powerful Tools for Caregivers:

Powerful Tools for Caregivers is a six-week series of 90-minute, in-person classes for Caregivers to reduce stress, improve self-confidence, enhance communication skills, enhance their ability to make tough decisions, and locate helpful resources. Classes will be offered soon.

Peer Support Mentoring Program:

Peer Support Mentoring Program is a program that matches Caregivers with peer mentors, who can provide personalized support, guidance and friendship, experience and knowledge, and wisdom and skills about how to thrive as a Caregiver.

Two Caregiver Support Groups are offered:

North Chicago: Third Thursday of every month from 11 a.m. - 12 p.m.
Building 133, Room BA130

McHenry: Fourth Friday of every month from 2:30 - 4 p.m.
Veteran and Family Services Drop in Center, 5330 Elm St., McHenry



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Caregiver Website:

Go to www.caregiver.va.gov and sign up for email updates on caregiver topics. Look at the Diagnosis Care Sheets, download Everyday Tips and Checklists, read other Caregiver stories and more.

Caregiver Library:

Go to www.caregiverslibrary.org to view a vast array of articles, forms and links related to Caregivers. This site has both great depth and breadth on most every aspect of caregiving. It was created by Family Care America, Inc.

Call me today to discuss and/or sign up for any of the above services or learn more about other services and programs.

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