

# Arizona Veteran Family Caregivers Resource Pocket Guide

## PUBLIC SUPPORT SERVICES



### Arizona Department of Veterans' Services

Helping Arizona's Veterans, service members, and their families access benefits and services from the VA and other agencies.

[www.dvs.az.gov](http://www.dvs.az.gov) | (602) 255-3373



### US Department of Veteran Affairs Caregiver Support Program

Caregiver support coordinators connecting enrolled veterans and their caregivers to the help they need.

[www.caregiver.va.gov](http://www.caregiver.va.gov) 1-855-260-3274

- Northern Arizona (928) 776-5352
- Phoenix Metro (602) 277-5551 ext. 7777
- Southern Arizona (520) 792-1450 ext. 6642

## PEER & EDUCATIONAL SUPPORT



Providing both a compassionate community and educational support that empowers personal growth for caregivers.

### Duet's Meaning & Hope Institute

Finding Meaning and Hope

(602) 274-5022

### Area Agency on Economic Security

Family Caregiver Support

(602) 781-5814

### Hospice of the Valley

Dementia Care & Education

(602) 530-6900

### Mayo Clinic's Alzheimer's Disease Research Center

Mayo Clinic's Resources

(507) 284-1324

## RESPITE STIPENDS AND VOUCHERS



Respite opportunities provide short-term relief for family caregivers, giving time to rest, rejuvenate, and focus on their own well-being. Respite stipends and vouchers help to pay for these opportunities.

Family Caregiver Respite stipends provided  
through the Arizona Caregiver Coalition.



Learn more at [meaningandhope.org/respite](http://meaningandhope.org/respite) or call (888) 737-7494



For clickable links and  
more information, visit

[meaningandhope.org/veterans](http://meaningandhope.org/veterans)

## CARE HOTLINES

Confidential and compassionate  
support to veterans in distress.



### Veterans Crisis Line

Dial 988 then Press 1

Text 838255

### Arizona 2-1-1

Dial 211

# ADDITIONAL RESOURCES

To view full links, visit:  
[meaningandhope.org/veterans](http://meaningandhope.org/veterans)



## SUPPORT GROUPS



Sharing experiences and mutual encouragement, advice, and coping strategies with a community who gets it.

### **Duet: Partners In Health & Aging**

[Support Groups](#) | (602) 274-5022

[Benevilla Support Groups](#) | (623) 526-4404

[Alzheimer's Association Southwest Chapter](#) | (800) 272-3900

[Memory Café Directory](#) | [Memory Cafés in Arizona](#)

[Mayo Clinic](#) | [Caring Conversations - Support Group](#)

## RESOURCE LOCATORS & REFERRALS



Comprehensive network to find tailored support, information, and resources.

### **Arizona Caregiver Coalition**

[Caregiver Training & Resources](#) | (888) 737-7494

### **Area Agency on Aging**

[AAA Locations](#) | (928) 298-2574

### **Alzheimer's Association**

[Helpline](#) | (800) 272-3900

### **Be Connected AZ**

[Be Connected Resource List](#) | (866) 429-8387

### **Division of Aging and Adult Services**

[Caregiver Action Network Resource Line](#) | (855) 227-3640

### **ARCH National Respite Network**

[Caregiver Respite Resources](#) | (703) 256-2084

### **AARP**

[Dementia Caregivers](#) | (877) 333-5885

### **Family Caregiver Alliance**

[Caregiver Resources](#) | (800) 445-8106

## TOOL KITS

### **NATIONAL CAREGIVING FOUNDATION**

[Care for our Wounded Soldiers](#)

(Free kits – information)

1 (888) 328-1002

### **CAREGIVER ACTION NETWORK**

[Caregiver Toolkit](#)

1 (202) 454-3970



Duet

meaning  
& hope  
institute

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