Stress First Aid: Caring for Veterans
School For Military Veteran Caregivers and Their Families

Tips: Important Strategies

- Check in with the Veteran in your life often. Really listen and maintain regular communication.
- Learn your Veteran care recipient’s triggers. Prevent exposure if possible.
- Watch for body language that indicates distress.
- Attend the Veteran’s medical appointments if you can.
- Establish a sense of safety in your home.
- Empower healthy behaviors for the Veteran in your life.
- Help the Veteran set achievable goals. Celebrate when they are met.
- Allow both you and your Veteran to maintain connection with others.
- Build your confidence by taking action.

Takeaways: Things to Remember

- Remember the 7 C’s of Stress First Aid
  1. CHECK: Assess, observe and listen.
  2. COORDINATE: Get help, refer as needed.
  3. COVER: Get to safety.
  4. CALM: Relax, slow down and re-focus.
  5. CONNECT: Get support from your community.
  6. COMPETENCE: Establish self-efficacy.
  7. CONFIDENCE: Renew self esteem and hope.
- The stress continuum model: green is optimal functioning, yellow is normal reaction to stress, orange is consistent distress needing peer or community help, and red is clinical impairment requiring professional intervention.

Next Recommended PsychArmor Course:

- How to Be a Mental Healthcare Advocate

Personal Reflection

What are the triggers I know are upsetting to the Veteran for whom I care? What can I do to help prevent those?

Resources:

VA Caregiver Support  http://www.caregiver.va.gov/
National Center for PTSD  https://www.ptsd.va.gov/
Hidden Heroes  https://www.hiddenheroes.org/