The National MS Society provides information, connections and support 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 for more helpful information.

**Ask an MS Expert Program Series**

The Ask an MS Expert program series provides an opportunity to learn more about multiple sclerosis from top MS experts. Programs focus on trending topics related to the MS community. All segments are streamed on Facebook, YouTube, and Twitch. Closed captioning is available live on all channels.

**Momentum Magazine**

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

**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. This includes MS Navigator services that offer:

- Personalized information
- Connection to VA services
- Educational webinars
- Comprehensive information about MS and treatment
- Information about Society programs

[Services for Veterans with MS](#)

**The Elite Warrior Project Podcast**

Join Ashley, a veteran with MS and a Certified High-Performance coach for this podcast. She shares experiences from fellow veterans, resources from experts, 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](#)
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 MS Centers of Excellence Veterans with MS Newsletter
The quarterly electronic newsletter is emailed to Veterans with MS every three months.

Resources from the VA

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.

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 offers:
- Caregiver training
- Tax-exempt paid stipend
- Respite care
- Wellness contact
- Mental health counseling
- Ongoing support services

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

VA Caregiver Support Program
VA’s National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners. Contact the support line for more information at 1-855-260-3274.
Veterans and Military Service Organizations
View a list of accredited organizations that assist Veterans.
Directory of Veterans and Military Service Organizations

Veteran Readiness and Employment (VR&E)
This program helps individuals explore employment options and address education or training needs. In some cases, 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. The Whole Health library provides handouts on a variety of topics including:
• Mindful awareness
• Nutrition
• Self-care
• Physical activity
Whole Health

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.
Caring.com

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

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

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.
Elizabeth Dole Foundation: Respite Relief for Military and Veteran Caregivers

Exceptional Family Member Program (EFMP)
The Exceptional Family Member Program provides resources for families with special needs.
EFMP Brochure
Heroes Linked
Heroes Linked 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. [Heroeslinked]

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
- Income
Chronically homeless veterans are a target population for HUD-VASH. [HUD-VASH]

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 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
- Homeless assistance
- Transportation
- Employment
- Family and caregiver support
- Adaptive sports
[National Resource Directory]

Operation Homefront
Operation Homefront provides relief and recurring family support programs and services to help military families overcome short-term difficulties. Military families can access:
- Critical Financial Assistance
- Housing
- Family Events

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]
Veterans’ Guide
The Veterans’ Guide provides information about non-traditional postsecondary education and review other important details such as eligibility, costs, and making the transition from soldier to working civilian.
Veterans' Guide to Vocational Schools and Apprenticeship Programs

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.
VA Adaptive Sports and Arts

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
- Grant recipients
NRD Military Adaptive Sports Program

Find your supportive partner with MS Navigator™
The National MS Society believes no one should face MS alone. MS Navigators provides information, connections, and support so you can be more than your MS. 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 partners in your MS journey.