



Veterans with Multiple Sclerosis

Resources for Veterans with Multiple Sclerosis

www.nationalmssociety.org/Veterans

[Ask the MS Expert- Military Veterans Living with MS: What You Should Know](#)

US Air Force Veteran Karla Clay, who shared her story of experiencing symptoms of MS while on active duty and being diagnosed after leaving the military. Maggie Kazmierski, LSCW, social worker at the Baltimore MS Center of Excellence, highlighted services available to Veterans living with MS and how to connect to those services within the VA system.

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](#).

[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.

[Services for Veterans with MS](#)

The National MS Society partners with the VA MS Centers of Excellence to offer a multitude of 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.

[At the Front: Momentum Magazine](#)

In this article learn more about veterans facing multiple sclerosis as they share their path to diagnosis, treatment and living with MS.

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.

[Overview of Multiple Sclerosis for Veterans](#)

Overview of resources and strategies for living with MS

[VA MS Centers of Excellence Veterans with MS Newsletter](#)

Resources from the VA

[Veterans Benefits Administration](#)

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

[Directory of Veterans and Military Service Organizations](#)

View a list of organizations throughout the country that assist Veterans

[VA Women's Health Transition Training](#)

Aims to provide servicewomen with a deeper understanding of the women's health services available to them within the VA health care system and enrollment process.

[Vocational Rehabilitation and Employment Services \(VR&E\)](#)

Help assess eligibility requirements and how to apply for VR&E benefits and services to get employment support or help living more independently.

[Whole Health](#)

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 mindful awareness, nutrition, self care, physical activity, and a variety of other topics.

[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.

[The Program of Comprehensive Assistance for Family Caregivers](#)

PCAFC comprehensive assistance for family caregivers including: caregiver training, a tax exempt paid stipend, respite care, wellness contact, mental health counseling and ongoing support services.

[VA Caregiver Support Line](#)

VA's National Caregiver Support Line (CSL) serves as a primary resource/referral center to assist caregivers, Veterans, and others seeking caregiver information. VA's Caregiver Support Line has licensed caring professionals standing by. Reach the National Caregiver Support Line, at 1-855-260-3274.

National Veterans Resources

[Caring.com](#)

Eligible veterans can obtain 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](#)

Provides free, professional assistance to veterans and their families in obtaining disability compensation benefits and services earned through military service and provided by the U.S. Dept. of Veterans Affairs (VA), the U.S. Dept. of Defense (DOD) and other government agencies.

[Easterseals](#)

Easterseals works to break down barriers, engage organizations and communities, and connect veterans and military families with what they need for meaningful employment, education, and overall wellness. Its grassroots outreach – through 65+ local affiliates in communities nationwide– provide unmatched, accessible, and indispensable resources and support.

[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](#)

Assists homeless veterans and their families afford 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.

[MS World chat room for veterans](#)

For members of the Military and their families to discuss MS issues.

[National Resource Directory](#)

The National Resource Directory (NRD) is a resource website that connects wounded warriors, Service Members, Veterans, their families, and caregivers to programs and services that support them. The NRD provides free access to services and resources at the national, state, and local levels to support recovery, rehabilitation, and community reintegration. Users can find information on a variety of topics such as benefits/compensation, housing, transportation, employment, caregiver support, adaptive sports, among others. For help finding resources on the site, view [How to Use this Site](#).

[Paralyzed Veterans of America](#)

Assists veterans, including those with MS, to qualify for VA benefits and healthcare; contact PVA directly for help navigating the system to access benefits earned through military services.

[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 active duty service members and veterans access to no-cost, short-term relief with the help of in-home care professionals. Eligible individuals may qualify for up to 16 hours of care per year. These in-home care professionals will only be able to provide companionship, light housekeeping, grocery shopping and meal preparation, mobility support/transferring, exercise, toileting, bathing, and dressing and grooming. Visit the website to complete the [application](#).

The Exceptional Family Member Program

For families with medical needs

Wounded Warrior Project

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

Adaptive Recreation Resources

Challenged Athletes Foundation

Operation Rebound strengthens the mental and physical well-being of veterans, military personnel and first responders with permanent physical injuries by providing them opportunities to use sports and fitness to re-integrate into their communities. Honorably discharged members of the U.S. armed forces, active military personnel, and first responders with permanent physical disabilities are eligible to apply for the Operation Rebound grant. Proof of service and medical documentation of disability is required.

Office of National Veterans Sports Programs and Special Events

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.

National Resource Directory – Adaptive Sports Programs

The National Resource Directory (NRD) is a resource website that 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. For help finding resources on the site, view [How to Use this Site](#).

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