

Caregiver Zone

An online resource for caregivers of Veterans.

Caregiver Zone provides tools and information on a variety of caregiving topics and an opportunity to connect with other caregivers from across Canada.

Caregiver Zone offers:

- an interactive experience that focuses on health and life skills with the aim of improving the overall health and well-being of Veteran Caregivers so they can better fill their important role;
- an online module with trusted and relevant information;
- access to a caregiver coach, who helps the caregiver build a well-being plan;
- services and resources for caregivers of Veterans;
- and a forum for caregivers to share their stories and experiences.

The Caregiver Zone was developed in collaboration with caregivers of Veterans and Veterans Affairs Canada. It is available for mobile, PC, and tablet to caregivers of Veterans across Canada in both official languages.

Caregiver Zone is available 24/7 at Caregiverzone.ca



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