



Learn to recognize the caregivers around you—you may be one yourself!

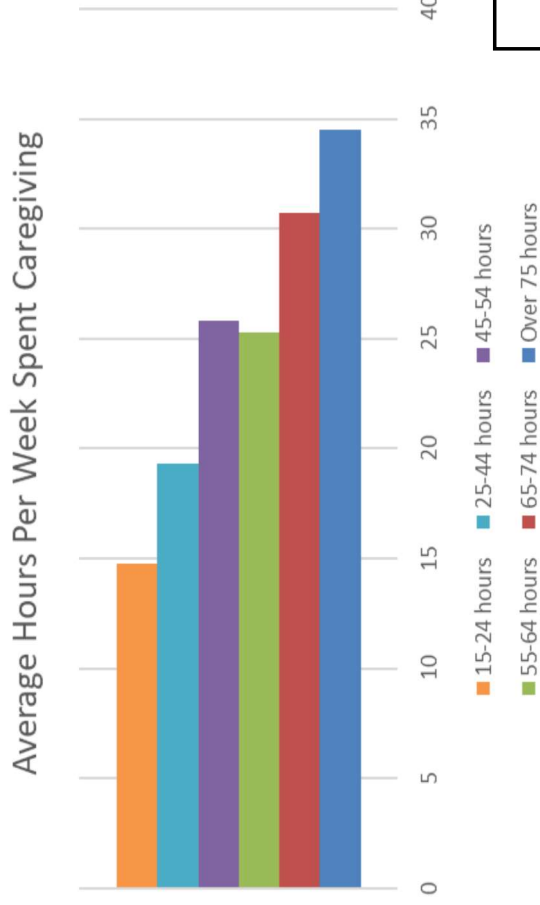
Did you know?

- Military caregivers helping veterans from earlier eras tend to resemble civilian caregivers in many ways.
- Post-9/11 military caregivers differ from pre-9/11 and civilian caregiver groups. They tend to be younger, caring for a younger individual with a mental health or substance use condition, employed, and not connected to a support network. They are more likely to use mental health resources and services, and to use them more often.
- Post-9/11 military caregivers typically help those for whom they are caring cope with stressful situations or other emotional and behavioral challenges.
- Military caregivers consistently experience worse health outcomes, greater strains in family relationships, and more workplace problems than non-caregivers, and post-9/11 military caregivers fare worst in these areas.

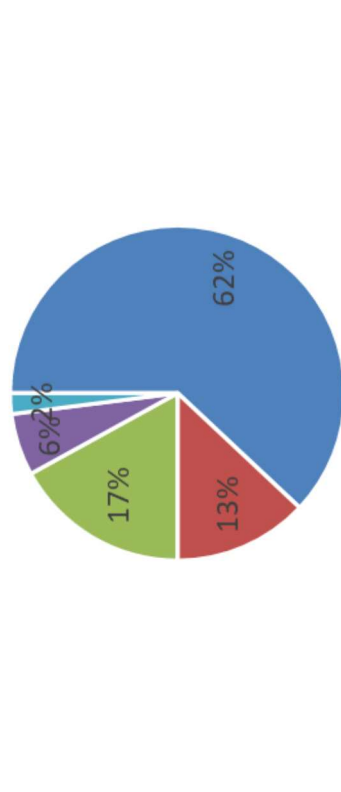
Statistical Sources

- *Hidden Heroes America's Military Caregivers* — Executive Summary https://www.rand.org/pubs/research_reports/RR499z1.html
- <https://www.caregiver.org/resource/caregiver-statistics-demographics/>

There are 5.5 million caregivers in our country



Caregivers by Ethnicity



Learn more about the American Legion Auxiliary at www.ALAFforVeterans.org

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What other organizations work with caregivers?

- Military and Veteran Caregiver Network <https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html>
- Blue Star Families <https://bluestarfam.org/for-mil-families/wellness/>
- Veteran Caregiver Support operation-homefront.org/veteran-caregiver-support/
- T.A.P.S. Caregiver to Survivor Program <https://www.taps.org/caregiver#:~:text=Caregiver%20to%20Survivor%3A%20Walking%20with,death%20of%20your%20loved%20one.>

What you can do to help

- Familiarize yourself with resources such as American Legion service officers, who are trained to offer resources.
- Sign up as a volunteer with VA's Compasionate Contact Corps or the Volunteer in Home Visitors Program. For more information go to www.volunteer.va.gov.
- Report hours spent as a caregiver to a family member. **Limits do apply.** For more information, contact VA&R@ALAFforVeterans.org.
- Donate online at www.ALAFoundation.org/donate, or by mailing a check to the ALA Foundation, 3450 Founders Road, Indianapolis, IN 46268 and write Mission Endowment Fund in the subject line.