



COMMANDER'S CALL TALKING POINTS

NOVEMBER 2020



November Is Warrior Care Month

Warrior Care Month is an opportunity to raise awareness of available resources and to recognize the sacrifices made by Airmen and their families. The Department of Defense, military services, and collaborating organizations come together each November to raise awareness of warrior care resources and encourage year-round discussion on warrior care priorities.

Staying connected is an important ongoing theme due to COVID-19, and the Air Force Wounded Warrior (AWF2) program is gearing up to host its second Virtual CARE Week Nov. 16–20. AFW2 will highlight the programs and services offered to care for wounded, ill, and injured service members, and their caregivers and families.

Due to the pandemic, virtual platforms have become a vital resource to stay informed, engaged and supported. Social isolation from COVID-19 may have increased levels of stress and uncertainty for our Airman. Remind your Airmen and their caregivers that they are not alone and direct them to the [Air Force Wounded Warrior Program](#) or [Military OneSource](#) to learn more about resources available to support Airmen and their families.

5.5 million
Americans are caring
for ill or wounded service
members and veterans

"Military Caregivers: Who are They?
And Who Is Supporting Them?"
(RAND Corporation, 2014)

Understanding the Demands of Being a Caregiver

November is also Military Family Appreciation Month and National Family Caregivers Month. During this month, take time to honor families and thank caregivers for the work they do behind the scenes, such as providing their Airmen with emotional support or managing their Airmen's medical care.

Caregivers often face unexpected change and physical and emotional stress that lead to caregiver fatigue. A lack of knowledge and isolation can make it difficult to know which information is best

suited for their Airmen and family. Here are some resources you can share with caregivers, including resource directories, training, and specific information related to PTSD, TBI and suicide prevention.

- ✧ **Caregiver Resource Directory:** A list of the frequently referenced resources, organizations, agencies, and programs that provide support to caregivers of service members. The directory connects communities with caregivers, building public awareness and support. Some examples include:
 - **Caregiver Support:** Information on caregiving knowledge and skills from organizations such as AARP, American Red Cross, and Caregiver Action Network
 - **Military Caregiver Lifestyle:** Ways to support family milestones such as becoming a new parent
 - **Suicide Prevention:** Suicide prevention resources such as the Real Warriors Campaign, Veteran Crisis Line, and American Foundation for Suicide Prevention
- ✧ **Family Suicide Prevention Training:** A new training video equipping family members to help Airmen in distress
- ✧ **Warrior Care Toolkit:** November Toolkit for more messaging and resources to promote Warrior Care Month
- ✧ **Spouse Resiliency Toolkit:** A resiliency toolkit including a self-awareness journal, resilience self-assessment, as well as articles and videos

"You have nothing to lose and everything to gain. [The AFW2 Virtual CARE Week] is a lifesaver and a life changer."

- SMSgt (Ret) Cornelius Twohig

Resources



Air Force Resilience
Find leadership resiliency tools and resources for crisis prevention, intervention, and postvention



The **Air Force Wounded Warrior Program** provides resources and supports wounded Airmen, veterans, and their families in their recovery journeys



Caregiver Factsheet
Learn the steps that caregivers can take to help their Airmen

MILITARY ONE SOURCE

Military OneSource offers Airmen with mental health information, providers, and resources that have been vetted by the DoD