Caira Benson has a BA in history, a MA in historic preservation, and is currently working towards her MFA in writing. She served for years as an archivist and school administrator. She continued her career and became an executive director for a non-profit which was part of the national Main Street America program. She also taught Art History as an adjunct professor at several universities. Caira would give up her career shortly after her husband, Eric, ended up in a coma in a critical care unit.

Today, Caira is caregiver to Eric who deployed to Iraq in 2003 and again in 2005 as a combat engineer. From blast exposures, chemical exposure, and a parachute malfunction, he suffers from Traumatic Brain Injury, degenerative neurological issues, degenerative back issues, and nerve issues that leave him significantly mobility impaired.

As his caregiver, Caira worked tirelessly to ensure that the Army and the Department of Veterans Affairs (VA) provided Eric the diagnosis and treatment he needed. It took almost 13 years for the VA to understand Eric’s case. During this period of time, Caira did not have the support she needed to care for her husband, and she learned that she needed to become a strong advocate for her husband and her family.

Caira helps Eric with activities of daily living and manages communications with health care providers. She also homeschools their children, two who have special needs. They currently live in Patrick Air Force Base, Florida. Despite their challenges, Caira enjoys being able to create opportunities for her family to travel and have new experiences together. Caira is determined to continue to give back to the community, and she serves on the board of a small organization that provides weighted blankets to impoverished children with special needs.

She’s also determined to fight for those who served our country to have the support and medical care they deserve. In 2019, Caira became an Elizabeth Dole Foundation Fellow.