

The Veteran

This program is in place to serve the Veteran patients of The Southern Arizona VA Health Care System(SAVAHCS).

Patients' support systems vary. Some live with family or friends. Some live alone or have paid caregivers.

Veteran patients live in a variety of settings which include; their own homes/apartments, supported living apartments, assisted living facilities, adult care homes or a medical foster home.

Because of chronic disease, illness, disability or other conditions of aging, the Veteran is often isolated with limited opportunities for social interaction.

Volunteer visitors provide quality one-to-one social interaction for the Veteran while encouraging participation in meaningful activities of the Veteran's choice. A weekly visit by a volunteer enhances the housebound Veteran's quality of life.

Veterans deserve a visitor!

The Caregiver

A primary caregiver may be a spouse, parent, child, grandchild or friend.

Caring for an ill, injured or disabled person full time is challenging.

Primary caregivers often ignore or sacrifice their own needs and focus on the needs of the Veteran.

Nearly all caregivers experience some sort of impact on their health.

Caregiver Statistics:

- 88% - report high stress/anxiety
- 77% - suffer from sleep deprivation
- 69% - spend less time exercising
- 58% - delay or skip their own medical care
- 56% - lapse into poor eating habits
- 66% - gain or lose weight
- 63% - suffer from depression
- 63% - experience strains or aches

Caregivers need a break!



The Volunteer

Volunteers provide compassion and support for both the Veteran and the caregiver. Volunteers are not medical professionals. The volunteer's purpose is companionship for the Veteran and support for the caregiver.

Individuals interested in volunteering must be willing to commit up to four or more hours each week for at least one year.

Volunteer Process:

- General application & interview
- Invitation to apply for program
- Interview with program coordinator
- Fingerprinting & background check
- 2 Positive personal references
- Be in good general health and able to perform required duties
- 2 Hour Volunteer Orientation
- 6 Hour Caregiver Support training
- 10 Hour inpatient on-the-job training

Volunteers develop quality relationships and gain new skills. Hours are flexible and assignments are usually within a volunteer's own neighborhood.

Volunteers make a difference!

The Visit

This Program is intended to provide housebound Veterans with quality social interaction.

Visits are designed to meet the needs of the individual Veteran and activities are based on Veteran's likes and interests.

Visits usually occur once a week based on the Veteran and volunteer's schedule.

Visits last for one to four hours to accommodate the Veteran's routine.

A visit could consist of:

- Conversation and companionship
- Reading out loud to the Veteran
- Work on collections or hobbies
- Discuss current affairs/events
- Reminiscing/sharing stories
- Writing letters or memoirs
- Playing/listening to music
- Looking through photos
- Playing cards or games
- Watching TV or movies
- Neighborhood walks
- Arts and crafts
- Gardening



**Serving
Tucson Area
Casa Grande
Sierra Vista**

For more information on this program please contact:

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Volunteer Caregiver Support Program

Southern Arizona VA Health Care System

Volunteers Needed:

- Visit Homebound Veterans
- Provide Family/Caregiver Support



Office of Care Coordination Mission:

"Ensuring Veterans receive the right care, in the right place, at the right time, and to make the home, whenever appropriate, into the preferred place of care."