

# Get started with services for Aging Veterans



U.S. Department  
of Veterans Affairs

Choose VA

This guide will help you access services that may be of interest to aging Veterans which may include financial benefits, health care, caregiver support, home health care and nursing home care. VA can provide specialized health care and support services for aging Veterans and help you plan for the future.

## What types of benefits and services are available for aging Veterans and their families?

A wide variety of benefits and services are available to Veterans of all ages. Some of the benefits and services may be of more interest to aging Veterans such as Aid and Attendance and Housebound Allowance.

**Disability Pension** is payable to Veterans of a period of war who are permanently and totally disabled or who are age 65 or older and whose annual income is below certain levels prescribed by statute.

**Aid and Attendance** is a higher monthly pension amount paid if you meet at least one of the following conditions below:

- You require help performing activities of daily living, which may include bathing, eating or dressing
- You are bedridden, in that your disability or disabilities requires that you remain in bed apart from any prescribed course of convalescence or treatment
- You are a patient in a nursing home due to mental or physical incapacity
- Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes or a decrease in visual field to 5 degrees or less

**Housebound Allowance** is a higher monthly pension amount paid if you are substantially confined to your immediate premises because of a permanent disability.

For more information about Disability Pension, Aid and Attendance or Housebound benefits, call myVA411 at 800-98-2411. You can also go online at:

Disability Pension Eligibility

<https://www.va.gov/pension/eligibility>

Aid and Attendance or Housebound Benefits

[https://benefits.va.gov/pension/aid\\_attendance\\_housebound.asp](https://benefits.va.gov/pension/aid_attendance_housebound.asp)

IT CAN BE DIFFICULT FOR ME TO VISIT VA FACILITIES. ARE THERE SERVICES I CAN ACCESS ONLINE?

VA's Telehealth is a program where you can talk to a provider, nurse, social worker or health care team on a mobile device, a computer in your home, or at a local VA Community-Based Outpatient Clinic (CBOC). Ask any of your VA health care providers for help connecting you with the Telehealth program, and about eligibility requirements for VA health care.

WHERE CAN I FIND INFORMATION ABOUT BURIAL BENEFITS?

Burial Benefits and Memorial Services include a gravesite in any of 136 national cemeteries, government headstone or marker, burial flag, and Presidential Certificate at no cost to the family. For more information go to:

- *Planning Your Legacy: VA Survivors and Burial Benefits Kit:*  
[http://www.cem.va.gov/cem/docs/factsheets/Planning\\_Legacy\\_Booklet.pdf](http://www.cem.va.gov/cem/docs/factsheets/Planning_Legacy_Booklet.pdf)
- *Burial Benefits:*  
[http://www.cem.va.gov/cem/burial\\_benefits/index.asp](http://www.cem.va.gov/cem/burial_benefits/index.asp)

## VA health care available to aging Veterans

Geriatrics is health care for Veterans facing the challenges of aging, disability and chronic diseases. Extended care – also known as Long Term Services and Support or long-term care – is a broad spectrum of services for Veterans of all ages who need the daily support and assistance of another individual. Veterans of any age can receive Geriatric and Extended Care services at home, at VA medical centers and clinics, and in the community:

- Geriatrics programs in hospitals and clinics including geriatric research
- Home Based Services including skilled home care, Home Based Primary Care and Home Health Aide
- Community Based Services including adult day health care and caregiver respite
- Skilled nursing facility and nursing home care provided in VA, Community and State Veterans Home facilities
- Dementia care in all care settings
- Hospice and palliative care in the home, hospital or nursing facility

## How can I apply for these VA benefits and services?

You can apply in any of these ways:

- Apply **online** using <https://www.va.gov> OR
- Work with an accredited Veteran Service Organization (VSO) or agent. You can find a VSO at <http://www.ebenefits.va.gov/ebenefits/vso-search> OR
- **Write** to the Pension Management Center (PMC) that serves your state. You can find your PMC at <https://www.benefits.va.gov/PENSION/resources-contact.asp> OR
- **Call** myVA411 at 800-698-2411 and talk to a VA staff member
- **Go** to a VA regional office and have a VA employee assist you

## What will I need to apply?

- DD214 or other official separation paperwork
- Copies of any evidence such as reports from an attending physician validating the need for Aid and Attendance or Housebound type care
- Complete VA Form 21-2680, Examination for housebound status or permanent need for regular aid and attendance. You can find the form here: [https://www.va.gov/vaforms/form\\_detail.asp?FormNo=21-2680](https://www.va.gov/vaforms/form_detail.asp?FormNo=21-2680)
- VA can assist you in obtaining records needed to apply for benefits

## OTHER QUESTIONS YOU MAY HAVE

### Who is a caregiver?

A caregiver is a person who cares for a Veteran who needs assistance with everyday activities such as bathing, dressing and eating. This may be a spouse, adult child, relative or close friend.

### Are there VA resources for caregivers of Veterans?

Yes, you and your caregiver may be eligible for benefits and programs such as:

- Caregiver education and training
- Mental health services and counseling related to the Veteran's treatment

- Respite care

Family Caregivers of eligible Veterans in the Program of Comprehensive Assistance for Family Caregivers may also be eligible for:

- A monthly stipend
- Certain travel expenses
- Access to health care benefits through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

For more information:

- **Call** the Caregiver Support Line at 855-260-3274
- **Visit** us online at [www.caregiver.va.gov](http://www.caregiver.va.gov)
- Find a Caregiver Support Coordinator **in-person** at a VA Medical Center