

Caregivers FIRST

Caregivers

Finding, Important, Resources, Support & Training

What is Caregivers FIRST?

Caregivers FIRST is a training program for caregivers of Veterans with physical or cognitive impairments.

Caregivers FIRST is a program designed to help caregivers: Learn new skills, Practice positive self-care, Connect with other caregivers and Navigate VA and community resources.

All sessions will take place online through the virtual platform WebEx. Caregivers have the option of calling in or utilizing the video feature.

Interested caregivers should RSVP to Jane Eiting or Kelly Krause at VA Caregiver Support Program
414-384-2000 ext. 44571

By Jan 12th, 2023

Limited space is available and Caregiver First Workbooks will be mailed out.

Call soon to reserve your spot.

Benefits of Caregivers FIRST

Good self-care translates into good Veteran care. Take care of YOU! This program is designed to:



Improve you and your Veteran's experience of VA care.



Reduce your feelings of isolation.



Provide you skills and resources to help keep your Veteran at home.

Caregivers FIRST Class Schedule

Class 1: Introduction

Jan 26
11a-1230p

- Frustrations, rewards of caregiving
- Helping Veteran remain independent
- Relaxation exercise

Class 2: Hands-on strategies

Feb 2nd
11a-1230p

- Basics of daily care
- Safety
- Veteran preferences
- Communication with providers

Class 3: Coping skills and strategies

Feb 9th
11a-1230p

- Stress management
- Value of self-care
- Recognizing depression, burnout

Class 4: Support-seeking strategies

Feb 16th
11a-1230p

- Navigating the system
- VA services and Caregiver Support Program
- Non-VA resources
- Preparing for the future and legal issues