

Helpful Links

Air Force Wounded Warrior
<http://www.woundedwarrior.af.mil/>
1-800-581-9437

VA Caregiver Support:
<http://www.caregiver.va.gov/>
1-855-260-3274

Military Health System and the Defense Health Agency
(Caregiver or Family Member)
<http://www.health.mil/I-Am-A/Caregiver-or-Family-Member>

Military Caregiver Resources
<http://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Warrior-Care/Military-Caregiver-Resources>

National Resource Directory
<https://www.ebenefits.va.gov/ebenefits/nrd>

Military OneSource
Warrior Resource Call Center
1-800-342-9647

Veterans Crisis Line
1-800-TALK (8255), Press 1



CAREGIVER PROGRAM CONTACT

Mailing Address:
HQ AFPC/DPFW
ATTN: AFW2
550 C Street West, Ste. 37
JBSA Randolph, TX 78150-4739

Hours of Operation:
Mon - Fri 7:00 a.m. - 4:00 p.m. (CST)

Enrollment Information
Contact your respective Non-Medical Care Manager (NMCN) or Recovery Care Coordinator (RCC) or the Program Manager

Program Manager
Tonya D. McGough
210-565-5326



Connect with us using AFW2 Social Media

www.youtube.com/user/AFWoundedWarrior
www.facebook.com/AirForceWoundedWarrior
www.flickr.com/photos/airforcewoundedwarrior/
www.twitter.com/AFW2



WOUNDED WARRIOR
carebeyondduty

Caregiver Support Program



“What happens to a person is less significant than what happens within a person “

- Caregiver Mentor

Caregiver Program

Mission:

To deliver personalized support to caregivers as an integral part of wounded, ill and injured Airman's recovery and rehabilitation plan.

Vision:

To facilitate the focus on well-being amongst our unsung hero caregivers and provide access to valuable resources and resiliency tools.

Who Are Caregivers?

A caregiver is a family member, friend, or acquaintance who provides a broad range of care and assistance for, or manages the care of, a current or former military service member with a disabling physical or mental injury or illness.

Together we explore the complexities of the caregiving role and other topics such as: positive coping skills, reducing anxiety, sense of self, and establishing acceptable boundaries.



Strength In Numbers

Our program works directly with Non-Medical Care Managers (NMCMs), Recovery Care Coordinators (RCCs), Peer Support Coordinators, Department of Veterans Affairs Caregiver Support Program, and Airman and Family Readiness Center staff to ensure support services are provided to caregivers based on their individual and family needs.

Through support and the sharing of hope, love, and encouragement we come together as a family to promote healthy attitudes and embrace the emotional challenges that come with caregiving.

Caregiver Events

- Excursions (tours, cultural visits, site seeing)
- Equestrian Events
- SPA Treatments
- Arts and Crafts (Care Cards, Unity Bracelets)



CAREGIVER TESTIMONIALS

“The Caregiver Program also gives me the opportunity to talk with others caregivers who, like me, are taking care of their loved ones. We are able to give each other support and encouragement, get training, and participate in activities focused on us.”

“The Caregiver Program is my lifeline to combat Caregiver fatigue. They have been teaching me tools that I can use to help lessen the stress that I undertake each and every day caring for my husband.”



Never Alone

Together our Caregivers learn skills that help them positively affect their environments. At these Air Force-funded events caregivers learn to enlist the help of other family members and friends, how to enjoy personal time away from a loved one without guilt, and learn about the multitude of resources and assistance available to our caregivers and Airmen.

Caregiver Venues

- PEER (Personalized, Experiences, Engagement, & Resources) Forum Support Groups
- “Me Time Events”
- Caregiver Symposium

Caregiver Training

- Caregiver Resiliency/Life Skills
- Emotional Management and Humor
- Marriage Enrichment
- Spiritual Self Care

