



VA
Caregiver
Support



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U.S. Department of Veterans Affairs

Veterans Health Administration
VA Puget Sound Health Care System

Caregiver Support Program Manager Michelle Elske (206) 277-6696

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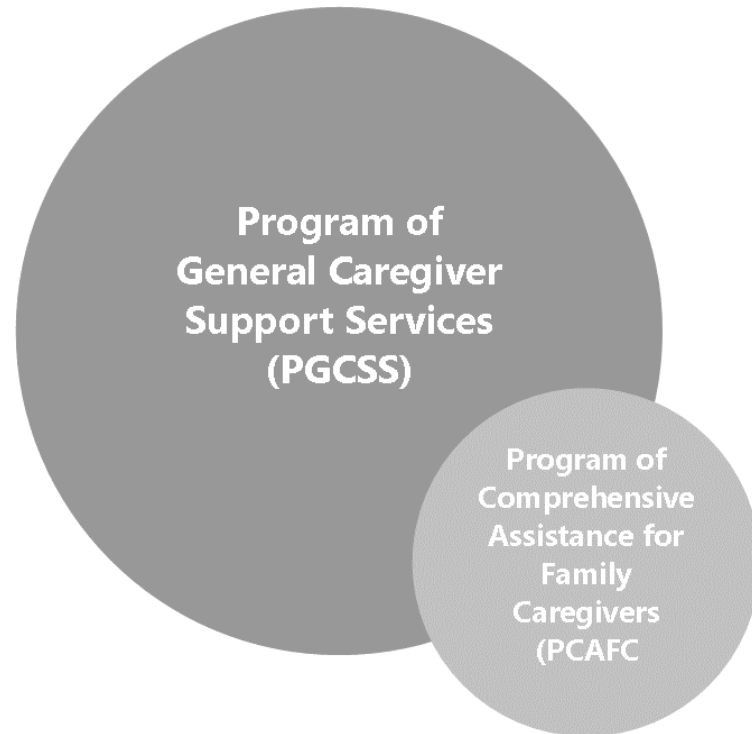
VA Puget Sound Health Care System

Mission

“To promote the health and well-being of caregivers who care for our nation’s Veterans through education, resources, supportive services and service excellence.”



Comprised of **two** programs which serve and support caregivers of eligible Veterans:



- **The Program of General Caregiver Support Services (PGCSS)**
(general program)
- **The Program of Comprehensive Assistance for Family Caregivers (PCAFC)**
(comprehensive program)

Type of Support	PGCSS	PCAFC
Caregiver Support Team	✓	✓
Resources for Enhancing All Caregivers Health (REACH) VA	✓	✓
Caregiver Support Line	✓	✓
Caregiver Health & Wellbeing Coaching	✓	✓
Building Better Caregivers	✓	✓
Supportive Services	✓	✓
Caregivers FIRST Skills Training	✓	✓
Peer Support Mentoring	✓	✓
Respite Care	✓	✓
Annie Caregiver Text	✓	✓
Self-care/Resilience courses	✓	✓
Connection to VA/Community Resources	✓	✓
Caregiver & Family Resource Fairs	✓	✓
VA S.A.V.E. Training	✓	✓
Mental Health Counseling (as applicable)	✓	✓
CHAMPVA (if uninsured)		✓
Monthly Stipend		✓
Beneficiary Travel (as applicable)		✓

Two Programs: What's the Difference?





- **PGCSS eligibility**

- Serves caregivers of eligible Veterans of all eras
- An eligible Veteran must be enrolled in VA health care and be receiving care from a caregiver

- A **general caregiver** is defined as a person who provides personal care services to a Veteran who needs:

- Assistance with one or more activities of daily living, or
- Supervision or protection based on symptoms or residuals of neurological care or other impairment or injury
- Regular or extensive instruction or supervision without which the ability of the Veteran to function in daily life would be seriously impaired

- **General caregivers** do not need to be a relative or live with the Veteran

How to enroll:

- There is no formal application and no clinical review for eligibility
- **Call (206) 277-6696** to schedule an intake





Program of
General Caregiver
Support Services
(PGCSS)

Program of
Comprehensive
Assistance for
Family
Caregivers
(PCAFC)

Provides all the services of PGCSS, plus:

- **Monthly stipend** (for the primary caregiver)
- **CHAMPVA health insurance** (for the primary caregiver, if uninsured)
- **Beneficiary travel** (as applicable)



Basic eligibility requirements:

- Individual is a Veteran or member of Armed Forces undergoing medical discharge
- Individual is enrolled in VA health care and receiving ongoing care with a primary care provider (includes VA Community Care)
- Individual resides in states, territories and possessions of the United States, District of Columbia, and Commonwealth of Puerto Rico
- Individual has a service-connected disability rating of 70% or higher with dates of military service on or before May 7, 1975 or on or after September 11, 2001
- Please note: PCAFC will expand to include Veterans of all eras in October 2022
- For updates, check www.caregiver.va.gov



Clinical eligibility requirements:

- Individual needs a moderate to severe level of in-person personal care services for **a minimum of six continuous months**
- Individual requires personal care services **each time** they complete one or more activity of daily living (ADL)

Requiring assistance with an ADL some of the time, does not rise to the level of PCAFC eligibility of a moderate to severe need

Medical records must provide objective evidence of the medical necessity for the Veteran to need personal care services from their caregiver



Clinical eligibility requirements (cont.)

- An inability to perform an activity of daily living (ADL)
 - Dressing or undressing oneself
 - Bathing
 - Grooming oneself in order to keep oneself clean and presentable
 - Adjusting any special prosthetic or orthopedic appliance, that by reason of the disability cannot be done without assistance
 - Toileting or attending to toileting
 - Feeding oneself due to loss of coordination of upper extremities, extreme weakness, inability to swallow, or the need for a non-oral means of nutrition
 - Mobility (walking, going up stairs, transferring from bed to chair, etc.)
- Need for supervision, protection or instruction
 - Need for supervision or protection based on symptoms or residuals of neurological or other impairment or injury; Need for regular or extensive instruction or supervision without which the ability of the veteran to function in daily life would be seriously impaired

Eligibility requirements (cont.):



Caregiver must also meet eligibility requirements:

- Caregiver must be 18 years or older
- Caregiver must be a family member or live with Veteran



Monthly stipend:

VA bases stipend payments on the definition of 'monthly stipend rate' which means the Office of Personnel Management General Scale (GS) Annual Rate for Grade 4, Step 1, based on locality pay area in which the eligible Veteran resides divided by 12. The amount and degree of personal care services is divided into two levels:

- **Level 1: Stipend amount will be 62.5% of the monthly stipend rate.** (For example the GS rate at Grade 4, Step 1, in Dallas, Texas, for 2020 is \$33,638 annually, approximately \$1,751.98 monthly)
- **Level 2: Stipend amount will be 100% of the monthly stipend rate.** (For example the GS rate at Grade 4, Step 1, in Dallas, Texas, for 2020 is \$33,638 annually, approximately \$2,803.17 monthly)

Stipend level is determined at the final application review - www.caregiver.va.gov for fact sheet and more information

How to apply:



- Apply on-line, www.caregiver.va.gov
 - List the VA medical center Veteran is enrolled in care
 - Veteran and Caregiver(s) must sign application
 - Application is automatically dated when you submit
 - On-line application are submitted immediately
 - A power of attorney document must be submitted with the application if the caregiver is signing for the Veteran
- Apply by mail, download VA Form 10-10CG from www.caregiver.va.gov
 - Mail to address on application

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Thank you!

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