

Invisible Wounds at Home: PTSD Series

School for Military Veteran Caregivers and Families

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Tips: Important Strategies

- Educate yourself about Post Traumatic Stress Disorder (PTSD). Do not fear the diagnosis.
- Acknowledge that the Veteran in your life is brave to recognize symptoms and seek treatment.
- Be patient with the Veteran in your life. Even when things are difficult.
- Do not be offended or take it personally if the Veteran in your life needs personal time with others who understand the trauma, or those from his/her unit.
- Do not allow your Veteran's triggers to become your triggers.
- Ask the Veteran in your life, "What is it that you need from me?" Likewise, let him/her know what you need.
- Caregiving for someone with PTSD is very difficult. Give yourself permission to seek help, as well as respite.

Takeaways: Things to Remember

- Although it might feel to you that the Veteran in your life is pushing you away or keeping you out, that Veteran might believe he or she is protecting you.
- PTSD is treatable. There is hope.
- Triggers can provoke anger in PTSD sufferers. This is not your fault.
- While the vast majority of PTSD patients are not violent, it is important to seek help if you are ever afraid.

Next Recommended PsychArmor Course(s):

- Coaching a Loved One into Care
- Goodbye to Going at it Alone

Personal Reflection

It is important that both you and the Veteran in your life are able to express personal needs to each other. What has your Veteran identified as personal needs? What personal needs have you expressed, or should you express, to your Veteran?

Resource: If you like this course and want additional resources, contact the VA Caregiver Support Program at 855-260-3274 or online at <http://www.caregiver.va.gov/>.

For caregiver support in your area, please click here http://www.operationfamilycaregiver.org/caregiver_support/

