



Paralyzed Veterans of America

Wisconsin Chapter

**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



MENTAL 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](#)

**A Guide for
Support Partners**

MS[®]

National
Multiple Sclerosis
Society

Resources Hand-Selected For You



Caregiving For
Veterans



Caregiving For
ALS



Caregiving For
MS