



Resources for Veterans with Multiple Sclerosis

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.

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

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.

[VA Caregiver Support Program](#)

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 overall 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. Visit the website to complete the [application](#).

[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 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.

[Heroeslinked.org](#)

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.

[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.

[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, and 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 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.