

# Building Better Caregivers® Taking Care of You

A workshop developed at Stanford University to help Caregivers take better care of themselves: a service of the Department of Veterans Affairs' Caregiver Support Program and Canary Health

## Taking care of your health and getting the support you need is important.

- Does caregiving leave you feeling tired, stressed, lonely or depressed?
- Being a caregiver can be hard, and it can be hard on your health, too.
- Whatever you're facing, a Building Better Caregivers Workshop can help you build the strength you need to take better care of others—and yourself.

## Why Join a Building Better Caregivers workshop?

- Find practical ways to manage your own fatigue and stress.
- Discover how to manage difficult behaviors and feelings when caring for a Veteran.
- Make good decisions and future plans for your loved ones and you.
- Learn what you need to do to improve your sleep, eat better, and stay active.

## Online, Easy to Follow, and On Your Schedule

- Log on when you want to—in the morning, the afternoon, evening, whenever works for you.
- Participate from any computer or tablet with an Internet connection.
- Join a group of 25 caregivers in each workshop, with new sessions posted each week for six weeks.
- Stay connected after the workshop by participating in an online community of BBC graduates.

## Who can Participate?

Building Better Caregivers® (BBC) is an online program to help caregivers of Veterans with dementia, memory problems, post-traumatic stress disorder, a serious brain injury or any other serious injury or illness. The caregiver must meet criteria and be willing to participate and be enrolled in the VA Caregiver Support Program in either the Program of Comprehensive Assistance (PCAFC) or Program of General Caregiver Support Services (PGCSS) programs.

The Veteran who the caregiver is caring for must be enrolled in VA Healthcare.

Sign Up Today

[va.buildingbettercaregivers.org](https://va.buildingbettercaregivers.org)



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