

REACH VETERANS AFFAIRS MS CAREGIVER SUPPORT GROUP LEADER TRAINING

If you are professional staff or a supervised trainee in a VA facility, and would like to support Caregivers of Veterans with the following conditions, amyotrophic lateral sclerosis (ALS), dementia, multiple sclerosis (MS), post-traumatic stress disorder (PTSD), or spinal cord injury/disorders (SCI/D), training for the Resources for Enhancing All Caregivers Health (REACH) VA Program is available.

CAREGIVING CAN BE CHALLENGING. THE REACH VA PROGRAM PROVIDES SUPPORT FOR CAREGIVERS.

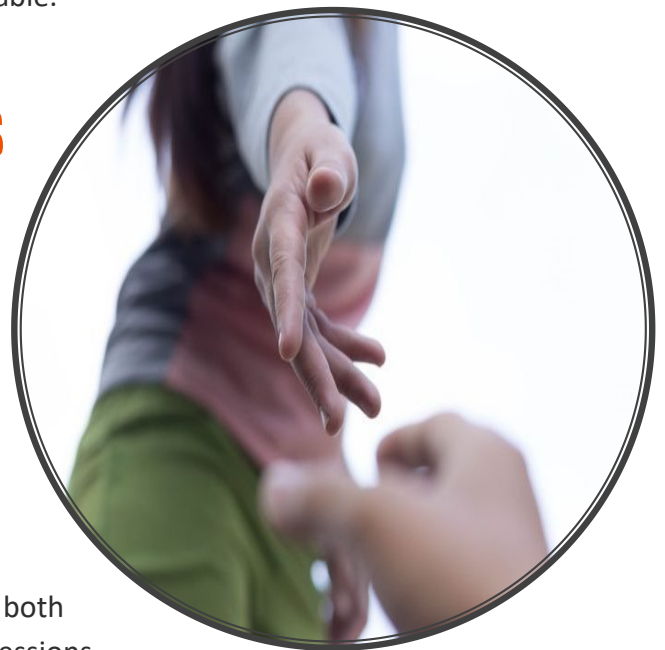
As a Program Coach, you will deliver skills building in four core sessions. Caregivers will develop skills in problem solving, positive thinking, care planning, and stress management. They will learn better ways to deal with challenges and find time to care for themselves as well.

The trained and certified REACH VA Program Coach usually provides four individual sessions with the Caregiver over a period of 2 to 3 months, extending the number of sessions if both the Coach and Caregiver feel there is more work to do. The sessions last about an hour and may be held face to face, over the telephone, or over telehealth video conferencing.

REACH VA is focused and efficient; it helps maximize your time and interaction with caregivers by providing a structure for giving them exactly what they need. It has been shown to decrease caregiver depression, burden, and frustrations, and reduce the number of challenging problems reported. To become a certified REACH VA

FOR ADDITIONAL INFORMATION

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VA



U.S. Department
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Multiple Sclerosis
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