

## Caregivers... You Are HEROES Too!

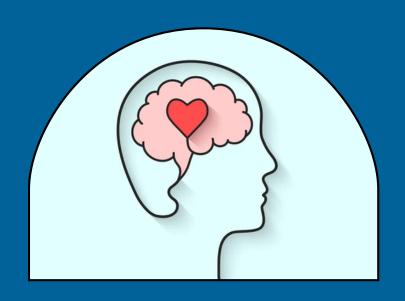


#### YOU ARE HEARD, SEEN, AND RESPECTED

Caregivers,

Providing the support that a significant other, family member, or friend needs is a very loving and fulfilling experience. However, it's essential to acknowledge that throughout this experience, you, too, need support. Caring for a Veteran with spinal cord injury or disease, such as MS or ALS, is a unique journey, although you are not alone along the way. There are resources specialized in support of caregivers for Veterans that can help guide you through this time. Caregivers, you are heroes too!

# IT'S IMPORTANT TO PRIORITIZE ALL AREAS OF YOUR HEALTH







**SOCIAL HEALTH** 



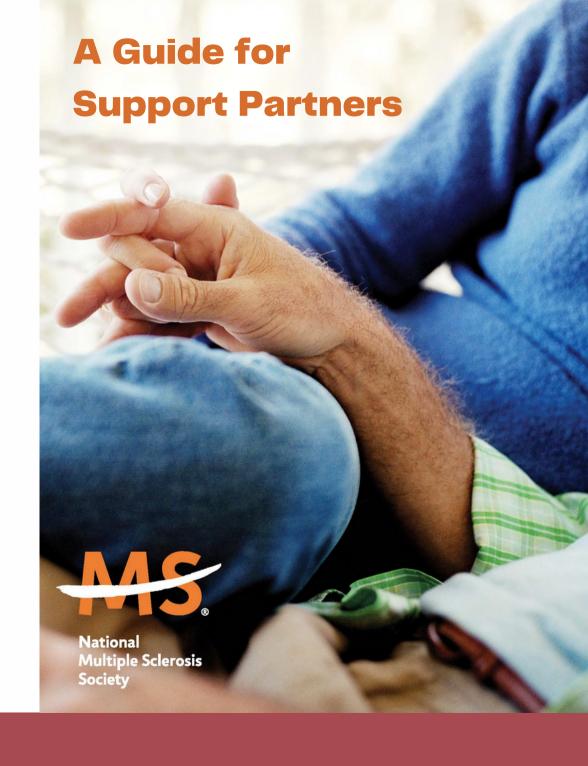
PHYSICAL HEALTH



### A Must-Read For All Caregivers

Tanya Radford guides readers through navigating emotions, implementing two-way communication, caring at home, and making more decisions you will likely encounter while caregiving.

Read Here

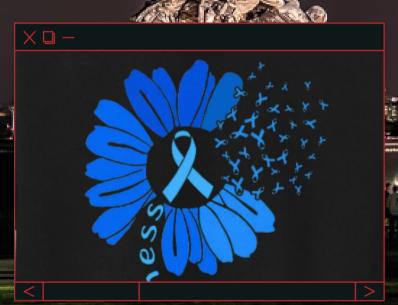






### Resources Hand-Selected For You







Caregiving For Veterans

Caregiving For ALS

<u>Caregiving For</u> <u>MS</u>