Caregiving is an Around the Clock Responsibility

November is National Family Caregivers Month! This month, VA takes time to honor and thank the family caregivers who provide vital support and care to our Veterans. There are an estimated 5.5 million military caregivers in the United States, improving care for 2.4 million Veterans.

A 2015 National Alliance for Caregiving and AARP study estimates family caregivers spend an average of 24.4 hours per week providing care and nearly 1 in 4 caregivers spend 41 hours or more per week providing care.

When caring for Veterans requires around the clock support, VA’s Caregiver Support Program is available to assist. VA knows that caregiving is hard work, and that there are challenges unique to caring for Veterans. VA’s Caregiver Support Program offers a variety of educational and support services to ensure that family caregivers have the tools they need to effectively provide necessary care and help Veterans remain safely in their homes.

Some of these services include the Caregiver Support Line (1-855-260-3274), monthly education calls, the Building Better Caregivers™ online workshop, and the Peer Support Mentoring Program. Additionally, Caregiver Support Coordinators are available at each VA medical center to assist caregivers with accessing these resources.

VA’s Caregiver Support Program is proud to celebrate National Family Caregivers Month and honor the sacrifices of caregivers. Please join us in honoring these exceptional individuals in November—and throughout the year!

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,300 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at www.saginaw.va.gov.

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