The National MS Society provides information, resources, programs, and services for veterans and active-duty service members and their families. We also encourage you to visit the [Veterans with Multiple Sclerosis](#) page on the Society website, as it is filled with helpful information.

**Ask an MS Expert Program Series**
Connect with top MS experts on topics related to MS – weekly in English, monthly in Spanish and quarterly for Veterans.
[Watch Programs](#)

**The Elite Warrior Project Podcast**
Join Ashley, a veteran with MS and a Certified High-Performance coach, as she shares real stories and experiences from fellow veterans, resources from experts, tips, and strategies to help navigate the unique challenges that veterans face when living with MS. Available on [Spotify](#) or [Apple](#).
[The Elite Warrior Project Podcast](#)

**Real Talk MS Podcast**
Joining host Jon Strum on the podcast is Karla Clay, an Air Force veteran, and a National Veterans Wheelchair Games multiple medal winner.
[Listen to podcast](#)

**Services for Veterans with MS**
The National MS Society partners with the VA MS Centers of Excellence to offer resources to veterans including MS Navigator services that offer personalized information, including connection to VA services, educational webinars, comprehensive information about MS and treatment, and current information about Society programs.
[Services for Veterans with MS](#)

**Momentum Magazine**
In this article learn more about veterans facing multiple sclerosis. They share their path to diagnosis, treatment and living with MS.
[At the Front: Momentum Magazine](#)

**Resources from the VA MS Centers of Excellence**

**VA Benefits and Services for Veterans with MS**
Veterans with MS may be eligible for the VA’s many programs and services. Access to VA health care is based upon enrollment eligibility and discharge status from active military service.
[VA Benefits and Services for Veterans with MS](#)
Overview of Multiple Sclerosis for Veterans
Overview of resources and strategies for living with MS
View this booklet

VA MS Centers of Excellence Veterans with MS Newsletter
The quarterly electronic newsletter is emailed directly to Veterans with MS every three months.
 Archived Issues

Resources from the VA

Veterans Benefits Administration
Veterans Benefits Administration help Veterans, and their families buy homes, earn degrees, start careers, stay healthy, and more.
 Veterans Benefits Administration

Veterans and Military Service Organizations
View a list of accredited organizations throughout the country that assist Veterans
 Directory of Veterans and Military Service Organizations

Center for Women Veterans (CWV)
The Women’s Health Transition training provide servicewomen with a deeper understanding of the women’s health services available to them within the VA health care system and enrollment process.
 VA Women's Health Transition Training

Veteran Readiness and Employment (VR&E)
This program helps individuals explore employment options and address education or training needs. In some cases, your family members may also qualify for certain benefits.
 Veteran Readiness and Employment (VR&E)

Whole Health
Whole Health is VA’s approach to care that supports health and well-being. Visit the website to learn more about the whole health approach. Then, prepare to have your own conversation with VA providers about your priorities and goals for life. The Whole Health library provides handouts on a variety of topics including:
  • Mindful awareness
  • Nutrition
  • Self-care
  • Physical activity
 Whole Health

Highly Rural Transportation Grants (HRTG)
HRTG is a grant-based program that helps Veterans in highly rural areas travel to VA or VA-authorized health care facilities.
 Highly Rural Transportation Grants (HRTG)
The Program of Comprehensive Assistance for Family Caregivers
PCAFC comprehensive assistance for family caregivers offers caregiver training, a tax-exempt paid stipend, respite care, wellness contact, mental health counseling and ongoing support services.

VA Caregiver Support Program
VA's National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Reach the National Caregiver Support Line, at 1-855-260-3274.

National Veterans Resources

Caring.com
Eligible veterans can get assistance with long-term care living options. They can receive benefits from the U.S. Department of Veterans Affairs (VA), or they can apply for residency in a Veteran’s Home. Caring.com provides a list that contains information to help navigate the benefit programs available from the VA.

Disabled American Veterans (DAV)
DAV’s free, professional assistance helps veterans, and their families get the benefits they’ve earned.

Easterseals Military & Veterans Services
Easterseals works to connect veterans and military families with what they need for meaningful employment, education and overall wellness. This is accomplished through several affiliate locations in communities nationwide.

Elizabeth Dole Foundation: Respite Relief for Military and Veteran Caregivers
The Elizabeth Dole Foundation’s Respite Relief for Military and Veteran Caregivers program offers family caregivers of veterans or service members access to free, short-term relief with the help of in-home care professionals. Visit the website to complete the application.

Exceptional Family Member Program (EFMP)
The Exceptional Family Member Program provides resources for families with special needs.

Heroes Linked
Heroes Linked is an online resource that gives veterans, transitioning service members, and military spouses access to personal, phone-based professional development mentoring and career guidance with private and public sector professionals.
HUD-VASH Vouchers
HUD-VASH Vouchers assist homeless veterans and their families in affording decent, safe, and sanitary housing through the distribution of housing vouchers. Beneficiaries are selected based on certain requirements including health care eligibility, homelessness status, and income. Chronically homeless veterans are a target population for HUD-VASH.

Veterans’ Guide
Intelligent.com developed a Veterans’ Guide which aims to support veterans by offering insights into the benefits of non-traditional postsecondary education and shedding light on critical aspects of vocational and apprenticeship programs, such as eligibility, costs, and adapting to the civilian workforce. Veterans' Guide to Vocational Schools and Apprenticeship Programs

MS World chat room
For members of the Military and their families to discuss MS issues. Chat room for veterans

National Resource Directory
The National Resource Directory (NRD) is a database of validated resources that supports recovery, rehabilitation, and reintegration for service members, veterans, family members, and caregivers. Users can find information on a variety of topics such as benefits and compensation, housing, transportation, employment, caregiver support and adaptive sports. For help finding resources, view How to Use this Site. National Resource Directory

Paralyzed Veterans of America
Assists veterans, including those with MS, to qualify for VA benefits and healthcare. Contact PVA for help navigating the system to access benefits earned through military service. Paralyzed Veterans of America

Wounded Warrior Project
Provides unique, direct programs and services to meet the needs of severely injured service members. Wounded Warrior Project

Adaptive Recreation Resources

Challenged Athletes Foundation (CAF)
The Challenged Athlete Foundation’s Operation Rebound program strengthens the mental and physical well-being of members of the U.S. armed forces, active military personnel, as well as U.S. law enforcement officers, firefighters, and paramedics with permanent physical injuries. CAF provides opportunities to use sports and fitness to re-integrate into communities by empowering individuals through sports. Proof of service and medical documentation of disability is required. Challenged Athletes Foundation
VA Adaptive Sports and Arts
The VA’s Office of National Veterans Sports Programs and Special Events provides Veterans with opportunities for health and healing through adaptive sports and therapeutic art programs. These specialized rehabilitation events aim to optimize Veterans’ independence, community engagement, well-being, and quality of life.

National Resource Directory – Adaptive Sports Programs
The National Resource Directory (NRD) connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them. Users can find information on a variety of topics including adaptive sports programs, sports clinics, resources, and grant recipients.

Find your supportive partner with MS Navigator®
The National MS Society believes no one should face MS alone. MS Navigators connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation, Our MS Navigators are available Monday – Friday, 7 a.m. to 5 p.m. MT. To connect, call 1-800-344-4867, chat or email ContactUsNMSS@nmss.org. We are a partner in your MS journey.