

## WELLNESS

Staying active and connected is essential, and it is never too late to start. While it may feel intimidating to begin a wellness routine, VA is here to help you create a holistic plan to fit your lifestyle and meet your goals. These goals can include staying connected to friends and family, maintaining your mental health, staying active with gentle exercise, learning good sleep habits, and eating a healthy diet. VA offers:

- Mindfulness
- Tai chi and yoga
- Art, music, and equine therapy
- Nutrition consultations and supplement recommendations
- MOVE! weight management program
- Peer support and community resources
- Sleep therapies
- Acupuncture

## MAINTAINING YOUR MOBILITY

You are a strong woman who served our country. VA has resources to help you remain as mobile as possible for as long as possible. For this, VA offers:

- Home safety evaluation
- Physical and occupational therapy
- Chronic pain management and treatments
- Caregiver support
- Chiropractic services
- Safe driving evaluations



## Women Veterans Call Center

The Women Veterans Call Center (WVCC) is your guide to VA. All calls are answered by women, many of whom are Veterans themselves, who will help you navigate VA, answer your questions about VA services and benefits available to you, and connect you with the Women Veterans Program Manager at your local VA medical center. This service is free, and you can call as many times as you need.

Call or text us at 855-VA-WOMEN (855-829-6636).  
WVCC representatives are available Monday - Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET.  
You can also chat with us online and learn more by visiting  
<https://www.womenshealth.va.gov>



### Am I Eligible for VA Health Care?

Everyone's situation is unique and so is their eligibility. To find out if you are eligible to enroll, visit <https://www.va.gov/health-care/eligibility>

### Apply Online or By Mail

Go to <https://www.va.gov/health-care/how-to-apply>

### Apply in Person

Visit the nearest VA medical center or clinic. You can locate your nearest VA health facility at <https://www.va.gov/find-locations>

### Apply by Phone

To apply for VA benefits you may have earned—such as preventative care, inpatient and urgent care services—call 1-877-222-8387

Monday–Friday, 8 a.m.–8 p.m. ET.  
Veterans Benefits Administration 1-800-827-1000  
[www.vba.va.gov](http://www.vba.va.gov)

IB-10-305 P96359 APRIL 2022 10W

## WOMEN VETERANS HEALTH CARE

# HEALTHY AGING



U.S. Department  
of Veterans Affairs

# HEALTHY AGING



You deserve to live your best life at every age, and VA is here to help you. At VA, healthy aging means working with you to maintain your health, stay active, and do the things you value most.

Each VA facility has designated Women's Health primary care providers and teams specially trained to support women Veterans' unique health care needs. Each facility also has a Women Veterans Program Manager (WVPM) to help coordinate your care and services.

## MODES OF CARE

You can receive care via telehealth, in-person, and at-home appointments. Through telehealth, you can talk to a provider, nurse, social worker, or health care team member 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 deciding which mode of care best meets your needs.



## HEALTHY AGING SERVICES

Maintaining your health as you age can feel overwhelming. Many health concerns become more common as you age including heart disease, incontinence, diabetes, depression, dementia, arthritis, and osteoporosis. These are not just an inevitable part of aging. VA is here to help with preventive care, treatments, screenings, and services for each of these concerns and more. VA offers:

- Primary, preventive, specialty, and mental health care
- Geriatric care including memory testing and dementia care
- Hearing and vision testing as well as hearing aids and eyeglasses
- Pharmacy services including home delivery of prescriptions

## ASSISTED HEALTH CARE

Veterans of all ages who need the daily support and assistance of another individual can receive services at home, at VA medical centers and clinics, and in the community. Resources we offer to eligible Veterans include:

- Skilled home care
- Home health aide
- Adult day health care and caregiver respite
- Nursing home and residential care
- State Veterans home facilities
- Dementia care in all care settings
- Hospice care in the home, hospital, or nursing facility

## MAKING PLANS

Many people want to avoid thinking about aging. But planning for your future health can help you and your loved ones make sure you get the care you may need.

Advanced care planning is the process of deciding what treatments you do or do not want if you are no longer able to make those decisions for yourself. It also involves choosing who you want to make those decisions for you. VA can help you plan and draft an advanced care directive, which is a legal document that spells out your wishes. Advance care planning involves four main actions:

- **Choosing** a spokesperson. Your spokesperson can speak for you if you can't speak for yourself.
- **Thinking** about what you want if you need to make difficult choices.
- **Talking** about your views with your spokesperson, loved ones, and health care providers.
- **Completing** an advance directive to document your preferences.



**Getting Started with Advance Care Planning**  
**- Geriatrics and Extended Care**