Caregiving in a Rural Setting
School For Military Veteran Caregivers and Their Families

Tips: Important Strategies

• Take time for yourself. Arrange respite care and then do something, just for you.

• Maintain your physical and mental health. Schedule exercise, practice mindfulness, or express yourself through art or journaling.

• Caregivers who live in rural America deal with a lack of access to resources. Connect with online resources and local support groups.

• Identify and address negative thoughts and feelings. Pay attention to your triggers and those of your Veteran care recipient.

• Seek the care of a local family doctor as opposed to an urban hospital to reduce the demand of a long commute.

Takeaways: Things to Remember

• Don't ignore self care. Doing so can lead to exhaustion and health challenges, and can have a direct impact on your ability to care for the Veteran in your life.

• Respite allows for your self care. It increases confidence, improves self-efficacy and alleviates the stress of caregiving.

• Social support is a proven protective factor for maintaining your overall wellness. It improves quality of life in caregivers and care recipients alike.

Next Recommended PsychArmor Courses:

• Stress First Aid: Self-Care
• Caring for Veterans, Children, and Yourself

Personal Reflection

What does connecting with other caregivers look like for me? Why is this so important for me?

Resources:

American Red Cross Military and Veteran Caregiver Network  https://milvetcaregivernetwork.org/
Department of Defense Warrior Care  http://warriorcare.dodlive.mil/caregiver-resources/
VA Caregiver Support  https://www.caregiver.va.gov/
Blue Star Families  https://bluestarfam.org/
Hidden Heroes  https://hiddenheroes.org/

PsychArmor Support Line: 1.844.779.2427  www.psycharmor.org