



*"Don't ever be too proud to ask for help. There are military caregiver networks out there that have an abundance of information and resources. You are never alone in this journey, but you have to ask."*

*- Megan Zimmerman, Caregiver*

## CAREGIVER STRESS

Caregiver syndrome or caregiver stress is a condition that strongly manifests exhaustion, anger, rage, or guilt resulting from unrelieved caring for a chronically ill patient. Typical symptoms of the caregiver syndrome include fatigue, insomnia and stomach complaints with the most common symptom being depression.

Caregiver burnout is a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude -- from positive and caring to negative and unconcerned. Caregivers who are "burned out" may experience fatigue, stress, anxiety, and depression.

### Signs of Caregiver Stress:

- ★ Feeling overwhelmed or constantly worried
- ★ Feeling tired often
- ★ Getting too much sleep or not enough sleep
- ★ Gaining or losing weight
- ★ Becoming easily irritated or angry
- ★ Losing interest in activities you used to enjoy
- ★ Feeling sad or depressed
- ★ Having frequent headaches, body pain or other physical problems

## HELP A VETERAN CAREGIVER

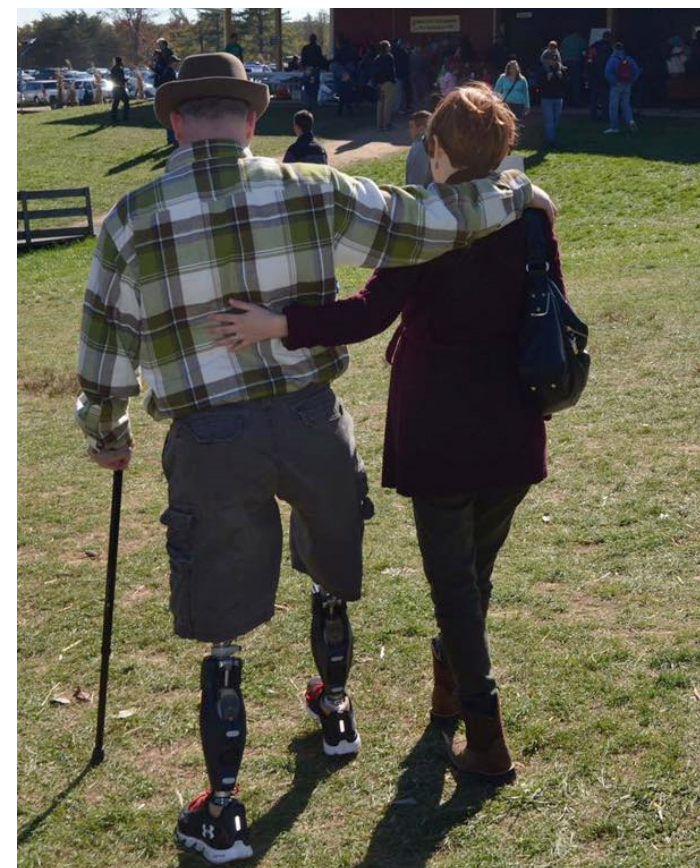
Do you know a caregiver of a veteran that may need some support, respite or just to connect with someone that understands? Have them contact us to join our Veterans Circle and Caregiver Alliance programs.

### VETERAN'S CAREGIVER ALLIANCE

Interested in joining our free membership program for veteran caregivers, or know someone you want to refer to us?  
E-mail: [caregiversupport@saluteheroes.org](mailto:caregiversupport@saluteheroes.org)

### VETERAN CIRCLE MEMBERSHIP

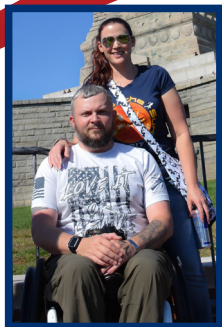
Interested in joining our free membership program for disabled veterans, or know someone you want to refer?  
E-mail: [membership@saluteheroes.org](mailto:membership@saluteheroes.org)  
Exclusive benefits include:  
Monthly Updates, Scholarship Opportunities,  
Discount Plans and Eligibility for Holiday Meals



**Providing Training and Support to those Who Care for Our Nation's Severely Disabled Veterans**



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[www.saluteheroes.org](http://www.saluteheroes.org)  
(888) 447-2588 CFC#12523



## MISSION

The mission is to improve the quality of life for the caregivers of our nation's combat-wounded veterans. We will guide caregivers through all services available while identifying and filling gaps in those services. We will work with like-minded veterans service organizations (VSOs), government agencies and community initiatives to assure that the needs of caregivers are being met, both privately and publicly. A key to our success must be strengthening the care and compassion that caregivers share with each other, and to do all we can to support them.

## BENEFITS

- ★ Discounts to National Retailers
- ★ Access to Caregiver Resources
- ★ Caregiver & Family Support Programs
- ★ Mental Health & Suicide Prevention Information
- ★ Free Membership & Monthly Newsletter

## ELIGIBILITY

**An applicant must be caring for a military veteran who:**

- ★ Is a Coalition **Veteran Circle** Member or,
- ★ Sustained an injury during combat in Operation Iraqi Freedom, Operation Enduring Freedom, Operation New Dawn, Operation Inherent Resolve or in support of those operations, in a hostile location. With a DoD or VA disability rating of 30% or greater from a single sustained severe injury.

*\*\* Disclaimer: Further documentation will be required to verify your caregiver status if your veteran is not a Veteran Circle Member.*

## HOW TO APPLY

Interested in joining our free membership program for veteran caregivers, or know someone you want to refer to us?

E-mail: [caregiversupport@saluteheroes.org](mailto:caregiversupport@saluteheroes.org)  
Questions? Call us (888) 447-2588

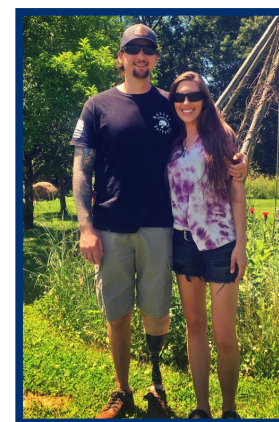
### Veteran Caregiver Advice:

*"Always make time to focus on yourself. In order for the care recipient to be happy and healthy, we must also be happy and healthy."*

## TESTIMONIALS

*"I was struggling trying to find a real balance between being my husband's caregiver and being his wife. Then I read about a condition known as caregiver burnout and realized that is what was happening to me! I was so burned out by caring for J.D. and Kaelyn that I had forgotten to take care of myself! Just when I felt like I was at the end of my rope, I discovered an organization filled with people just like me."*

- Ashlee Williams, wife of retired Army veteran



*"The best thing you can do for yourself is find another caregiver or a network of caregivers to talk to. There are so many other people going through a similar situation or the same things you are. It's a big help knowing you are not alone."*

- Whitney Hanrahan, wife of a disabled Marine

# PROVIDING SUPPORT FOR VETERAN CAREGIVERS