



VETERANS VOICE

Winnebago County Department of Veterans Services Newsletter

November 2020

The Program of Comprehensive Assistance For Family Caregivers

The VA recognizes the important role of family caregivers in supporting the health and wellness of Veterans. You may be eligible for the Program of Comprehensive Assistance for Family Caregivers (PCAFC) if you and the Veteran you're caring for meet all of the requirements listed below.

Eligibility requirements for the family caregiver:

You must be at least 18 years old and at least one of these must be true for you.

You must be either:

- A spouse, son, daughter, parent, stepfamily member, or extended family member of the Veteran **or**
- Someone who lives full-time with the Veteran, or is willing to do so if designated as a family caregiver.

Eligibility requirements for the Veteran:

All of these must be true for the Veteran you're caring for.

The Veteran must have a VA disability rating (individual or combined) of 70% or higher. The Veteran's service-connected disabilities must have been caused or made worse by their active-duty service during one of these periods of time:

- On or after September 11, 2001 **or**
- On or before May 7, 1975

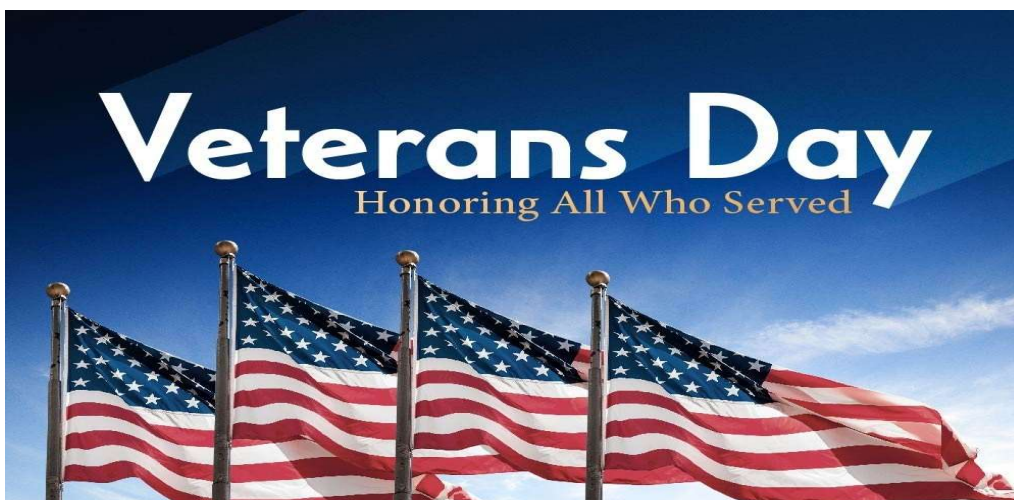
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**“You have two hands.
One to help yourself,
and one to help others.”**

- Audrey Hepburn

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Call VA's Caregiver Support Line toll-free today.

1-855-260-3274



National



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And the Veteran must:

- Have been discharged from the U.S. military or have a date of medical discharge, **and**
- Need at least 6 months of continuous, in-person personal care services.

Personal care services are services the eligible Veteran needs from another person. They include care or assistance to support the Veteran's:

- Health and well-being
- Everyday personal needs (like feeding, bathing and dressing)
- Safety, protection or instruction in the daily living environment

The Veteran can appoint 1 **Primary Family Caregiver** (the main caregiver), and up to 2 **Secondary Family Caregivers** (people who serve as backup support to the primary caregiver when needed).

Eligible Primary and Secondary Family Caregivers can receive:

- Caregiver education and training
- Mental health counseling
- Travel, lodging, and financial assistance when traveling with the Veteran to receive care.

Eligible Primary Family Caregivers may also receive:

- A monthly stipend (payment)
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) - if you don't already qualify for care or services under another health care plan.
- At least 30 days per year of respite care for the Veteran.

The caregiver and the Veteran will need to apply together and participate in an application process to determine if you're eligible for the PCAFC. Both will need to sign and date the application and answer all questions for your role.

You can apply online: [Apply for caregiver assistance](#)

Note: Each time the Veteran wants to add a new family caregiver, the Veteran and the new caregiver will need to submit a new application.

National Caregivers Month

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones.

Caregiving while still holding down an outside job is exhausting. Much of caregiving is unpaid. National Family Caregivers Month in November provides resources for self-care, advocacy, and de-stressing for our caregivers. The month is dedicated to supporting caregivers as they care for others.

National Family Caregivers Month features lots of vital information to help caregivers cope with a tough, and sometimes thankless job. There are tips for caregivers such as taking care of your own health, accepting offers of help from others, learning the skills to speak effectively with doctors, and being open to new, assistive technologies that can lighten your load. If you don't take care of yourself, who will?

Watching a parent age or seeing someone change drastically due to illness can be devastating. Take some time to monitor your own wellbeing. If you are not sleeping well, exercising, or feel yourself becoming reclusive, speak to a professional about depression. It can hit anyone at any time. There's no shame in feeling overwhelmed.

Observe this month by attending a caregiving conference, downloading a caregiving toolkit, and getting some much needed rest.

Health Care for Spouses and Dependents

If you're the spouse, surviving spouse, or dependent child, of a Veteran or service member, you may qualify for health care benefits. In certain cases, you may also qualify for health care benefits due to a disability related to your Veteran's service.

TRICARE

If you're the family member of an active-duty, retired, or deceased service member, National Guard soldier, Reservist, or Medal of Honor recipient, you may qualify for the TRICARE program. TRICARE provides comprehensive health coverage, including health plans, prescription medicines, dental plans, and programs for people with special needs. The Department of Defense's Defense Health Agency manages this program.

[Find out if you qualify for TRICARE and how to apply](#)

The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

Are you the current or surviving spouse or child of a Veteran with disabilities or a service member who died in the line of duty? If you don't qualify for TRICARE, you may be able to get health insurance through CHAMPVA. Through this program, the VA covers the cost of some of your health care services and supplies. This is called cost sharing.

[Find out if you qualify for CHAMPVA and how to apply](#)

The Camp Lejeune Family Member Program

Did you live at U.S. Marine Corps Base Camp Lejeune or Marine Corps Air Station (MCAS) in North Carolina with an active-duty Veteran who was your spouse or parent? If you lived in either of these places for at least 30 cumulative days from August 1953 through December 1987, you may have had contact with contaminants in the drinking water there. Scientific and medical evidence has shown an association between exposure to the contaminants and the development of certain diseases later on. If you now have one of the related conditions, you may qualify for health care benefits through VA.

[Find out if you qualify for this program and how to apply](#)

The Spina Bifida Health Care Benefits Program

If you're the biological child of a Korean or Vietnam War Veteran and you've been diagnosed with spina bifida, you may qualify for disability benefits, including health care benefits.

[Find out if you qualify and how to apply](#)

The Children of Women Vietnam Veterans Health Care Benefits Program

If you're the biological child of a woman Vietnam War Veteran and you've been diagnosed with certain birth defects, you may qualify for VA health care benefits. These benefits may help pay for services needed to treat your covered birth defect and related medical conditions.

[Find out if you qualify and how to apply](#)

Pharmacy benefits

If you qualify for CHAMPVA or the Spina Bifida or Children of Women Vietnam Veterans programs, you can get prescription benefits through your local pharmacy or through the VA Meds by Mail program.

[Learn more about pharmacy benefits](#)

Upcoming Events

**2020 UW Oshkosh
Veteran Resource Center
& Student Veteran Association
Toy Drive!**

Drop off new, unwrapped toys at any of our 3 campus locations or order from our Amazon wishlist from the comfort of your home!

10/28-12/4

scan here
**Amazon
Wishlist**

Drop Off Locations

Oshkosh VRC 800 Algoma Blvd Dempsey 130 Oshkosh, WI 54901	Fox Cities VRC 1478 Midway Road Room 1264 Menasha, WI 54952
Fond du Lac VRC 400 University Dr Room 237 Fond du Lac, WI 54935	

Questions? Contact us!
veterans@uwosh.edu

TOYS FOR TOTS

the **Y** FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SUPPORT OUR
VETERANS'
PHYSICAL +
MENTAL HEALTH**

JOIN US THIS VETERAN'S DAY TO SUPPORT TEAM RWB, THE OSHKOSH YMCA AND THE MEN AND WOMEN WHO HAVE SERVED OUR COUNTRY.

WOD FOR WARRIORS

FREE
JOIN US AT 20TH AVE
NOV 11 @ 5:30 P.M.
OR COMPLETE THE
WORKOUT AT HOME.

COVID-19 SAFETY PROCEEDURES:
REGISTRATION IS LIMITED FOR YOUR SAFETY.
PHYSICAL DISTANCING AND MASKS WILL BE
WORN DURING THE WORKOUT.

OSHKOSH COMMUNITY YMCA
20th Avenue 230-8439 3303 W. 20th Ave.
www.oshkoshymca.org

Every Veterans Day, hundreds of veterans, supporters and gyms across the nation participate in #WOD4Warriors, a functional fitness workout, to support Team RWB and the men and women who have served our country.

Complete WOD (Workout of the Day) for Warriors from your own home or in person at the 20th Ave Y. Share your participation on social media with #WOD4Warriors and tag @TeamRWB and @OshkoshCommunityYMCA.

Invite your family and friends to join you!
REGISTER TODAY! Call 920-230-3439 or register online here: <https://bit.ly/324Z8mR>

CAN'T ATTEND BUT WANT TO HELP? Make a donation! 100% of the donations will fund our Beyond Limits Veteran Program, a 12-week, life-changing program for veterans in our community. Donate today here: <https://bit.ly/3k5mDz>

CONTACT US

Winnebago County
Veterans Service Office

Oshkosh Location
112 Otter St.
Oshkosh, WI 54901
(920) 232-3400

Neenah Location
211 N. Commercial
Neenah, WI 54956
(920) 729-4820

Stay informed about benefits; join our e-mail list.
Send a request to:

CVSO@co.winnebago.wi.us

Visit us on the web at:

[www.co.winnebago.wi.us/
veterans](http://www.co.winnebago.wi.us/veterans)



[www.facebook.com/
WinnebagoCVSO](http://www.facebook.com/WinnebagoCVSO)

For a list of more events,
check out our calendar!