

You may be a **veteran military caregiver**

if you do any of the
following for a
service member or
veteran.

- Manage medication and medical appointments
- Provide emotional and physical support
- Assist in the care of a disabling wound, injury or illness
- Assist with activities of daily living
- Advocate for proper treatment and care



Veterans,
Military,
& Their Families

**As a military caregiver,
you deserve support.
Visit the following
to connect with
information and
services.**

**Peer support and
vetted resources**
hiddenheroes.org

**Veteran caregiver
resources**
VA Caregiver Program
caregiver.va.gov

**Active duty caregiver
resources**
Department of Defense
Office of Warrior Care
<http://warriorcare.dodlive.mil/caregiver-resources/>

**AARP Family
Caregiving**
General Caregiving
Resources
aarp.org/caregiving

**The Elizabeth Dole Foundation and AARP are collaborating to
support military and veteran family caregivers.**

