

Veteran Resources for End-of-Life Care

It's common for intense emotions and symptoms of post-traumatic stress and depression to resurface at the end of a veteran's life, even if they were not present before. Unfortunately, many veterans suppress these difficult feelings for years, and their family members may not even know of their struggles until a veteran receives an end-of-life diagnosis.

When a physician recommends hospice care for your veteran, it's important to seek out a hospice agency that participates in the [We Honor Veterans Program](#). A participating hospice agency will have the knowledge and expert training needed to care for the unique physical, mental and emotional needs of the men and women who served our country. These highly trained medical professionals are equipped to care for the family members that love these special individuals, too.

Issues veterans commonly deal with at the end of their life:

- Symptoms of post-traumatic stress disorder (PTSD)
- Intrusive thoughts or memories of triggering events
- Sense of hopelessness which may trigger emotions felt during a traumatic military experience
- Agitation or constant restlessness
- Feeling a loss of control
- Difficulty trusting people, especially caregivers
- Resisting medical care
- Sleep impairment
- Anxiety based on varying triggers
- Memories of activities that violated their moral code (moral injury)
- Survivor's guilt



Benefits of using a We Honor Veterans hospice provider:

- Your veteran will receive a written plan of care that includes an assessment of their special needs and their family.
- The patient and family are counseled in dealing with issues of PTSD or other disorders relevant to the patient's military history or combat duty experience.
- The patient, family and care providers are assessed for grief and bereavement needs including military experience, service-connected trauma and effects of war.
- A psychosocial evaluation is provided and includes issues related to military service, allowing the hospice team to provide appropriate support.
- The hospice team works closely with the VA for care and coordinates with them when the patient needs to be admitted to a VA medical facility.
- The hospice team provides in-service education on topics related to patient care, including PTSD and other issues veterans commonly face at the end of life.
- A hospice chaplain/spiritual counselor can counsel the veteran on spiritual and forgiveness issues related to their military service.

Resources available for veterans and their families:**We Honor Veterans**

We Honor Veterans is a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs. Designed to empower hospices and community organizations to meet the unique needs of veterans and their families, the program offers a variety of educational tools and resources for veterans in the final stages of life.

www.wehonorveterans.org

National Council for Aging Care

The National Council for Aging Care helps veterans navigate their benefit options. With 38 percent of veterans over age 65, there are a host of other resources waiting to assist them as they leave the working world.

Phone: (877) 664-6140

www.aging.com

Hospice Care for Veterans - U.S. Department of Veterans Affairs

Hospice is a benefit that the VA offers to qualified veterans who are in the final stages of life with six months or less to live. This compassionate form of end-of-life care is focused on increasing a veteran's quality of life through a full range of care and support for them and their family.

Phone: (877) 664-6140

www.va.gov/Hospice_Care.asp

VA Mental Health Services

Find out how to access VA mental health services for PTSD, psychological effects of military sexual trauma (MST), depression, grief, anxiety and other needs.

Phone: (877) 222-VETS

www.va.gov/health-care/health-needs-conditions/mental-health/

VA Life Insurance

VA life insurance can offer financial security and support for veterans, service members, their spouses and dependent children. Explore your options, manage your policy and file claims to get the insurance benefits you've earned.

<https://www.va.gov/life-insurance>

Veterans Aid & Attendance Pension Benefit

This article outlines the Veterans Aid & Attendance Pension Benefit, which aids veterans and widows of veterans who are housebound or require the support and attendance of another person.

www.forbes.com/the-long-term-care-benefit

Long-term Nursing Home Care

The Department of Veterans Affairs provides long-term nursing home care through different types of facilities. Eligible veterans may qualify for residence in a VA nursing home if their physical and/or mental impairment requires nursing home care.

www.caring.com/senior-living/nursing-homes/how-to-pay

National Programs for Veterans

Learn more about the three national programs that the VA provides for veterans: community living centers, state veterans' homes and community nursing home programs.

www.military.com/benefits/veterans-health-care

Veterans Medical Benefits Package

Many veterans are eligible for healthcare from the VA. Like other healthcare plans, the medical benefits package emphasizes preventive and primary care, offering a full range of outpatient and inpatient services for veterans.

www.military.com/benefits/veterans-health-care/veterans-medical-benefits-package

At Interim HealthCare, veterans hold a special place in our hearts. We are so grateful for their service to our country and we are committed to serving their needs in return. As a hospice provider that participates in the We Honor Veterans Program, you can count on our team to provide the specialized care they need during this significant phase of life. To learn more, visit www.interimhealthcare.com.