

April 2014

Caregiver Resource Directory



While it is impossible to capture a complete list of resources, this directory includes the most commonly referenced resources for caregivers of recovering Service members, most of them at the national level. The National Resource Directory has vetted them; though it makes no recommendations or endorsements about the quality of services offered. All the resources and links included here were accurate and up-to-date at press time; however, it is unavoidable that some will become outdated over time. We recommend you always seek updated information using your preferred search engine.

This directory is a dynamic document that will be uploaded and refined on a regular basis. We encourage you to access the electronic version of the Caregiver Resource Directory through the Warrior Care Blog (warriorcare.dodlive.mil/wounded-warrior-resources/caregiver-resources/).

For more comprehensive listings of state and local resources, please visit the National Resource Directory at www.nrd.gov.

If you have questions or feedback regarding the directory, please send an email to InfoNRD.osd@mail.mil.

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To the caregivers of recovering Service members...

A serious wound, illness, or injury doesn't just significantly change a Service member's life. As the caregiver of a recovering Service member, your life has changed significantly as well and you are now facing new and demanding challenges. With many organizations offering different types of help and services, it can be difficult to sort out the specific type of help or services best suited for your needs. Therefore, this directory was formulated with you—the caregiver—as its primary focus. It was designed to provide information in a manner that enables you to quickly identify many of the available resources that address your particular needs and requirements. In addition, this directory serves as another tangible demonstration from a grateful nation that you are not in this alone!

Whatever particular challenges you are facing, or whatever specific help you need, we hope this directory can assist in the following ways:

- **Help you get the type of assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online, intended to address just about every conceivable need you may have. Most are free to you.
- **Help you get educated about your recovering Service member's medical condition.** Knowledge is power, and no one will advocate for your Service member the way you will. Plus, the more you learn about your loved one's condition, the more comfortable, prepared, and capable you'll become to handle any unexpected circumstances you may encounter.
- **Help you connect with others.** You'll discover, if you haven't already, that you're part of a larger community of caregivers and caregiver supporters who have made themselves available for contact, interaction, and networking. You are truly not alone.
- **Help you take care of yourself.** This is a subject often overlooked but vitally important. Unquestionably, the act of caregiving exacts a tremendous physical and mental toll on the caregiver. So, it's important that you make self care a top priority. With that in mind, look for the heart icon (♥), which designates resources specifically designed to help you do so.

**Just remember, taking care of you is never a selfish act—
it's an act that helps you take care of your hero better now and in the future!**

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How to Use this Directory

Find helpful resources to:

Get help in the middle of the night

(look for the ⌚ icon for 24/7 support)

- 1 Helplines
- 97 Suicide Prevention
- 73 Online Social Networking

Connect with other caregivers

- 73 Online Social Networking
- 79 Peer Support and Mentoring

Take care of yourself

- 25 Caregiver's Mental Health and Wellbeing
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- 55 Health Care Needs

Take care of your family responsibilities

- 31 Children's Needs
- 85 Rest and Relaxation

Enable you to do the best caring for your loved one

- 21 Caregiving Knowledge and Skills
- 60 Home-Based Health Care Assistance
- 58 General Medical Information

Find the "new normal"

- 93 Sports and Recreation
- 11 Career Transitions and Employment
- 39 Education and Training

Seek disability benefits

- 7 Advocacy and Benefit Information
- 55 Health Benefits and Coverage

Deal with dangerous, unwanted, or difficult behaviors

- 1 Helplines
- 97 Suicide Prevention

Learn more about your loved one's medical condition or disease

- 58 General Medical Information
- 61 TBI and PTSD Information and Programs
- 99 Women Veterans

Manage your finances

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Access free transportation and temporary housing

- 50 Temporary Lodging Expenses
- 51 Travel and Transportation Expenses

Get special accommodations

- 67 Home and Automobile Modifications
- 83 Pet and Service Animal Assistance

Seek legal assistance

- 71 Legal Assistance
- 7 Advocacy and Benefit Information

The following icons are available to help you more quickly find what you are looking for:

- | | |
|---|---|
| 
Caring for the Caregiver | Indicates resources that emphasize caregivers' personal needs; all resources listed in this Directory support caregivers' everyday care of their recovering Service member and family |
| 
DoD Program | Indicates resources managed or sponsored by the Department of Defense (DoD) |
| 
VA Program | Indicates resources managed or sponsored by the Department of Veterans Affairs (VA) |
| 
Reserve/Guard Specific Resource | Indicates resources intended for Reservists and Guardsmen and their families/caregivers |
| 
Non-Profit Organization | Indicates non-profit organizations providing day-to-day support to recovering Service members, families, and caregivers |
| 
Veterans Service Organizations | Indicates Veterans Service Organizations (VSOs) that are involved in a wide variety of veteran's issues and may be recognized by VA for claims processing |
| 
Military Children | Indicates resources that are military children and teen friendly |
| 
Español Available | Indicates resources available in Spanish/Español |
| 
24/7 Availability | Indicates resources with access to personnel available to talk or chat 24/7 (this icon only appears in the Helplines tab) |
| 
Smartphone App | Indicates resources with applications that are available for download to a smartphone or tablet device |



“Military caregivers are an **integral part of the service member’s recovery** and transition back to their military or civilian life. The Caregiver Resource Directory is an **exceptional ‘self-help’ tool** that can aid the caregiver in resolving the myriad of issues they may face; putting them on the right azimuth to success. It is imperative that we support all caregivers, bolster their strength, give them opportunities to seek like-minded company and care for themselves.”

Ms. Nancy E. Weaver
*Acting Deputy Assistant Secretary of Defense,
Office of Warrior Care Policy, OSD*

Helplines Offering Information and Assistance

The Marine Corps, Army, and Navy Safe Harbor have hotlines that operate 24/7, including the Marine Corps Sergeant Merlin German Wounded Warrior Call Center and the Army Wounded Soldier and Family Hotline. The Air Force website provides key links and telephone numbers, but does not operate a Service-specific Wounded Warrior hotline.



Air Force Wounded Warrior Program (AFW2)

800-581-9437

Works hand-in-hand with the Air Force Survivor Assistance Program and Airman and Family Readiness Centers to ensure Airmen and families receive professional support and care from the point of injury, through separation or retirement, for life; hours are M–F, 6:30 a.m.–5:00 p.m. (CT)

American Red Cross

877-272-7337 

Provides immediate assistance for emergency communications services and financial assistance, information and referral, and deployment services

Army Wounded Warrior Program (AW2)

800-237-1336

Provides personalized local support to Soldiers, veterans, and their families through the assignment of an AW2 Advocate; refer to wtc.army.mil/aw2 for program requirements

Caregiver Support Line

855-260-3274

Connects caregivers with someone who offers answers, instead of endless menu options; local caregiver support can also be found online at www.caregiver.va.gov; hours are M–F, 8:00 a.m.–11:00 p.m. (ET), and Saturday 10:30 a.m.–6:00 p.m. (ET)

Coaching into Care

888-823-7458

Offers a free and confidential coaching service to help callers discover new ways to talk with their veteran about their concerns and treatment options; hours are M–F, 8:00 a.m.–8:00 p.m. (ET)

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Español Available

 DoD Program

 Non-Profit Organization

 Smartphone App

 VA Program

 Veterans Service Organizations

 24/7 Availability

**Defense Centers of Excellence (DCoE)
Outreach Center** ❤️ 🇺🇸

866-966-1020 📞

(Includes online chat at www.dcoe.health.mil/Families/Help and email at resources@dcoeoutreach.org)

Provides access to health resource consultants with expertise in psychological health and traumatic brain injury

DoD Safe Helpline Sexual Assault Support ❤️ 🇺🇸

877-995-5247 📞

(Includes texting at 55247 and online chat at SafeHelpline.org)

Offers personalized advice and support; connects callers to sexual assault response coordinators, civilian rape crisis centers, the suicide prevention helpline, or Military OneSource

DSTRESS Line ❤️ 🇺🇸

877-476-7734 📞

(Includes online chat at DStressLine.com)

Provides professional, anonymous counseling for Marines, attached Sailors, and families when needed most

Federal Recovery Coordination Team ❤️ 🇺🇸

877-732-4456

Develops an individualized recovery plan; to qualify be referred by a member of your multi-disciplinary team, your commander, recovering warrior program, or through self-referral

Fort Family Outreach and Support ❤️ 🇺🇸 ⭐

866-345-8248 📞

Provides relevant information and responsive support for Army Reserve Soldiers and families

**InTransition Mental Health Coaching
and Support** ❤️ 🇺🇸

800-424-7877 📞
(CONUS)

Assists Service members receiving mental health treatment make a transition between health care systems or providers by connecting them to the right resources

314-387-4700 📞
(Overseas)

**Marine Corps Sergeant Merlin German
Wounded Warrior Call Center** ❤️ 🇺🇸

877-487-6299 📞

Conducts outreach calls to offer assistance; assists Marines, families, and caregivers with benefits and referrals

Military Crisis Line ❤️ 🇺🇸

800-273-8255 📞
(CONUS)

(Includes texting at 838255 and chat at veteranscrisisline.net)

Hotline to help yourself or someone you know who might be in danger, or be a danger to others

0080012738255 or
DSN 118* (OCONUS)

**Military OneSource Wounded Warrior
Specialty Consultations** ❤️ 🇺🇸 ES

800-342-9647 🕒

Primary telephone resource for recovering warriors and their families; provides specialty consultation services; access to immediate assistance

Military Spouse Employment Partnerships ❤️ 🇺🇸

800-342-9647

Provides career exploration opportunities; education and training to help identify academic, licensing, or credentialing requirements; employment readiness assistance; and employment connections; Spouse Career Center from M–F, 7:00 a.m.–10:00 p.m. (ET), and Saturday, 10:00 a.m.–5:00 p.m. (ET)

My HealtheVet ❤️ 🗂️

1-877-327-0022

Provides access to the VA's Personal Health Record via a toll-free number; M–F, 6:00 a.m.–7:00 p.m. (CT)

National Domestic Violence Hotline ❤️ 🌐 ES

800-7990-SAFE (7233)

(Email available at thehotline.org)

🕒

Provides anonymous crisis intervention

National Suicide Prevention Lifeline ❤️ ES

800-273-TALK (8255)

(Includes online chat at suicidepreventionlifeline.org and texting at 838255)

🕒

Helps distressed warriors find a reason to keep living; connects individuals to a skilled, trained counselor at a local crisis center

For veterans, press 1

En Español oprima el 2

Navy Wounded Warrior-Safe Harbor Call Center ❤️ 🇺🇸

855-NAVY-WWP
(6289-997) 🕒

Provides personalized support and assistance to wounded, ill, or injured Sailors and their families

OEF/OIF/OND Care Management Program ❤️ 🗂️

877-222-8387

Helps Service members and caregivers navigate local VA programs during their transition

PTSD Treatment Help ❤️

877-259-5637 🕒

(Includes online chat at PTSDtreatmentHelp.com)

Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

Rape, Abuse, Incest National Network ❤️🌐

(Includes online chat at ohl.rainn.org/online)

Provides crisis intervention and support; information about medical issues; and referrals to resources in your area

800-656-HOPE (4673)



TRICARE's Smoking QuitLine

(Includes online chat at www.ucanquit2.org/en/HowToQuit/LiveChat.aspx)

All non-Medicare-eligible beneficiaries can receive assistance with smoking cessation through TRICARE's toll-free Smoking Quitline, available 24 hours a day, 7 days a week, including weekends and holidays

North Region:

866-459-8766 📞

South Region:

877-414-9949 📞

West Region:

888-713-4597 📞

USSOCOM Care Coalition Program ❤️🇺🇸

Provides opportunity for career transition for Special Operations Forces wounded, ill, or injured Service members who may not meet medical requirements of their Service

877-672-3039

813-826-8888

Vet Center Combat Call Center ❤️🇺🇸ES

A confidential call center where combat veterans and their families can talk with a staff of peers

877-WAR-VETS

(927-8387) 📞

Veterans Benefits Administration ❤️🇺🇸

Portal for veteran health care, benefit programs, and services

800-827-1000

Veteran Crisis Hotline ❤️🇺🇸

(Includes texting at 838255 and online chat at veteranscrisisline.net)

Call this hotline if there is a crisis or you are worried someone is in danger

800-273-8255 📞

(press 1)

Vets 4 Warriors ❤️🌐

(Includes online chat at vets4warriors.com; email contactus@vets4warriors.com)

Offers a confidential peer support service and does not discuss calls with the military, VA, or anyone else

855-838-8255 📞

Women Veterans Call Center ❤️🇺🇸

Provides a single avenue for women veterans to get the help they need

855-VA-WOMEN

(829-6636)

Wounded Soldier and Family Hotline ❤️ 🦅

(Includes email at wfsupport@conus.army.mil)

800-984-8523 🕒

Offers wounded, ill, and/or injured Soldiers and their families a way to share concerns on the quality of patient care

Wounded Warrior Project Resource Center ❤️ 🌐

(Includes email resourcecenter@woundedwarriorproject.org)

888-997-2586

A contact center that actively reaches out to warriors and caregivers; M–F, 9:00 a.m. – 8:00 p.m. (ET)



National Resource Directory

www.NRD.gov

The National Resource Directory provides access to thousands of programs and services at the national, state, and local levels to assist in the recovery, rehabilitation, and community integration of wounded warriors, Service members, veterans, families, and caregivers.

Find information on:

Benefits & Compensation

- DoD Benefits
- VA Benefits
- Filing Claims & Appeals

Education & Training

- GI Bill & Educational Assistance
- Financial Aid
- Continuing Education
- Career Counseling

Employment

- Job Services
- Workplace Accommodations
- Transition Assistance

Family & Caregiver Support

- Family Support
- Children & Youth Resources
- Financial Information & Assistance

Health

- Medical & Rehabilitation Resources
- Psychological & Behavioral Conditions
- Health Care Provider Resources

Homeless Assistance

- Government & Non-Profit Programs
- Shelters & Meals
- Emergency & Transitional Housing

Housing

- Housing Locators
- Loans & Financial Assistance
- Off-Base & Accessible Housing

Transportation & Travel

- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

Other Services & Resources

- Wounded Warrior Programs
- Women's Resources
- Financial Assistance

STAY CONNECTED!



Advocacy and Benefit Information



American Legion 

www.legion.org

Provides access to Veterans Service Officers who offer free advice and guidance for veterans who need to deal with VA

AMVETS 

www.amvets.org

Provides direct representation when filing for benefits with VA, at no cost to the veteran

Benefits.gov 

www.benefits.gov

Provides online pathway to government benefits; sponsored by DOL

Code of Support  

codeofsupport.org

Serves as an active case coordinator with a single point of contact to navigate through the multitude of support programs and services available; Intended for non-life threatening situations only

Disability.gov 

www.disability.gov

Provides comprehensive online information on disability programs and services in communities nationwide; searches can be narrowed to the caregiver audience; sponsored by DOL

Disabled American Veterans 

www.dav.org

Provides help filing for VA disability compensation and benefits

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<p>DoD Compensation and Benefits Handbook for Wounded, Ill, and Injured Service Members </p>	<p>warriorcare.dodlive.mil/benefits/compensation-and-benefits</p>	<p>Provides a quick reference from rehabilitation to reintegration; links to resource sites; answers immediate questions and leads to additional answers</p>
<p>eBenefits </p>	<p>www.ebenefits.va.gov</p>	<p>Offers a central location for veterans, Service members, and their families to research, find, access, and manage benefits and personal information</p>
<p>Federal Benefits for Veterans, Dependents and Survivors, 2011 Edition </p>	<p>www.va.gov/opa/publications/benefits_book.asp</p>	<p>Quick link about detailed and up-to-date information regarding veterans' benefits</p>
<p>Handbook of Injured Service Members and Their Families (2010) </p>	<p>www.fallenheroesfund.org/About-IFHF.aspx</p>	<p>Offers concise information on various benefits available online at no cost</p>
<p>InTransition Mental Health Coaching and Support </p>	<p>www.health.mil/intransition</p>	<p>Helps Service members receiving mental health treatment make a successful transition between health care systems or providers</p>
<p>Military Order of the Purple Heart </p>	<p>www.purpleheart.org</p>	<p>Provides a network of National Service Officers (NSO) across the nation, usually co-located with a VA facility to help with VA issues; call 888-668-1656 to find the nearest NSO</p>
<p>My Army Benefits  </p>	<p>myarmybenefits.us.army.mil</p>	<p>Over 150 benefit fact sheets, disability rating and education benefit estimators, forecast retirement benefits; specialized calculators for the Reserve component; section for wounded warriors and their families</p>

**National Veterans
Foundation
Resource Center** 🌐

nvf.org/veterans-benefits

Explains the eligibility requirements for various benefits, how to apply for them, and how to get more information

**Navy Family
Ombudsman
Program** ❤️ 🦅

ombudsmanregistry.org

Serves as the communication link between the Commanding Officer and family members

**Paralyzed Veterans
of America** 🦯

www.pva.org/site/c.ajlRK9NJLcJ2E/b.6349711/k.9087/For_Veterans.htm

Assists veterans with spinal cord injury and disease as well as other veterans needing assistance with VA benefits, entitlements, medical care, and other benefits

**Social Security
Disability Benefits
for Wounded
Warriors** 🇺🇸

www.ssa.gov/woundedwarriors

A site sponsored by the Social Security Administration that explains disability benefits for recovering Service members

**Transition
Assistance
Advisors** 🦅 🔄 ⭐

www.taapmo.com/taaprogram.htm

Lists statewide points of contact to assist members in accessing VA benefits and health care services

**Veterans Benefit
Administration**
❤️ 🦅

benefits.va.gov/benefits

Provides information needed to begin to file for VA benefits such as compensation, home loans, education, life insurance, pensions, etc.

**Veterans of
Foreign Wars** 🦯

www.vfw.org

Provides help filing for VA disability compensation and benefits

**Wounded Soldier
and Family
Hotline** ❤️ 🦅

armymedicine.mil/Pages/wounded-soldier-and-family-hotline.aspx

Offers recovering Service members and their families a way to share concerns on the quality of patient care; call 800-984-8523; or email wfsupport@conus.army.mil; available 24/7

**Wounded Warrior
Project** 

www.woundedwarriorproject.org

Works closely with warriors to understand and apply for VA and DoD benefits

Career Transitions and Employment

Career Guidance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers career counseling

Blue Star Families (Careers)

bluestarfam.org/Programs/Blue_Star_Careers

The Blue Star Resume Toolkit will translate volunteer experience into relevant resume points

Defenders of Freedom

defendersoffreedom.us

Offers life and career mentoring, job search assistance, and general assistance transitioning to the civilian sector

Hero 2 Hired

www.H2H.jobs

Offers career exploration tools, military-to-civilian skills translators, and education and training resources

Hire Heroes USA

www.hireheroesusa.org

Provides dedicated assistance to each veteran from a highly-trained staff member to help them overcome barriers to employment; look into their VetNet program

Hope for the Warriors Above and Beyond Program

www.hopeforthewarriors.org

Explores "next step" options for a civilian or military career, higher education/advanced training, or a small business startup

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

International Franchise Association's VetFran Toolkit  	www.vetfran.com/veterans-toolkit	Fosters access to franchise opportunities for veterans and military spouses
Iraq and Afghanistan Veterans of America Career Pathfinder 	iava.org/career-pathfinder	Includes resume builder, military skills translator, and career mapping tool
Job Opportunities for Disabled American Veterans 	www.JOFDAV.com	Offers free career tips to job seekers
Joining Forces Mentoring Plus  	www.joiningforcesmentoringplus.org	Offers unlimited free personal and employment coaching and professional guidance for caregivers of wounded warriors, women veterans of all ranks and eras, and military/veterans spouses
Military One Source Spouse Career Center   	www.militaryonesource.mil/seco	Provides high quality education and career services, resources, guidance, and consultations accessible online or by calling 1-800-342-9647
Military Spouse Employment Partnerships  	msejobs.militaryonesource.mil	Provides career exploration opportunities; education and training to help identify academic, licensing, or credentialing requirements; employment readiness assistance; and employment connections; join their LinkedIn group for discussions, news, job postings, and more
Military to Federal Jobs Crosswalk	www.dlir.state.md.us/mil2fedjobs	Helps translate military occupations to federal jobs

Military Warriors Support Foundation 🌐

www.militarywarriors.org

Provides the link between partnering companies and veterans

MilSpouse eMentoring Program ❤️ 🌐

www.ementorprogram.org/p/milspouse

Offers personalized career guidance and support from more experienced spouses, career mentors and veteran-friendly employers

Semper Fi Fund 🌐

www.semperfund.org

Assists with books, fees, training, interview attire, and equipment; offers Veterans 2 Veterans Program at seven locations

Student Veterans of America 🎓

www.studentveterans.org

Provides veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation

Tutor.com 🇺🇸

www.tutor.com

Teaches resume writing

USA Cares 🌐

www.usacares.org

Offers career building and training; provides money for travel to job interviews

USO Warrior and Family Care Program 🌐

www.uso.org/warriorandfamilycare

Focuses on resume writing, mock interviews, professional work practices, and translating prior military experience into a civilian career

VA for Vets 🇺🇸

vaforvets.va.gov

Offers career-search tools for veterans seeking employment at VA, career development services for our existing veterans, and coaching and reintegration support for Service members

Vet Power 🌐

www.vetpower.org

Helps veterans start and grow their own home-based and franchised businesses

Veterans Retraining Assistance Program 	www.benefits.va.gov/VOW	Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria
Vocational Rehabilitation and Employment 	www.vba.va.gov/bln/vre	Provides assistance in establishing employment and educational goals; vocational testing and counseling services, and training for independent living are also provided
Yellow Ribbon Fund 	www.yellowribbonfund.org	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Job Search



Blue Star Families (Careers)  	bluestarfam.org/Programs/Blue_Star_Jobs#	Blue Star Jobs provides new opportunities for military spouses through hundreds of thousands of available jobs
Defenders of Freedom 	defendersoffreedom.us/jobs-for-dof.php	Provides a mentor to review resumes, match up potential jobs, set up a plan for submission of the resume to companies, and coach prior to interviews
Helmets to Hardhats 	www.helmetstohardhats.org	Offers career opportunities in the construction industry that match military backgrounds
Hero 2 Hired   	www.H2H.jobs	Allows job searches by city/state; offers career tools, military-to-civilian skills translations, education and training resources for Reserve component members

Hiring Heroes Program 

godefense.cpms.osd.mil/veterans

Offers multiple avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA (888-363-4872) or TTY 703-696-5436

Hiring Our Heroes 

www.uschamber.com/hiringourheroes

Helps veterans and military spouses find meaningful employment through the Chamber of Commerce network; look into their VetNet program

Job Explorer 

www.mcjex.net

Free job search engine for military community

Job Opportunities for Disabled Veterans 

www.JOFDAV.com

Provides job postings for disabled veterans

Military Spouse Employment Partnerships  

msejobs.militaryonesource.mil

Creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting

Military Warriors Support Foundation CEOs4Warriors 

www.militarywarriors.org/ceos4heroes

Provides a link between partnering companies and veterans seeking employment opportunities

National Labor Exchange  

us.jobs/national-labor-exchange

Provides free job-seeker services; job openings on more than 9,000 corporate career websites and from state job banks

Recruit Military 

recruitmilitary.com

Hosts resume database and job board

USA Jobs

www.usajobs.gov

Official OPM website for government and federal jobs

Veterans Enterprise 	www.veteransenterprise.com	Connects warriors with employers who recruit transitioning Service members
Warrior Gateway  	www.warriorgateway.org	Connects Service members, veterans, and their families with government programs as well as local non-profit organizations
Yellow Ribbon Fund Mentoring Program 	www.yellowribbonfund.org	Offers education and career guidance, networking, and job shadowing

Military Transition Programs



AF Wounded Warrior Program 	www.woundedwarrior.af.mil	Provides professional services such as transition assistance and employment assistance
Army Career Alumni Program (ACAP XXI) 	www.acap.army.mil	Provides pre-separation guidance, job assistance training, and interview skills
Career One Stop	www.careeronestop.org/ReEmployment/Veterans	Offers information on unemployment benefits, re-employment, and career assistance; sponsored by DOL
Challenge America 	www.challengeamerica.com	Helps with the transition from military to civilian life; connect to recreational, occupational, housing and many other resources by zip code

Code of Support ❤️🌐 codeofsupport.org

Serves as an active case coordinator with a single point of contact to navigate through the multitude of support programs and services available; Intended for non-life threatening situations only

DoD Hiring Heroes Program 🦅

godefense.cpms.osd.mil/veterans

Offers avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA

Education and Employment Initiative (E2I) 🦅

warriorcare.dodlive.mil/wounded-warrior-resources/e2i

Finds employment opportunities and provides career planning support for recovering Service members before they transition

Farmer Veteran Coalition 🌐

www.farmvetco.org

Helps veterans start their own farm business, transition back to the family farm, or find employment in agriculture

Feds Hire Vets 🦅🔄

www.fedshirevets.gov

Provides information on federal job preferences and special job hiring authorities

G.I. Go Fund 🌐

www.gigofund.org

Provides assistance to military veterans by helping them find employment, access housing, and secure benefits

Joint Services Support 🦅⭐👤

www.jointservicesupport.org

Virtual military community for National Guard members and families; there are 7 portals to Reintegration, Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Marine Corps Transition Assistance Management Program 🦅

www.usmc-mccs.org

Provides career, education, and employment assistance to separating Marines and family

MOAA Career Transition Center 🧵	www.moaa.org	Offers resume critiques, career consulting, interview practice, networking, and job boards for transitioning Service members and their spouses; free to members
National Veterans Transition Services ❤️🌐	www.nvtsi.org	Offers transition workshops to help veterans and spouses adjust to civilian life
Navy Transition GPS/TAP 🇺🇸	www.cnic.navy.mil	Provides separating/retiring Service members and their families with the skills, tools, and confidence to re-enter the civilian work force
REALifelines ♻️	www.dol.gov/vets/programs/Real-life	Links Service members and their families with local community resources to support their recovery and reemployment
Safe Harbor Foundation Anchors Program 🌐	safeharbor.navylive.dodlive.mil/transition/anchor-program	Connects Sailors with mentors who assist with the challenges associated with returning to civilian life
Still Serving Veterans 🌐	www.stillservingveterans.org	Helps Service members and families transition to post-military lives
Transition Assistance Advisors 🇺🇸🧵★	www.taapmo.com	Lists points of contact to assist members in accessing VA benefits and health care services
Turbo Transition Assistance Program 🇺🇸	www.dmdc.osd.mil/appj/dwp/index.jsp	Provides full transition resources
USSOCOM Care Coalition ❤️🇺🇸	www.socom.mil/CareCoalition	Provides career transition for Special Operations Forces warriors and their caregivers

VA Pre-Discharge Programs 

benefits.va.gov/predischarge

Enables Service members to submit disability compensation claims up to 180 days prior to separation, retirement, or release from active duty or demobilization

VetNet  

vetnethq.com

Includes information on companies looking to hire veterans and spouses

Vet Success 

www.vetsuccess.va.gov

Provides a virtual employment resource center for veterans

Vet-Trans 

www.vet-trans.com

One-stop location to find a wealth of information pertaining to transition assistance, veterans services, and much more

Yellow Ribbon Reintegration Program   

www.yellowribbon.mil

Offers events where Reservists, Guardsmen, and their families can get information on health care, education/training opportunities, and legal benefits



[www.militaryonesource.mil/
wounded-warrior](http://www.militaryonesource.mil/wounded-warrior)

Support Line: 800-342-9647

The Military OneSource Wounded Warrior Program can help you understand benefits, research independent living options, and identify counseling and advocacy resources. Use these resources, tools, and articles to find the support you and your family need.

General Information

- Family Readiness System
- Wounded Warrior Acronyms
- Wounded Warrior Programs

Keeping It All Together Handbook

Free download; find information on:

- First Questions and Answers
- Keeping a Medical Journal
- Support and Resources
- The Recovery Team
- Travel and Lodging Information

Independent Living

- Accessing Services and Resources for Housing
- Independent Living Skills
- Paying for Care
- Technology Resources

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured

Service Members

- Taking Care of Yourself When Your Spouse Has a Combat Stress Injury
- Care and Benefits
- Family Impacts
- Vocational Training and Rehabilitation

Caring for an Injured

Service Member

- Coping with Compassion Fatigue
- Coping with a Traumatic Event
- Preparing a Child to See an Injured Service Member for the First Time
- Recognizing the Signs of Combat Stress
- When You Become Your Spouse's Caregiver

Tools & Resources

Free downloads; must log in to order

- Honoring Our Babies and Toddlers: Supporting Young Children Affected by a Military Parent's Injury
- I'm Here for You Now
- Keeping It All Together Handbook
- Special Care Organizational Record (SCOR) for Adults

Caregiver Support

Caregiving Knowledge and Skills



AARP



www.aarp.org

Offers free online seminars and educational resources

American Red Cross Family Caregiver Courses and Certifications



www.redcross.org/take-a-class

Teaches practical skills and coping strategies; classroom and self-study options available at the local chapter

American Red Cross First Aid, CPR and AED Training



www.redcross.org/take-a-class

Offers both certified and non-certified training options

Armed Forces YMCA



www.asymca.org

Implements local programs and services (family life, medical, recreation and fitness, education, CPR and First Aid Training)

Building Better Caregivers Workshops



www.caregiver.va.gov

Six-week, highly interactive online small group workshop; total of two hours per week for six weeks; contact local VA Caregiver Support Coordinator to participate

Caregivers' Resources (USA.gov)



www.usa.gov/Citizen/Topics/Health/caregivers.shtml

Helps finding nursing homes, assisted living, or hospice; checks eligibility for benefits; sponsored by General Services Administration

Caring for the Caregiver

Reserve/Guard Specific Resource

Military Children

DoD Program

Non-Profit Organization

Español Available

VA Program

Veterans Service Organizations

Smartphone App

Caregiver's Journey ❤️🇺🇸	www.traumaticbraininjuryatoz.org	Caregiver's Journey: TBI Guide for Caregivers of Service members and veterans
Center for the Study of Traumatic Stress ❤️🇺🇸	www.cstsonline.org	Shares research and <i>Courage to Care</i> fact sheets
Coaching into Care ❤️🔄	www.mirecc.va.gov/coaching	Provides support and problem solving assistance and information about available programs or enrolling in VA care
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury ❤️🇺🇸	www.dcoe.health.mil	Provides TBI information, tips for treating mild TBI and PTSD, integrative health and wellness, and provider resources; special section on "Supporting Your Service Member"
Easter Seals Caregiver Training Program ❤️🌐ES	www.easterseals.com	Provides training to eligible caregivers on self care, home safety, caregiver skills, veteran personal care, managing difficult behaviors, and support resources
Everyone Serves Book ❤️🌐	www.everyoneservesbook.com	In partnership with Blue Star Families, this handbook was created for family and friends of Service members; information and resources for pre-deployment, deployment, and reintegration; special section on military caregiving, including videos; available in ebook, PDF, and web versions
Family Caregiver Alliance National Center on Caregiving ❤️🌐	www.caregiver.org/caregiver/jsp/home.jsp	Provides caregiving 101 and fact sheets, discussion groups, telephone conferences, and other educational resources, including the Family Care Navigator, which provides state-by-state resources

Help Guide 

www.helpguide.org/mental/ptsd-family-help-support.htm

Provides PTSD fact sheet, tips for; rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, the importance of self-care, and much more

Military Family Caregiving Online Training  

www.extension.org/militaryfamilies

Provides an interactive learning environment with caregiving skills training, tips, and resources; offered by the Military Family Extension-University of District of Columbia

Military Family Caregiving Videos  

www.extension.org/pages/64645/military-family-caregiving-video-series

The Texas A&M AgriLife Extension Service Military Program has developed a series of topical videos designed to alleviate caregiver burden and provide a basic understanding of injuries sustained in military combat

My HealtheVet Caregiver Assistance Center  

www.myhealth.va.gov/mhv-portal-web

Designed to help caregivers take better care of themselves; offers information on VA benefits and services and community resources

National Alliance for Caregiving   

www.caregiving.org

Provides free brochures on caregiving

National Military Family Association  

www.militaryfamily.org/get-info/caregiver

Provides caregivers assistance with navigating DoD and VA support programs and health care; lists caregiver benefits

Network of Care  

www.networkofcare.org

Offers community-based resources and tools for caregivers including a library of articles, fact sheets, and reports

<p>Next Step in Care (Family Caregivers and Medical Professionals Working Together)</p> <p>❤️🌐ES</p>	<p>www.nextstepincare.org/ Caregiver_Home</p>	<p>Intended for both new and experienced caregivers, the guide offers nine practical first steps new caregivers should take and advice for pacing oneself for the long term</p>
<p>Operation Family Caregiver ❤️</p>	<p>www.rosalynncarter.org/ returning_soldiers/</p>	<p>Helps families of returning OEF/OIF/OND Service members suffering with health issues; offers a personalized 4-6 month program offered either in-home, by telephone, or via Skype; free and completely confidential</p>
<p>Prepare to Care (AARP Foundation)</p> <p>❤️🌐ES</p>	<p>aarp.org/home-family/ caregiving</p>	<p>Family Caregiving Planning Guide includes information on how to get started, questions to ask, and where to find basic resources</p>
<p>Real Warriors Campaign ❤️🦅</p>	<p>www.realwarriors. net/family/support/ psychhealth.php</p>	<p>Provides information on how to support Service members with psychological health concerns</p>
<p>Silent Siren 🌐</p>	<p>www.silentsiren.org</p>	<p>Educates emergency support personnel and military families and caregivers about PTSD and the fundamental approaches to responding to PTSD crisis situations</p>
<p>Strength for Caring ❤️🌐</p>	<p>www.strengthfor caring.com</p>	<p>Includes articles and resource center</p>
<p>Support and Family Education (SAFE) ❤️🔄</p>	<p>www.ouhsc.edu/ safeprogram</p>	<p>Presents 18-session family education modules for people who care about someone living with mental illness or PTSD</p>
<p>TBI: Family Caregiver Curriculum ❤️🦅</p>	<p>www.traumaticbraininjury atoz.org</p>	<p>Trains individuals to provide care and assistance to members and former members of the Armed Forces with TBI</p>

VA Caregiver Support ❤️ ♻️

www.caregiver.va.gov

Website has tips and tools for family Caregivers, stories and videos of family Caregivers of veterans, and a zip code look-up feature to find the closest VA Caregiver Support Coordinator

VA Health Benefits and Services ❤️ ♻️

www.va.gov/healthBenefits/resources/eligibility_check.asp

Support includes Caregiver Eligibility Check for VA program; assistance applying for VA's Comprehensive Assistance for Family Caregivers Program at 877-222-VETS (877-222-8387)

Veteran Caregiver 🌐

www.veteran-caregiver.com

Provides peer-to-peer support and special assistance for caregivers of veterans, as well as for veterans

Caregiver's Mental Health and Wellbeing



Afterdeployment



www.afterdeployment.org

Offers wellness resources for the military community

American Red Cross ❤️ 🌐 ES

www.redcross.org

Helps with food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources

Care for the Family Caregiver—A Place to Start ❤️ 🌐

www.caregiving.org/data/Emblem_CfC10_Final2.pdf

This helpful and informative booklet serves family caregivers

Caregiver Stress ❤️

www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.cfm

Provides caregiver stress fact sheets; sponsored by the Department of Health and Human Services

<p>Child and Family Program of the Center for the Study of Traumatic Stress ❤️🇺🇸</p>	<p>www.couragetotalk.org</p>	<p>Courage to care, courage to talk; resources for family and friends to communicate more effectively about war injuries</p>
<p>Coaching into Care ❤️🇺🇸</p>	<p>www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf</p>	<p>Booklet on Post Deployment Stress—What Families Should Know, What Families Can Do</p>
<p>Coming Home Project ❤️🌐</p>	<p>www.cominghomeproject.net</p>	<p>Offers free counseling in Northern California; provides information and referral services to others</p>
<p>Family Caregivers Briefcase (American Psychological Association) ❤️🌐</p>	<p>www.apa.org/pi/about/publications/caregivers/final-report-2010.aspx</p>	<p>Includes 160 pages of information and resources for and about caregivers</p>
<p>Family of a Vet ❤️🌐</p>	<p>www.familyofavet.com</p>	<p>Provides free download of "Taking Care of Me" packet and much more information</p>
<p>Give an Hour ❤️🌐</p>	<p>www.giveanhour.org</p>	<p>Offers therapists who have signed up to "give an hour" a week for up to a year; use the "Provider Search" function to find a therapist nearby</p>
<p>Hearts of Valor ❤️🌐</p>	<p>www.operationhomefront.net/servicedetail.aspx?id=1034</p>	<p>Provides female caregivers opportunities to build relationships, access resources, and enjoy brief moments of rest and respite</p>
<p>Joint Family Support Assistance Program ❤️🇺🇸🌟</p>	<p>www.jointservicesupport.org</p>	<p>Provides support for families who are far from a military installation; services are delivered through collaborative partnership with Federal, State, and local resources</p>

**Military Crisis
Line** ❤️ 🗨️

www.veteranscrisisline.net

Free hotline; call 800-273-8255, text also at 838255 or chat online at veteranscrisisline.net/activeduty

**Military and Family
Life Counselor
Program** ❤️ 🦅

www.militaryonesource.mil/12038/MOS/Booklets/MFLC_Program_Brochure.pdf

Provides support for relationships, stress management, grief, and other challenges; no cost to Active Duty, Guard, Reserve, and family members

Military OneSource
❤️ 🦅 ES

www.militaryonesource.mil

Provides in-person and telephonic counseling; special category on “Caring for Injured Service Member”

Military Pathways
❤️ 🦅

www.militarymentalhealth.org

Provides 24/7 access to free, anonymous online mental health self assessments

**National
Guard Bureau
Psychological
Health Services**
❤️ 🦅 ⭐

www.jointservicesupport.org/resourcefinder/topic.aspx

Directors of Psychological Health are available in each state, territory, and the District of Columbia to provide telephone and face-to-face consultations; free and confidential; search website for local contacts and resources

**Navy Reserve
and Marine
Corps Reserve
Psychological
Health Outreach
Program (PHOP)**
❤️ 🦅 ⭐

www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram

Ensures USMC and Navy reservists and their families have access to psychological health care services; PHOP is not an emergency or first responder service; for more information, contact the regional PHOP team listed on the website

**PTSD Treatment
Help** ❤️

PTSDtreatmentHelp.com

Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

Rand Corporation  	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do
Restore Warriors (Wounded Warrior Project)  	www.restorewarriors.org	Offers questionnaire and online help for stress, loss, self esteem, relationships, etc.
Special Operations Warrior Foundation  	www.specialops.org	Provides caregivers of Special Operations Forces personnel with spa services
Substance Abuse and Mental Health Administration 	www.samhsa.gov	Offers treatment locations, downloads, videos, and publications
The Soldier's Project  	www.thesoldiersproject.org/getting-help	Offers free psychotherapy
TRICARE Telemental Health Services  	www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx?sc_database=web	Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services
VA Caregiver Support  	www.caregiver.va.gov/support/support_services.asp	Provides a caregiver toolbox, diagnosis care sheets, everyday tips, and help staying organized
Vet Centers    	www.vetcenter.va.gov	Offers free individual and family counseling to eligible veterans and families at 300 local Vet Centers



The veteran care recipients tend to be much younger than caregivers nationally, with **40%** of caregivers saying the veteran is between the ages of **18 and 54...**

...96% of caregivers of veterans are **women**, and 70% provide care to their spouse or partner.

National Alliance for Caregiving 2010
“Caregivers of Veterans—Serving on the Homefront”



Child Care Assistance for Families of Severely Injured Military Members

National Association of Child Care Resource & Referral Agencies (NACCRRA) and the Department of Defense (DoD) have partnered to provide families of severely injured military members with assistance to find and pay for safe, licensed child care services for a period of six months during their period of recuperation. Extensions beyond the six-month period will be considered based upon physician reassessment. The program is available nationwide wherever the injured member is receiving either in-patient or out-patient medical care. NACCRRA will coordinate with state and local child care resources and referral agencies to help military families locate child care in the civilian community when a military program is unavailable. This will allow the spouse to be at bedside or to help with outpatient medical appointments. NACCRRA and DoD will provide an offset to the civilian child care fees during the recovery period.

For more information: www.naccrra.org/military-families

Children's Needs

Child Care Assistance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers child care during illness, surgery, and recovery

Army One Source

www.myarmyonesource.com

Gives child care referrals

AuPairCare

www.aupaircare.com

Provides live-in child care at affordable prices

Childcare Aware

www.childcareaware.org

Allows users to search for child care by zip code; includes general advice and resources

Joint Services Support

www.jointservicesupport.org

Virtual military community for National Guard members and families; there are 7 portals to Reintegration, Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Little Warrior Respite Program (Easter Seals)

gwbr.easterseals.com/site/PageServer?pagename=DCMD_LittleWarriors

Provides educational services, respite events, and relaxations days for wounded warrior families and their children ages birth to 13 years old (serving DC, MD, VA)

Military Child Care in Your Neighborhood

www.naccrra.org/military-families

Provides fee assistance for Active Duty and civilian technicians who are unable to access on-post child care

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

Military Heroes Fund 🌐 👤	www.pentagonfoundation.org	Pays for on-site, quality child care at Walter Reed Medical Center
Military OneSource 🦅 ⭐ 👤 ES	www.militaryonesource.mil/parenting	Provides assistance with any child care related services and counseling
Operation Military Child Care 🦅 ⭐ 👤 ❤️	www.childcareaware.org	Supports Reserve component and geographically dispersed military families; provides assistance while looking for employment
Operation Second Chance 🌐 👤	www.operationsecondchance.org/supportandassistance	Provides child care during illness or surgery
Respite Child Care ❤️ 🦅 👤	www.naccrra.org/military-families	Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care (i.e., to go to work or attend school); limited to eligibility guidelines and funding availability
Sitter City 🦅 👤	www.sittercity.com/dod	Offers free membership to help find fee-based child care, housekeeping, and animal care services
Yellow Ribbon Fund 🌐 👤	www.yellowribbonfund.org	Offers babysitting, kid matinees, and pool days

Children's Health and Wellbeing



American Legion 🧑🏻 🧑🏻

www.legion.org

Awards cash grants to minor children of veterans who are eligible for American Legion membership

Armed Services YMCA's Operation Hero Program 🧑🏻 🧑🏻

www.asymca.org/programs/operation-hero4

Targets children ages six to 12 years who exhibit low self esteem or difficulty adjusting academically/socially in school

Blue Star Families 🌐 🧑🏻

bluestarfam.org

Blue Star Theatres offers complimentary admission to all military personnel, their families, and veterans; see website for participating theaters

Child and Family Program of the Center for the Study of Traumatic Stress ❤️ 🇺🇸 🧑🏻

www.couragetotalk.org

Courage to care, courage to talk; resources for family and friends to communicate more effectively about war injuries

Children of Military Service Members Resource Guide 🇺🇸 🧑🏻

www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf

A quick-reference tool for parents, other family members and health care providers who work with the children of military service members; resources are organized by topic and cognitive age level

Exceptional Family Member Program 🇺🇸 🧑🏻

www.militaryonesource.mil/efmp

Supports Service members who have dependents with chronic medical, dental, mental health, developmental, or educational conditions and require special care and services

Family of a Vet ❤️ 🌐 🧑🏻

www.familyofavet.com/parent_teacher_packet

Parent/teacher packet about PTSD

FOCUS Program  	www.focusproject.org	Offers resilience training for children and teens
Horses 4 Heroes  	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program
K2 Adventures Foundation  	www.k2adventures.org/about-us	Provides services, support, and funds for educational and medical enrichment for families with special needs and/or life changing medical circumstances
Military Child Education Coalition  	www.militarychild.org	Advocates for military children's educational needs
Military Families Knowledge Bank   	mfkb.nctsn.org	Includes useful resources available to assist traumatized children and their families
Military Kids Connect  	militarykidsconnect.org	Connects online community of military children (ages 6-17) to informative activities, fun games, and helpful videos
MilKidz Club  	www.bluestarfam.org/milkidz-club	Offers free tickets and other events for military children
Military OneSource   	www.militaryonesource.mil/parenting	Distributes free booklet, "Honoring Our Babies and Toddlers"
Mission Sleep   	www.missionsleep.org	Provides free, overnight newborn care when parent's partner is deployed or wounded

Mission Youth Outreach 🌐👨👩

www.bgcaa.com

Allows geographically dispersed Active Duty, Guard, and Reserve youth to attend a local boys and girls club at no cost to the family

New Parent Support Program 🦅👨👩

www.militaryonesource.mil/parenting?content_id=266691

Helps parents and expectant parents develop skills needed to provide a nurturing environment; free service on most installations

Operation Homefront 🌐👨👩

www.operationhomefront.net

Offers assistance with baby food, diapers, formula, etc.

Operation Purple Programs ❤️🌐👨👩

www.militaryfamily.org

The National Military Family Association has designed several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures

Operation Military Kids 🌐👨👩

www.operationmilitarykids.org

Supports military kids impacted by deployment and those geographically dispersed

Operation Shower ❤️🌐👨👩

operationshower.org

Operation Shower prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment

Our Military Kids 🌐👨👩

www.ourmilitarykids.org

Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring

Rand Corporation 🌐👨👩

www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf

Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do

Semper Fi Fund 🌐👨👩

www.semperfund.org

Provides a Kids Camps week where campers are matched up with high school student mentors

Sesame Street Connections  	www.sesamestreet.org/tlc	Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers
The General's Kids  	www.thegeneralskids.org	Helps cover costs so children can participate in local activities such as sports, music, and dance
Trevor Romain Foundation, "Taking Care of You" Kit  	www.uso.org/warriorandfamilycare	Distributes DVDs and books to support military children who are dealing with a "new normal"
Tutor.com  	www.tutor.com	Provides online tutoring program
Yellow Ribbon Fund  	www.yellowribbonfund.org	Offers babysitting, kid matinees, and pool days
Zero to Three  	www.zerotothree.org	Distributes free booklet to support young children whose parent/caregiver has been injured



Keep Your DEERS Information Up-to-Date!

Information at: www.tricare.mil/deers

1-800-538-9552

1-831-655-8317 (fax)

The key to receiving timely TRICARE benefits is keeping your information in the Defense Enrollment Eligibility System (DEERS) up-to-date.

You have several convenient options for updating DEERS:

- MilConnect: www.dmdc.osd.mil/milconnect
- Verify and update your DEERS information
- Learn about your other military benefits
- Learn more about how to log on to MilConnect at www.dmdc.osd.mil/identitymanagement

Find a local ID card-issuing facility: www.dmdc.mil/rsl

Veterans Service Organizations (VSOs)

What They Are and How They Can Help

VSOs are not part of VA. VSOs are recognized national and state organizations that help veterans and their families with their claims. These services are provided free of charge. VSOs can help you with questions about your VA claims. They can also act on your behalf regarding your claim with VA.

A directory of VSOs can be found at: www.va.gov/VSO

Education and Training

Scholarships, Loans, and Grants



Air Force Aid Society ❤️ 🌐 🧑🏻

www.afas.org/ed-loans

Distributes \$2,000 need-based grants to full-time college undergraduates who are dependent children and spouses of Active Duty Air Force, retirees, or deceased members

Air Force Association Spouse Scholarships ❤️ 🌐

www.afa.org/informationfor/military/scholarships

Encourages Air Force spouses to pursue undergraduate or graduate degrees

American Legion 🧑🏻 🌐

www.legion.org/scholarships

Offers scholarships and other resources to assist young people in their pursuit of higher education, including kin of wartime veterans and participants in Legion programs.

AMVETS Scholarships 🧑🏻 🌐

www.amvets.org/programs/scholarships

Awards scholarships to veterans/Active military, their sons, daughters, and grandchildren

Army Emergency Relief ❤️ 🌐 🧑🏻

www.aerhq.org/dnn563

Provides financial assistance for Army spouses and dependent children who are pursuing their first undergraduate degree

Blue Star Families ❤️ 🌐

bluestarfam.org/Programs/Blue_Star_Careers

Blue Star Scholarships provide scholarships to military-affiliated students enrolled in select distance-learning degree programs at partner schools to help defray the costs associated with pursuing higher education

❤️ Caring for the Caregiver

★ Reserve/Guard Specific Resource

🧑🏻 Military Children

🦅 DoD Program

🌐 Non-Profit Organization

ES Español Available

VA VA Program

🧑🏻 Veterans Service Organizations

📱 Smartphone App

Federal Student Aid 🇺🇸	studentaid.ed.gov/types/grants-scholarships/military	Offers scholarship information for military members and families; sponsored by the Department of Education
Fisher House Foundation Military Scholarships 🇺🇸	www.militaryscholar.org	Open to sons and daughters of Active Duty, Reserve/Guard, or retired commissary customers
Folds of Honor ❤️ 🇺🇸	scholarships.foldsofhonor.org	Offers scholarships not based on need or merit for spouses and dependents of Service members
Freedom Alliance Scholarship Fund 🇺🇸	freedomalliance.org/programs/scholarship-fund	Funds scholarships for dependent children of Active Duty Service members who were killed or permanently disabled (100% VA rating)
Green Beret Foundation 🇺🇸	greenberetfoundation.org/scholarships	Provides scholarships for children of wounded, ill, or injured U.S. Army Special Forces Soldiers
Hope for the Warriors ❤️ 🇺🇸	www.hopeforthewarriors.org	Provides caregivers/spouses scholarships at an accredited university, college, or trade school
Job Explorer ❤️ 🇺🇸	www.mcsfex.net	Allows users to search for military friendly scholarships for Service members and families
John and Betty Pope Scholarship Program ❤️ 🇺🇸	www.rosalynncarter.org/PopeFellowship/	Provides financial assistance for the online Caregiving Issues and Management Certificate Program at Georgia Southwestern State University
Marine Corps Scholarship Foundation 🇺🇸	www.marine-scholars.org	Provides scholarships for children of active duty and veteran Marines

Mattie J. T. Stepanek Caregiving Scholarship ❤️🌐

www.rosalynncarter.org/MattieStepanek/

Provides financial assistance to caregivers who are seeking training or education in specific skills, procedures, and strategies that lead to more effective care

Military Officers Association of America 🌐👤

www.moaa.org

Offers interest-free loans, scholarships, and grants for students seeking undergraduate degrees

Military Order of the Purple Heart Scholarship Program 🎗️👤

www.purpleheart.org

Awards scholarships to select students who complete the application process and meet certain criteria

Military Spouse Career Advancement Account Program (MyCAA) ❤️🇺🇸

aiportal.acc.af.mil/mycaa

Scholarship program helps you get the credentials you need to achieve your career goal; provides up to \$4,000 of financial assistance to eligible military spouses who are pursuing a license, certification or Associate's degree in a portable career field and occupation

Military Warrior Support Foundation Education 4 Heroes 🌐

www.militarywarriors.org/education4heroes

Helps cover tuition and educational costs at an accredited higher learning institution at the in-state fee level

National Military Family Association Military Spouse Scholarships ❤️🌐

www.militaryfamily.org

Provides tuition, fees, and school room and board for GED/ESL, vocational training, professional certification, post-secondary, graduate school, in-class/online, and full/part time

Navy Marine Corps Relief Society 🌐👤

www.nmcrcs.org

Assists eligible Sailors, Marines, and families to pursue academic goals by providing a source of education financing

No Greater Sacrifice 🌐 🇺🇸	www.nogreatersacrifice.org	Provides scholarships and other educational resources for children of America's heroes
Post GI Bill ❤️ 🇺🇸 🇺🇸	www.gibill.va.gov	Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed
Post GI Bill Calculator (Iraq and Afghanistan Veterans of America) 🧵	newgibill.org/calculator	Calculates GI Bill benefits plus Frequently Asked Questions
Semper Fi Fund 🌐	www.semperfund.org	Assists with costs of books, fees, and training; travel to job interviews; and equipment
ThanksUSA ❤️ 🌐 🇺🇸	www.thanksusa.org	Awards college, technical, and vocational school need-based scholarships to children and spouses
The Retired Enlisted Association Memorial Foundation Scholarship 🧵 🇺🇸	www.trea.org	Awarded to dependent children, grandchildren, or great grandchildren of a TREA member; essay required
Tillman Military Scholarship Program ❤️ 🌐	pattillmanfoundation.org/apply-to-be-a-scholar/	Offers direct study-related expenses such as tuition, fees, books, room and board, and other needs, such as child care
Veterans of Foreign Wars 🧵 🇺🇸	www.vfw.org/Community/Programs	Provides scholarships to high school students through the VFW's Voice of Democracy audio-essay competition

Training, Rehabilitation, and Internships



Education and Employment Initiative (E2I)

warriorcare.dodlive.mil/wounded-warrior-resources/e2i

Finds employment opportunities and provides career planning support for recovering Service members before they transition

Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)

whitman.syr.edu/ebv

Provides experiential training in entrepreneurship and small business management to post 9/11 veterans with disabilities, at no cost

Entrepreneurship Bootcamp for Veterans' Families (EBV-F)

whitman.syr.edu/ebv/programs/families

Integrates training in small business management with caregiver and family issues, at no cost

Mission Continues

missioncontinues.org

Provides community service fellowships for veterans followed by full time employment, pursuit of higher education, or permanent role in service

Operation Warfighter

warriorcare.dodlive.mil/wounded-warrior-resources/operation-warfighter

Federal internship program for active duty recovering Service members

PAVE (Paving Access for Veterans Employment)

www.PVA.org

Provides one-on-one support for coordinating rehabilitation needs with medical care and VA benefits

Troops to Teachers Program

www.proudtoserveagain.com

Helps eligible military personnel begin a new career as teachers in public schools

VA Work-Study Program

gibill.va.gov/resources/education_resources/programs/work_study_program.html

Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility

VetNet  	vetnethq.com	Includes inside information on companies looking to hire veterans and spouses
Vet Power 	vetpower.org	Offers a connection to nine universities who provide free entrepreneurial studies programs
Veterans Retraining Assistance Program 	www.vetsuccess.va.gov	Provides up to 12 months of retraining for high-demand jobs; visit ebenefits.va.gov to apply
Veterans Upward Bound	www2.ed.gov/programs/triovub	Assists veterans with refreshing their academic skills to succeed in post-secondary schooling
Vocational Rehabilitation and Employment 	www.vba.va.gov/bln/vre	Offers assistance with employment, education, and training for independent living

Financial Support

General Assistance



Air Force Aid Society 

www.afas.org

Provides interest free loans and grants for basic living expenses, emergency travel, vehicle expenses, medical/dental, child care/respites, moving expenses, etc.

Air Force Aid Society Falcon Fund 

www.afas.org

Available to Airmen of all ranks who need funds in an emergency situation to cover short-term, unexpected situations; loan amount cap of \$750; must be AD Air Force, ANG or Reserve on Title 10 orders, spouse with POA, or paying off a current Falcon Loan

American Legion  

www.legion.org

Awards cash grants to minor children of veterans who are eligible for American Legion membership for the cost of shelter, food, utilities, and health expenses

American Red Cross 

www.redcross.org

Provides quality, reliable financial assistance to eligible applicants 24/7/365

America's Fund  

americasfund.org

Provides direct financial assistance to all Service members and families for expenses during a long hospitalization or rehabilitation

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

Armed Forces Foundation 	www.armedforcesfoundation.org	Provides financial support with utilities, rent, and mortgage
Armed Forces YMCA 	www.asymca.org	Offers grants for junior enlisted personnel
Army Emergency Relief 	www.aerhq.org/dnn563	Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own"
Army One Source 	www.myarmyone.com	Offers tools such as Army Gold Game, and calculators
Certified Financial Planner Board of Standards 	www.letsmakeaplan.org/financial-planning-resources	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
Coast Guard Mutual Assistance 	www.cgmahq.org	Financial grants; referrals; short-term, interest free loans; free financial counseling
Hope for the Warriors—Critical Care Coordination 	www.hopeforthewarriors.org	Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits
Homeowners Assistance Program (Expanded) 	hap.usace.army.mil	Assists eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined
Homes on the Homefront 	www.homesonthehomefront.org	Makes it possible to own a home; for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financial capable of sustaining the home can apply

Joint Services Support 

www.jointservicesupport.org

Virtual military community for National Guard members and families; there are 7 portals to Reintegration, Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Lead the Way Fund 

www.leadthewayfund.org

Provides spouses and children of deceased, disabled, or Active Duty 75 RGT Rangers with assistance for health and wellness programs and other services determined to be vital to the family's well being

Military and Family Life Consultant Program Financial Counselors 

www.mhngs.com/app/programsandservices/mflc_program.content

Offers personal financial readiness, basic money management, savings and budget strategies; free, anonymous, and confidential; offers referrals to military and community resources; counselors may be available through Family Readiness Centers

Military Heroes Fund Emergency Financial Assistance 

www.pentagonfoundation.org

Supports requests to meet "unmet needs" which cannot be supported by government agencies

Military OneSource Financial Consultations 

www.militaryonesource.mil

Offers telephonic counseling with certified financial planners offering short-term, solution-focused counseling; twelve free counseling sessions allowed per year

Military Warriors Support Foundation 

www.militarywarriors.org/openhomes

Awards mortgage-free homes and three years of family and financial mentoring

Navy-Marine Corps Relief Society 🌐	www.nmcrcs.org	Provides interest-free loans or grants for transportation, medical/dental, food, rent, and utilities, child care expenses, essential vehicle repairs, and unforeseen family emergencies
Operation First Response 🌐	www.operationfirstresponse.org	Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, and travel expenses
Operation Homefront 🌐	www.operationhomefront.net	Provides rent and mortgage assistance, family transitional housing, critical baby items, emergency home repair, local moving assistance, essential home items, urgent vehicle repair and food assistance; paid directly to service providers typically within 24-72 hours
Operation One Voice 🌐 🗣️	operationonevoice.org	Helps the financial needs of children and families of wounded and fallen Special Operation Forces
Operation Second Chance 🌐	www.operationsecondchance.org/supportandassistance	Financial assistance for those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)
Pentagon Federal Credit Union Foundation 🌐	www.pentagonfoundation.org	Financial education, emergency loans, and home ownership grants
Rebuild Hope 🌐	www.rebuildhope.org	National network that "connects" donors to beneficiaries
Reserve Aid ⭐ 🌐	reserveaid.org	Provides grants for rent/mortgage, utility, car payments, car insurance, and Wal-Mart gift card for food/fuel

Special Operations Warrior Foundation 🌐	www.specialops.org	Provides immediate financial assistance to special operations personnel severely wounded in combat; provides \$3,000 immediately to families so they can be bedside at the hospital with their loved ones
Thrift Savings Plan 🦅	www.tsp.gov	Provide guidance on how to access TSP funds in moments of distress (i.e., loans, distributions, and tax breaks)
Turbo Transition Assistance Program 🦅	www.dmdc.osd.mil/appj/dwp/index.jsp	Offers financial planning for transition
USA Cares 🌐	www.usacares.org	Pays basic expenses—mortgage/rent, food for family and home utilities
USO Food Assistance 🌐	www.usometro.org/page.php?p=87	Limited supply of food and grocery store gift certificates for military families in need; a food pantry is also available at the USO Center at Indian Head, Dahlgren, Fort Meade, and Fort Belvoir for service members at no charge
USO Warrior and Family Care Program 🌐	www.uso.org/warriorandfamilycare	Offers financial assistance 24/7
VA Home Loan Guarantee Program ♻️	www.benefits.va.gov/homeloans	Offers guaranteed home loans, refinancing assistance, and special grants
VA Work-Study Program ❤️ ♻️ 🦿	gibill.va.gov/resources/education_resources/programs/work_study_program.html	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility

**Veterans of Foreign
Wars Unmet
Needs Program** 

www.vfw.org

Provides emergency grants to military families who need temporary help making ends meet

Temporary Lodging Expenses



**America's
Fund**  

americasfund.org

Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides, free from the financial pressures of travel, temporary lodging, and lost wages

**AMVETS
National Service
Foundation** 

www.amvetsnsf.org

Healing Heroes Program

Fisher House 

www.fisherhouse.org

Hotels for Heroes Program

**Navy Safe Harbor
Foundation** 

www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf

Provides financial and legal support for travel expenses, court costs, and housing/rental support

**Operation
Homefront
Villages** 

www.operationhomefront.net

Provides recovering Service member transitional family housing; Operation Homefront currently operates three villages in Oceanside, CA; Bethesda, MD; and San Antonio, TX

**USO Housing
Assistance** 

www.usometro.org/page.php?p=87

Provides free, furnished apartments to Service members and families experiencing financial hardship or a medical crisis; up to 60 days at no cost (Metro DC area)

Yellow Ribbon Fund 

www.yellowribbonfund.org

Provides free, furnished apartments and hotel rooms for families

Travel and Transportation Expenses



Air Compassion for Veterans 

www.aircompassionforveterans.org

Provides transportation through commercial airline tickets

Air Force Aid Society Falcon Fund 

www.afas.org

Falcon Loans provided for emergency travel regardless of the relationship to the Air Force member

America's Fund  

americasfund.org

Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides, free from the financial pressures of travel, temporary lodging, and lost wages

AMVETS National Service Foundation 

www.amvetsnsf.org

Healing Heroes Program

Armed Forces Foundation 

www.armedforcesfoundation.org

Pays car insurance, registration payments, and car payments

Armed Forces YMCA Jack Daniel's Operation Ride Home  

www.asymca.org

Provides junior enlisted (E-4 and below) single Service members, military families, and families of deployed Service members the opportunity to travel home

Disabled American Veterans 🧑🏻‍🦺	www.dav.org/veterans/i-need-a-ride	DAV has established a transportation network for veterans at 172 medical centers to help veterans get needed treatment
Fisher House 🌐	www.fisherhouse.org	Hero Miles program
Hope for the Warriors 🌐	www.hopeforthewarriors.org	Provides gas cards for vehicles to get to appointments
Luke's Wings ❤️ 🌐	www.lukeswings.org	Offers free transportation assistance for caregivers, Service members, and others
Navy Safe Harbor Foundation 🌐	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Operation Second Chance 🌐	www.operationsecondchance.org/supportandassistance	Assists with travel to include special circumstances, one-way flights, and urgent or short notice flights
Soldiers' Angels Tank Support 🌐	soldiersangels.org/index.php?mact=News,cntnt01,detail,0&cntnt01articlaid=133&cntnt01returnid=120	Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need
Veterans Airlift Command 🌐	www.veteransairlift.org	Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft owners and pilots
Yellow Ribbon Fund 🌐	www.yellowribbonfund.org	Provides free rental cars and taxi rides

VA Grants for Home Modifications

Specially Adapted Housing (SAH) Grant: The SAH grant is designed to help provide a barrier-free living environment that affords the individual a level of independent living he or she may not otherwise enjoy, such as a wheelchair accessible home. Veterans with specific service-connected disabilities may be entitled to a grant for the purpose of constructing or modifying a home to meet their adaptive needs. The grant is currently limited to \$64,960.

Special Home Adaptation (SHA) Grant: The SHA grant is for modifying an existing home to meet adaptive needs, such as assistance with mobility throughout the home. Veterans and Service members with specific service-connected disabilities may be entitled to this type of grant. The grant is currently limited to \$12,992. A temporary grant may be available to veterans and Service members who are or will be temporarily residing in a home owned by a family member.

Home Improvement and Structural Alterations (HISA) Grant: The HISA program offers assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities. A HISA grant is available to veterans with service-connected and non-service connected disabilities who have received a medical determination indicating that improvements and structural alterations are necessary or appropriate for the effective and economical treatment of their disability.

For more information: www.benefits.va.gov/homeloans/adaptedhousing.asp

Military Family Leave Provisions of the Family and Medical Leave Act (FMLA)

Eligible employees who are the spouse, son, daughter, parent, or next of kin of a covered Service member may take up to 26 weeks of FMLA leave during a single 12-month period to care for the Service member who is undergoing medical treatment, recuperation, or therapy, and is otherwise in outpatient status, or is otherwise on the temporary disability retired list for a serious injury or illness incurred or aggravated in the line of Active Duty. This provision applies to the families of Active Duty, Reserve components, and veterans of the Armed Forces.

For more information: www.dol.gov

Health Care Needs

Health Benefits and Coverage



Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory ❤️ 🇺🇸 ★

www.warwithin.org

Connects Service members and their families to health care and behavioral health providers nearby who are trained in issues that affect military members and their families; sponsored by UnitedHealth Group (UNH)

Civilian Health and Medical Program (CHAMPVA) ❤️ 🇺🇸

www.va.gov/hac/forbeneficiaries/champva/champva.asp

Offers health care coverage for eligible individuals who are not eligible for TRICARE

Continued Health Care Benefit Program (CHCBP) ❤️ 🇺🇸

www.humana-military.com

Premium-based health care program for former TRICARE-eligible members, eligible family members and unremarried former spouses; offers transitional coverage after TRICARE eligibility ends; need to purchase within 60 days of losing TRICARE or TAMP eligibility

Foreign Medical Program 🇺🇸

www.va.gov/HAC/forbeneficiaries/fmp/fmp.asp

Provides health care benefits to veterans with VA-rated service-connected conditions who are residing or traveling abroad (Philippines excluded)

InTransition Mental Health Coach and Support Program 🇺🇸

www.health.mil/intransition

Provides recovering Service members with encouragement from a personal coach and other resources to get started with a new mental health provider

❤️ Caring for the Caregiver

★ Reserve/Guard Specific Resource

👤 Military Children

🇺🇸 DoD Program

🌐 Non-Profit Organization

ES Español Available

🇺🇸 VA Program

🎗️ Veterans Service Organizations

📱 Smartphone App

Meds by Mail  	www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp	A voluntary service, which provides a safe, easy and cost-free way to receive non-urgent maintenance medications delivered at home
Military Medical Support Office  	www.tricare.mil/tma/MMSO	Supports medical care to remotely located Active Duty and Reserve Component Service members
My HealtheVet  	www.myhealth.va.gov	Access online records to manage health care, obtain information, and get facts about VA benefits and services
Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)   	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	Ensures USMC and Navy reservists and their families have access to psychological health care services; PHOP is not an emergency or first responder service; for more information, contact the regional PHOP team listed on the website
Quit Tobacco  	ucanquit2.org	Quit coaches are available 7 days a week, 24 hours a day to answer your questions about quitting smoking and chewing tobacco and ways to stay quit; please indicate that you are a veteran enrolled in the VA health care system
Rebuilding America's Warriors 	www.rebuildingamericaswarriors.com	Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors
Transitional Assistance Management Program  	www.tricare.mil/Welcome/SpecialPrograms/TAMP	Provides 180 days of transitional health care benefits after regular TRICARE benefits end

Transitional Care for Service-Related Conditions

www.tricare.mil/Welcome/SpecialPrograms/TAMP/TCSRC

Extends TRICARE coverage for certain service-related conditions beyond their regular 180-day Transitional Assistance Management Program (TAMP) coverage period; available worldwide

TRICARE Dental Program

www.trdp.org

For eligible active duty family members, National Guard, and Reserve members and their families; voluntary enrollment; 100% coverage for most preventive and diagnostic services; lower specialty care cost shares for E-1 thru E-4 pay grades; monthly premiums vary by location and type of plan

TRICARE—Injured on Active Duty

www.tricare.mil/wii

Explains health care programs and benefits for Service members who were injured on Active Duty

TRICARE Overseas Program

www.tricare-overseas.com

TRICARE partners with the best available providers around the world and has established host nation provider networks around military treatment facilities and in many remote locations

TRICARE Pharmacy Program

www.tricare.mil/pharmacy

Provides prescription medications for all eligible beneficiaries; can convert prescriptions from a TRICARE retail network pharmacy to home delivery by calling the Member Choice Center (877-363-1433)

TRICARE Program

www.tricare.mil

TRICARE is the DoD's worldwide health care program available to eligible beneficiaries as determined by information in DEERS; for eligibility, enrollment, cost, and coverage details, visit the website or contact your regional contractor

TRICARE Resources 

www.tricare.mil/smart

The SMART Site is your best source for TRICARE materials online; view, print, or download TRICARE briefings, fact sheets, handbooks, and other materials

TRICARE Telemental Health Services  

www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx

Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services

TRICARE Tobacco Cessation Program 

www.tricare.mil/tobacco cessation

Offers four ways to help break the tobacco cycle: Web-based Educational Materials, Smoking Quitlines, Counseling Services, and Smoking Cessation Medication

General Medical Information



Afterdeployment 

www.afterdeployment.org

Outlines DoD/VA clinical practice guidelines

Blind Rehabilitation Service 

www.va.gov/blindrehab

Includes adjustment to blindness counseling, patient and family education, residential inpatient training, and outpatient rehabilitation services

Hearing Center of Excellence 

hearing.health.mil

Fosters and promotes the prevention, diagnosis, mitigation, treatment, rehabilitation, and research of hearing loss and auditory injury

MedlinePlus [www.nlm.nih.gov/
medlineplus](http://www.nlm.nih.gov/medlineplus)

Provides information about diseases, conditions, and wellness issues in a language you can understand; offers reliable, up-to-date health information, anytime, anywhere, for free; sponsored by the National Institutes of Health (NIH)

**Mental Health
America Resource
Center** [www.mentalhealth
america.net](http://www.mentalhealthamerica.net)

Offers information regarding the realities of various mental health and mental illnesses

Military Pathways  [www.militarymental
health.org](http://www.militarymentalhealth.org)

Provides military mental health screening and referrals

**National Alliance on
Mental Illness**  www.nami.org/veterans

Distributes information about veterans and mental health illnesses for veterans and their families

**National Institute
of Mental Health**www.nimh.nih.gov

Offers a description of mental health diagnoses and how to locate resources for assistance

**Polytrauma
System of Care
Centers**  [www.polytrauma.va.gov/
support/training-and-
education.asp](http://www.polytrauma.va.gov/support/training-and-education.asp)

Includes interactive tool to guide families through the steps of the TBI/polytrauma rehabilitation process

**Spinal Cord Injury
and Disorders
Centers** www.sci.va.gov

Injured Service members may be approved by DoD for one of the 20 SCI centers available throughout the VA system; these centers provide specialized rehabilitative services to individuals with the onset of SCI

Vision Center of Excellence 	vce.health.mil	Works with TRICARE, Military Health System, VA, and other Centers of Excellence to provide guidance for clinical practice, and maximize patient-centered support close to home, unit, and family
War Related Illness and Injury Study Center 	www.warrelatedillness.va.gov	Provides a second opinion for veterans referred with difficult-to-diagnose war-related illnesses and injuries
Wounded Warrior Project Restore Warriors 	www.woundedwarriorproject.org/programs/combat-stress-recovery-program/restore-warriors	Offers tools and self-help strategies, including videos of other warriors sharing their experiences, along with coping strategies

Home-Based Health Care Assistance



Home Telehealth  	www.telehealth.va.gov	Provides access to a care coordinator by using technology in the home; includes education and training or online and telephone support groups
Home-Based Primary Care Program  	www.caregiver.va.gov/support/support_services.asp	Delivers routine health care services to the home when the veteran has medical issues that make it challenging for him or her to travel
Homemaker and Home Health Aide Program  	www.caregiver.va.gov/support/support_services.asp	Provides a home health aide to come to the home on a regular schedule to allow the caregiver time to take care of their own needs

Navy Marine Corps Relief Society Visiting Nurse Program



www.nmcrs.org/pages/health-education-and-post-combat-support

Offered to all Navy and Marine Corps members and their family members within a 25-mile radius of the program site; the visiting nurse may also offer resource information by telephone or mail to individuals outside the driving area

TRICARE Respite Care Program



www.tricare.mil/LifeEvents/InjuredonAD/HealthBenefits

Provides rest and change for the primary caregivers; respite care benefits are limited to 40 hours each calendar week and no more than five days per calendar week; no more than eight hours per calendar day

TBI and PTSD Information and Programs



ABCT Find a Therapist



www.abctcentral.org/xFAT/index.cfm?fa=search_advanced

Use this locator to find a local Cognitive Behavior Therapist; provides resources to help understand psychological treatment options and make informed decisions

America's Heroes At Work

www.AmericasHeroesAtWork.gov

Educates employers about signs/symptoms of combat PTSD and TBI and how to support warriors who need assistance; sponsored by DOL

Armed Forces Foundation



www.armedforcesfoundation.org

"Hidden Battles on Unseen Fronts," authored by Foundation President Patricia Driscoll and Foundation Supporter/author Celia Straus

Brain Injury Association of America ❤️🌐	www.biausa.org/living-with-brain-injury.htm	Provides direct support, information, resources, education, and advocacy for individuals living with brain injury
BrainlineMilitary 🦅	brainlinemilitary.org	Provides military-specific information and resources on TBI
Brave Heart Veterans ❤️🌐	braveheartveterans.org	Provides veterans and military families in the Southeastern U.S. with web-based coping resources, such as anonymous online self-screening tools and a local resource finder that connects users to health care resources in their community
Caregiver's Journey ❤️🦅	www.traumaticbraininjuryatoz.org	TBI Guide for Caregivers of Service members and veterans
Center for American Military Music Opportunities (C*A*M*M*O) 🌐	www.cammomusic.org	Provides opportunities to recovering Service members and veterans to heal through music; trains and educates veterans in music industry career opportunities and presents performances, concerts, and workshops
Center for Deployment Psychology 🦅	deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi	Offers free training about TBI; click on "Take for Free" and receive an up-to-date review of TBI and how it may be diagnosed and/or treated; in partnership with Uniformed Services University of the Health Sciences
Center for the Study of Traumatic Stress ❤️🦅👤	www.couragetotalk.org	Provides family resources, fact sheets, etc.
Centre for Neuro Skills ❤️🇪🇸	www.neuroskills.com	Provides resources and help for families related to Traumatic Brain Injury rehabilitation

Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory ❤️🦅🌟

www.warwithin.org

Connects Service members and their families to health care and behavioral health providers nearby who are trained in issues that affect military members and their families; sponsored by UnitedHealth Group

Cognitive Systems

www.Cog-Systems.com

Provides innovative treatment for mild TBI and other neurological injuries that can be done from home

DCoE for PH and TBI Psychological Health Information ❤️🦅🦺

www.dcoe.health.mil/PsychologicalHealth/Psychological_Health_Information

Includes resources on treatments for Major Depressive Disorder, TBI, and PTSD

Defense Veterans Brain Injury Center ❤️🦅🦺

www.dvbic.org

Distributes booklet: Talking to children about moderate/severe TBI

Disabled American Vets 🦺

www.dav.org/veterans/documents/PTSDBrochure.pdf

Distributes brochure: Living with Traumatic Stress

EEG (Neurofeedback) Information

www.eeginfo.com

Provides neurobiofeedback resources

EMDR Institute, Inc.

www.emdr.com

Offers information about Eye Movement Desensitization Reprocessing and its healing potential for TBI conditions

Family of a Vet ❤️🌐

www.familyofavet.com

Provides general information on TBI, PTSD, and other post-combat issues written by warriors and loved ones with first-hand experiences

Health Journeys 🌐

www.healthjourneys.com

“Invisible Heroes: Survivors of Trauma and How They Heal,” by Belleruth Naperstek

Help Guide 🌐	www.helpguide.org/mental/ptsd-family-help-support.htm	Provides PTSD fact sheet, tips for; rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, the importance of self-care, and much more
Intrepid Fallen Heroes Fund NICoE Satellite Centers 🌐	www.fallenheroesfund.org	State of the art facility for treating wounded heroes suffering from TBI
Make the Connection ❤️ 🗺️	maketheconnection.net	Helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better
Medal of Honor Speak Out 🌐	www.medalofhonorspeakout.org	Medal of Honor recipients speak out about adjusting to life after combat, particularly for post traumatic stress
National Center for PTSD 🗺️	www.ptsd.va.gov	Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links of support
National Intrepid Centers of Excellence Family Program ❤️ 🦅	www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx	Short-term, solution-focused therapies done in individual, marital, group, and family sessions
The Pathway Home 🌐	www.thepathwayhome.org	Offers private treatment for OEF/OIF veterans with PTSD
PTSD Program Locator 🗺️	www.va.gov/directory/guide/ptsd_fish.asp	Locate nearby specialized PTSD programs, search by state, or find specialized programs by type

PTSD Treatment Help ❤️

PTSDtreatmentHelp.com

Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

Semper Fi Fund 🌐

semperfund.org/resources

Movie: Cover Me (about combat operational stress)

Sidran Institute Traumatic Stress Education and Advocacy 🌐

www.sidran.org

Lists resources and provides a help desk that helps Service members/veterans find therapists or treatment centers for trauma recovery

Soldiers Heart

www.soldiersheart.net

Alleviates symptoms of PTSD through storytelling, purification, community forgiveness, and healing and restitution

Survivors of Traumatic Events—Managing Your Stress 🌐

store.samhsa.gov/product/NMH05-0209PUNJABI

Tips to relieve stress; describes how and when to seek professional help; provides accompanying resources

The Traumatic Brain Injury: The Journey Home ❤️ 🇺🇸

www.traumaticbraininjury.atoz.org

Provides an informative and sensitive exploration of TBI; includes information for patients, family members, and caregivers

Uniformed Services Medical University Clinical Research 🇺🇸

www.usuhs.mil

Learn about research studies on brain injury

Vet Centers ❤️ ♻️ ES

www.vetcenter.va.gov

Helps combat veterans and their families; 200 community locations

Warrior Canine Connection 🌐

www.warriorcanineconnection.org

Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical mission helping fellow RSMs

Travel Benefits for Caregivers

If the recovering Service member is being treated away from his or her family, family members and caregivers may be able to travel at government expense to be with the recovering Service member. Travel is handled much like other military travel and requires submitting a travel voucher for payment.

Up to three members of the immediate family may be eligible to travel to the recovering Service member's location while he or she is an in-patient. When the recovering Service member becomes an outpatient, the local finance office can provide one family member orders to remain during recovery. Recent changes to the Joint Federal Travel Regulation (JFTR) now allow more than one non-medical attendant present under extenuating circumstances.* Family members who are eligible for this travel include parents, spouses, children, and siblings. Like the military travel orders, incremental payments and extensions to the orders may be needed if the stay as an outpatient is an extended one. Family members' travel orders will cover the cost of travel, hotel bills, meals, and some incidental expenses up to a maximum daily amount determined by the location. Some expenses, like a rental car costs are not reimbursable. Each Service handles the process of issuing orders for family members and reimbursing them for expenses in a slightly different manner.

* JFTR change 291 to JFTR U5250-C, dated 1 March 2011.

Home and Automobile Modifications and Special Equipment



Automobiles and Adaptive Equipment



benefits.va.gov/benefits

Provides a one-time payment of no more than \$18,900 toward the purchase of an automobile or other transportation; additionally, VA will pay for adaptive equipment, or for repair, replacement, and reinstallation of automobile equipment required because of disability

Blind Rehabilitation Service



www.va.gov/blindrehab

Provides technology to regain independence and return to full activity; approved technology required by veterans is provided by VA Prosthetics Service at no cost

Clothing Allowance



www.va.gov/health

Reimburses the veteran if, because of a service-connected condition, clothing gets permanently damaged by a prosthetic or orthopedic appliance worn or a prescribed medication used on skin

Computer/ Electronics Accommodations Program



www.cap.mil/wsm

Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DoD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organizations



Smartphone App

Help Our Military Heroes 	www.helpourmilitaryheroes.org	Provides recovering Service members with fully-equipped handicapped vehicles
Home Improvements and Structural Alterations (HISA) Grant 	www.benefits.va.gov/HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100 (see pg. 54)
Navy Safe Harbor Foundation 	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Offers help for housing modifications, vehicle modifications, and other equipment
Prosthetic Appliances 	www.prosthetics.va.gov/About_PSAS.asp	Provides medically prescribed prosthetic and sensory aids to eligible veterans; these aids include artificial limbs, hearing aids, communication aids, eyeglasses, orthopedic braces and shoes, wheelchairs, crutches, and canes
Semper Fi Fund 	semperfund.org/assistance	Grants include visual enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs, and therapeutic mattresses for those with multiple injuries and burns
Soldiers' Angels Project Valour-IT 	soldiersangels.org/project-valour-it.html	Provides voice-controlled/adaptive laptop computers, iPads, personal GPS, Wii Video Game Systems, and other technology to support Soldiers, Sailors, Airmen, and Marines recovering from hand wounds and other severe injuries

**Special Adapted
Housing (SAH)
Grant** 

[www.benefits.va.gov/
HOMELOANS](http://www.benefits.va.gov/HOMELOANS)

Provides assistance for constructing or modifying a home to meet recovering Service members' adaptive needs; grant limited to \$64,960 (see pg. 54)

**Special Home
Adaptation (SHA)
Grant** 

[www.benefits.va.gov/
HOMELOANS](http://www.benefits.va.gov/HOMELOANS)

Intended for modifying an existing home to meet adaptive needs; grant is currently limited to \$12,992 (see pg. 54)



Special Compensation for Assistance with Activities of Daily Living (SCAADL)

Special Compensation for Assistance with Activities of Daily Living (SCAADL) was authorized by the Fiscal Year 2010 National Defense Authorization Act. This special monthly compensation is for Service members who incur a permanent catastrophic injury or illness and require assistance with activities of daily living or who require constant supervision. SCAADL helps offset the loss of income by a primary caregiver who provides non-medical care, support, and assistance for the Service member.

Contact a member of your recovery team (to include the Primary Care Manager, Nurse Case Manager, Recovery Care Coordinator, Non-Medical Care Manager, or unit leadership) for the SCAADL application and guidance.

For more information: militarypay.defense.gov

Legal Assistance

Contact one of the many Veterans Service Organizations for free representation when appealing denied VA claims. See full directory of VSOs at www.va.gov/vso.



Employer Support of Guard and Reserve

www.esgr.mil

Helps resolve disputes or answer questions about employment related problems for Reservists and Guardsmen

Justice for Vets (Veteran Mentors)

www.justiceforvets.org/veteran-mentors

Provides Veteran Mentors who assist their fellow veterans with peer support, housing, employment linkages, job training, education, transportation, disability compensation claims, discharge status, and other linkages available at the local, state, and federal level

Justice for Vets (Veterans Treatment Courts)

www.justiceforvets.org/veterans-treatment-court-locations

Serves a large segment of the justice-involved veteran population; a Veterans Treatment Court judge better understands the issues that a veteran may be struggling with, such as substance addiction, PTSD, TBI, and military sexual trauma

Military OneSource

www.militaryone-source.mil

Offers legal assistance information

National Disability Rights Network

www.ndrn.org/index.php

This network is the largest provider of legally based advocacy services to people with disabilities; membership organization

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National Veterans Legal Services Program 🌐	www.nvlsp.org	Offers legal aid referral services
Navy Safe Harbor Foundation 🌐	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Service Members Law Center ⭐️ 🌐	www.servicemembers-lawcenter.org	Established by the Reserve Officers Association to provide free legal information on laws relevant to reservists; the Law Center does not accept clients nor does it engage in the practice of law
Veterans Consortium Pro Bono Program 🌐	www.vetsprobono.org	Helps with legal assistance to appeal veterans benefits claims
Yellow Ribbon Fund 🌐	www.yellowribbonfund.com	Provides pro bono legal services

Online Social Networking

Facebook Pages

Most organizations included in this directory have Facebook pages. The Facebook pages listed in this section are some of the most commonly used Facebook pages by caregivers. Connecting to one of more of them is highly recommended to get the most up-to-date sources of information and support.

Army Wives Network	www.facebook.com/ArmyWifeNetwork
Battling Bare ❤️🌐	www.facebook.com/BattlingBare
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury 🇺🇸	www.facebook.com/DCoEpage
Family of A Vet/Life After Combat ❤️🌐	www.facebook.com/LifeAfterCombat
Green Beret Foundation <i>(Steel Magnolias)</i> ❤️🌐	www.facebook.com/GreenBeretFoundation
Her War/Her Voice ❤️	www.facebook.com/HerWarHerVoice
Hope for the Warriors ❤️🌐	www.facebook.com/HopeForTheWarriors
In Gear Career for Military Spouses ❤️🌐	www.facebook.com/BPWF4WomenVets#!/InGearCareer
Joining Forces for Women ❤️🌐	www.facebook.com/BPWF4WomenVets
Make the Connection ❤️🇺🇸	www.facebook.com/VeteransMTC

-  Caring for the Caregiver
-  Reserve/Guard Specific Resource
-  Military Children
-  DoD Program
-  Non-Profit Organization
-  Español Available
-  VA Program
-  Veterans Service Organizations
-  Smartphone App

Military OneSource ❤️ 🇺🇸	www.facebook.com/military.1source
Military Pathways 🇺🇸	www.facebook.com/militarypathways
Not Alone: Life After War 🌐	www.facebook.com/LifeAfterWar
Operation Family Caregiver ❤️	www.facebook.com/pages/Operation-Family-Caregiver/235902813138469
Operation Homefront Hearts of Valor ❤️ 🌐	www.facebook.com/heartsofvalor
Real Warriors Campaign ❤️ 🇺🇸	www.facebook.com/realwarriors
Semper Fi Fund 🌐	www.facebook.com/semperfund
Sesame Street for Military Families 🌐 🧑🏻	www.facebook.com/SesameStreetForMilitaryFamilies
SpouseBUZZ ❤️	www.facebook.com/spousebuzz
USSOCOM Care Coalition 🇺🇸	www.facebook.com/ussocom?fref=ts
Veteran Caregiver ❤️ 🌐	www.facebook.com/pages/Veteran-CareGiver/116044328407998?fref=ts
Veterans Affairs ♻️	www.facebook.com/VeteransAffairs
Veterans' Families United Foundation ❤️ 🌐	www.facebook.com/pages/Veterans-Families-United-Foundation/117619665868
Warrior Care ❤️ 🇺🇸	www.facebook.com/WarriorCare
Wounded Warrior Project ❤️ 🌐	www.facebook.com/wwpinc.fans
Yellow Ribbon Fund ❤️ 🌐	www.facebook.com/YellowRibbonFund



Blogs (Web Logs)

Afterdeployment 🇺🇸	www.afterdeployment.org/blog
Battling Bare ❤️ 🌐	battlingbare.blogspot.com
Caring Bridge ❤️ 🌐	www.caringbridge.org
Courageous Caregivers: Those Who Serve by Caring for the Wounded ❤️	veterancaregivervoices.blogspot.com
Family of a Vet ❤️ 🌐	blog.familyofavet.com
Learning by Accident ❤️ 🌐 ES	www.brainline.org/rosemary
Military OneSource Blog Brigade 🇺🇸	www.militaryonesource.mil
Military Pathways 🇺🇸	www.mentalhealthscreening.org
Operation Homefront Hearts of Valor ❤️ 🌐	www.wifeofawoundedsoldier.com
Tutor.com 🇺🇸 ❤️	blog.tutor.com
Warrior Care Blog 🇺🇸	warriorcare.dodlive.mil
Warrior Care Blog/Caregiver	warriorcare.dodlive.mil/caregiver-resources
Wounded Warrior Project Connect 🌐	www.woundedwarriorproject.org/connect



Online Chat Rooms/Forums/Groups

Afterdeployment—Peer to Peer Forum 🇺🇸	www.afterdeployment.org/forums/peer-2-peer
Armed Forces Crossroads—Air Force Spouse Forum ❤️ 🇺🇸	www.afcrossroads.com
Caring Bridge ❤️ 🌐	www.caringbridge.org
Courage Beyond ❤️ 🌐	couragebeyond.org
DCoE Outreach Center 🇺🇸	www.dcoe.health.mil/Families/Help
Family Caregiver Alliance ❤️ 🌐	lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org
Google for Veterans	www.googleforveterans.com
Marine Family Network 🌐	marinefamilynetwork.com
Marine Parents ❤️ 🌐	www.marineparents.com
Military Kids Connect 🇺🇸 🚼	militarykidsconnect.org
Operation Homefront Hearts of Valor ❤️ 🌐	www.heartsofvalor.org
Pinterest Resources for Caregivers of Wounded Warriors ❤️ 🌐	www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors/
Restore Warriors 🌐	www.restorewarriors.org
Veteran CareGiver ❤️ 🌐	www.veterancaregiver.com
Vets 4 Warriors 🌐	www.vets4warriors.com/Services

Wounded Warrior Project Connect 🌐

connect.woundedwarriorproject.org



Personal Stories

Courage Beyond ❤️ 🌐

couragebeyond.org

Family Caregiver Alliance ❤️ 🌐

lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

Naval Center for Combat and Operational Stress Control Success Stories 🦅

www.med.navy.mil/sites/nmcsd/nccosc/servicemembersv2/successstories

Restore Warriors 🌐

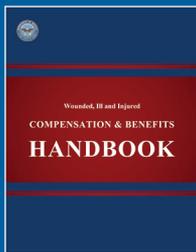
www.restorewarriors.org

VA Caregiver Connections Program ❤️ ♻️

www.caregiver.va.gov

Veteran CareGiver ❤️ 🌐

www.veteran-caregiver.com



DoD Compensation and Benefits Handbook for Wounded, Ill, and Injured Members of the Armed Forces, 2011

Download at: warriorcare.dodlive.mil/benefits/compensation-and-benefits

The *Compensation and Benefits Handbook* can help you understand and make better use of the processes, procedures, and resources that wounded, ill, or injured Service members and their family/caregiver may need. Topic areas include Recovery, Medical Care, DoD Pay and Allowances, The Disability Evaluation System, Disability Compensation, Survivor Benefit Plan, Social Security, Reintegration, and VA benefits.

Many of the answers to your questions will depend on your specific, personal circumstances. Take advantage of the assistance of your Recovery Care Coordinator (RCC), Army Wounded Warrior (AW2) Program Advocate, Navy Safe Harbor Non-Medical Care Manager (NMCM), or Federal Recovery Coordinator (FRC) to find the answers to your questions or help you contact the appropriate experts.

Peer Support and Mentoring



Alcoholics Anonymous  

www.aa.org

Offers the AA 12-step program, healing tools, and meetings

Army Wife Network  

www.armywife-network.com

Website for Army wives, by Army wives, internet talk radio show designs specifically for military spouses

Blue Star Families (Careers)  

bluestarfam.org/Programs/Blue_Star_Careers

Peer-to-peer spouse networks where healthcare, education, and entrepreneurial spouses can gather to empower, connect, and advocate for themselves across three career fields

CinCHouse 

www.cinchouse.com

Where military wives and women in uniform at "Commanders in Chief"

Coaching into Care  

www.mirecc.va.gov/coaching

Provides support and problem solving assistance to family members and others; contact 888-823-7458, M-F, 8:00 a.m-8:00 p.m. (EST)

Codependents Anonymous 

www.coda.org

Designed for people who live with someone who is using any addictive substance or activity and their use is negatively affecting their home, financial, work, or social life

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Coming Home Project 🌐	www.cominghomeproject.net	Offers group support and stress management retreats; they are free, confidential, and scholarships are offered for travel and lodging for those outside of San Francisco
Courage Beyond ❤️ 🌐	couragebeyond.org	Provides online support groups and in-person support groups and counseling
Google for Veterans	www.googleforveterans.com/veterans	Connect with fellow veterans through free calls, group video chat, record videos, collaborating, and sharing tools
Green Beret Foundation (Steel Magnolias) ❤️ 🌐	greenberetfoundation.org	An exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces soldiers
In Gear Career for Military Spouses ❤️	www.ingearcareer.org	A forum for community support, information-sharing, and networking that addresses the unique challenges and strengths of the career-minded military spouse
Iraq and Afghanistan Veterans of America Community of Veterans 🧡	iava.org	Largest online social network exclusively for Iraq and Afghanistan veterans
Make the Connection ❤️ 🗺️	maketheconnection.net	Provides a connection based on life events or experiences to get information, stories, and resources for support
Marine Parents ❤️ 🌐	www.marineparents.com	Offers Regional Support Groups, Start a Support Group, Purple Heart Hero Support™, Gold Star Family Support™

MilSpouse eMentor Program ❤️🌐

www.ementorprogram.org/p/milspouse

Offers personalized career guidance, advice, support and inspiration from more experienced military spouses, career mentors, and military spouse-friendly employers

Narcotics Anonymous 🌐🇪🇸

www.na.org

Offers a 12-step program and meetings for people who are using any narcotics for other than prescribed reasons and have an addiction that is negatively affecting their home, financial, work, or social life

Operation Homefront Hearts of Valor ❤️🌐

www.heartsofvalor.org/SupportGroups

Hosts support groups in several locations; led by the members of Hearts of Valor who are willing to serve as facilitators

Operation Shower ❤️🌐👩

operationshower.org

Operation Shower prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment

Paralyzed Veterans of America Caregivers Circle ❤️🧑🏻🏻

www.pva.org

Shares caregiver stories, resources and links

Restore Warriors 🌐

www.restorewarriors.org/online-help

Offers resources and self-help strategies for warriors living with PTSD, combat and operational stress, or depression

Pinterest Resources for Caregivers of Wounded Warriors ❤️🌐

www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors

Hosted by Operation Homefront Hearts of Valor, this online board has nonprofits that help caregivers of recovering Service members

Safe Harbor Foundation Anchors Program 🌐	safeharbor.navylive.dodlive.mil/transition/anchor-program	Mentors are available to lend an ear—and a hand—to a Sailor as he or she grapples with the challenges associated with returning to civilian life
United We Stand at E.A.S.E. (Equine Assisted Self-Exploration) ❤️ 🌐	www.unitedwestandatease.com	Quantum Leap Farm's At E.A.S.E. program hosts W.O.W. (Women of Warriors) retreats
Veterans' Family United Foundation ❤️ 🌐	veteransfamiliesunited.org	Requests for help will be reviewed by a veteran's family member or VFU trained volunteer who will attempt to provide links to appropriate resources
Vets 4 Warriors ★ 🌐	www.vets4warriors.com/Services	Toll free peer support line 855-838-8255 (855-VET-TALK) is available 24/7 for National Guard and Reserve Service members
Wounded Warrior Project Peer Mentoring 🌐	www.woundedwarriorproject.org/programs/peer-support	Helps Soldiers develop one-on-one friendships with fellow warriors who are further along in the recovery process; peer mentors are also available to visit with warriors' families
Yellow Ribbon Fund Mentoring Program 🌐	www.yellowribbonfund.org	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Pet and Service Animal Assistance



Assistance Dogs International

www.assistedogsinternational.org

If you would like to apply for an assistance dog, go to “program search” to find an assistance dog program in your area; ADI is a coalition of these programs and does not train assistance dogs

Guardian Angels Soldiers Pet

guardianangelsforsoldierspet.org

Reunites pets with their owners after a deployment or for any emergency or hardship impacting their ability to retain their pet ownership rights

Guide and Service Dogs

www.va.gov/health/ServiceAndGuideDogs.asp

Veterans approved for service dogs are referred to Assistance Dogs International-accredited agencies; there is no charge for the dog or the associated training; veterans with working service dogs are provided veterinary care and equipment through VA Prosthetics and Sensory Aids

Operation Freedom Paws

operationfreedompaws.org

Offers a lifeline to disabled veterans through a service dog (no charge); instructs veterans on training their own service dog; typically uses shelter dogs to save a dog’s life too

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Puppies Behind Bars 🌐	www.puppiesbehindbars.com	Trains service dogs with the 85 commands that are standard in the industry (i.e., retrieving objects, turning on and off lights, opening doors), as well as five specific commands to assist Service members returning with PTSD and TBI
Semper Fi Fund Canine Companions 🌐	semperfund.org/assistance	Unites injured Service members with service dogs and ensures the dogs are trained and continually cared for despite the financial difficulties
SitterCity	www.sittercity.com/pet-sitting.html	Helps find local pet sitters who are: skilled in areas like training and housebreaking; licensed, bonded, and insured; and available for drop-in to extended stay
Southeastern Guide Dogs 🌐	www.guidedogs.org	Helps create and nurture a partnership between a visually impaired individual and a guide dog
Warrior Canine Connection 🌐	www.warriorcanineconnection.org	Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical military-support mission helping fellow recovering Service members

Rest and Relaxation

Retreats and Vacations



Coming Home Project—Stress Management Retreats

www.cominghomeproject.net

Offers community-building experiences; workshops are free and confidential; offers travel and lodging scholarships

Boulder Crest Retreat

bouldercrestretreat.org

Provides a free, first-class rural retreat (2-14 days) for seriously wounded and recovering warriors and their families to reconnect and recover

Hope for the Warriors Counseling Retreats

www.hopeforthewarriors.org/story/18720877/family-support

Weekend counseling retreat at Holliswood Hospital in Queens, NY; all program costs, including travel, are free of charge

Lone Survivor Foundation

lonesurvivorfoundation.org

Offers education, counseling, support, and inspiration using short-term retreats and medium-term, in-house care and advocacy programs

Operation Black Hills Cabin Vacation

operationblackhills.cabin.org

Offers a week's vacation to qualifying wounded veterans and their families, at little or no expense to them, with the exception of transportation

Operation Homefront Hearts of Valor—Retreats for Caregivers

www.operationhomefront.net

Two-day retreats for caregivers; all retreat costs, including travel, accommodations, meals, and seminar activities are provided

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<p>Operation Purple Healing Adventures ❤️ 🌐 🧑🏻</p>	<p>www.militaryfamily.org</p>	<p>The National Military Family Association has designed these fun-filled—and free—4-day retreats especially for recovering warriors and their families; hiking, canoeing, climbing, bonding, s'mores, and more</p>
<p>Operation Second Chance— Retreats 🌐</p>	<p>www.operationsecondchance.org/retreats</p>	<p>Offers two different types of retreats depending on the individual's injuries and their ability to get away; there are short local overnight trips and also week-long retreats</p>
<p>Semper Fi Fund— Odyssey Camp 🌐</p>	<p>semperfund.org/assistance</p>	<p>A six-day, holistic transition assistance program for injured and critically ill Service members</p>
<p>Strong Bonds 🦅</p>	<p>www.StrongBonds.org</p>	<p>Find Chaplain Sponsored couple and family retreats to help Service members re-connect with family</p>
<p>USO Warrior and Family Care Program—Couples Seminars ❤️ 🌐</p>	<p>www.uso.org</p>	<p>Helps wounded, ill, and injured couples strengthen their relationship and work on tough issues in a fun and non-threatening environment</p>
<p>Women of Warriors (W.O.W) at E.A.S.E. (Equine Assisted Self-Exploration) ❤️ 🌐</p>	<p>www.unitedwestandatease.com</p>	<p>Focuses on education, support, and self exploration for individuals, couples, and groups in a two hour weekly, or full-day workshop/retreats format, for the family and/or Service members</p>
<p>Wounded Warrior Family Support— Vacations ❤️ 🌐 🧑🏻</p>	<p>www.wwfs.org</p>	<p>Five fully furnished condominium units available for vacation reservation; four are in the Bahama Bay Resort in Orlando, FL; passes are provided to families free of charge</p>

**Wounded Warrior
Project—Family
Support Retreats**



www.woundedwarriorproject.org/programs/family-support/family-support-retreat

Provides weekend all-expense-paid retreats hosted at numerous locations around the country; all travel expenses to and from the retreat are free of charge

Short Breaks for the Caregiver

For caregivers who are reluctant to leave their recovering Service member alone without nearby medical assistance, check out the Home-Based Health Care Assistance resources on pg. 60.



Cause  

www.cause-usa.org

Organizes programs that provide recreation, relaxation, and resiliency, such as massage, reiki, and spa programs, hospital game carts, and sporting event broadcasts

Childcare Aware



www.childcareaware.org

Allows users to search for child care facilities by zip code and other options; also includes general advice and other resources such as fee assistance

**Hope for the
Warriors Caregiver
Dinners**



www.hopeforthewarriors.org/story/18720877/family-support

Provides dinners near major military medical centers to bring caregivers and families together for a relaxing evening

**Operation Second
Chance Day
Trips and Nights
Out**  

www.operationsecondchance.org/daytrips

Offers warriors, caregivers, and guests trips away from the hospital

Respite Care Program ❤️ ♿

www.caregiver.va.gov/support/support_services.asp

Eligible caregivers can receive up to 30 days of respite care per year; support also provided in response to a family caregiver's unexpected hospitalization, a need to go out of town, or a family emergency

Respite Child Care ❤️ 🇺🇸 🦅 🦺

www.naccrra.org/military-families

Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care (i.e., to go to work or attend school); limited to eligibility guidelines and funding availability

USO Warrior and Family Care Program Day Rooms ❤️ 🌐 🦺

www.uso.org

Can be a temporary home or respite for warriors and families; equipped with TVs, furniture, gaming systems, refrigerators, or other comfort necessities

VA Caregiver Support Adult Day Health Care Centers ❤️ ♿

www.caregiver.va.gov/support/support_services.asp

Provides safe and active environment for veterans to get out of the home and participate in activities while the family caregiver gets time for themselves

Wounded Warrior Family Support—Caregiver Respite Program



www.wwfs.org

Provides short-term and temporary relief (child care, secondary caregiver assistance, respite aid for remote areas, and supplemental caregivers as needed)

Yellow Ribbon Fund Family Caregiver Program



www.yellowribbonfund.org

Offers child care and family-oriented activities, plus stress-relieving massages and spa visits, mutually supportive dinners out, empowering horseback rides, and more—at no charge



Respite Care for Caregivers

TRICARE'S respite care benefit offers short term care to seriously ill or injured active duty Service members to give their caregiver some rest and a change from assisting them with activities of daily living (e.g., dressing, feeding, hygiene). The case manager or another approving authority may approve respite care if the Service member's care includes more than two "interventions during the eight-hour period per day that the primary caregiver would normally be sleeping." Respite care is limited to eight hours per day, five days per week, and must be provided by a TRICARE-authorized home health agency. Federal law authorizing respite for TRICARE ECHO participants—family members of Service members—was amended to allow this benefit for Service members.

For more information: www.tricare.mil/lifeevents/injuredonAD/healthbenefits

Physical Evaluation Board (PEB) Disposition Findings

When the PEB makes its decision on medical fitness for duty, there are **five possible outcomes**.

1 Return to Duty: If the conditions are not considered severe enough to make the Service member unfit for duty, the Service member will be returned to his/her job and Service. No disability benefits would be paid while continuing to serve, but the Service member may be eligible for VA benefits after leaving the military.

2 Separate without Benefits: Some injuries are determined to be “not in the line of duty” if they are a result of intentional misconduct or willful negligence or took place when not on orders if a member of the National Guard or Reserve. If the injury is found “not in the line of duty,” but is “unfitting,” the member could be separated without benefits for those injuries. If the injury or illness resulted from a medical problem before entering the service, and the injury or illness was not permanently aggravated by service, the member may be separated without benefits.

3 Separate with Severance Pay: If one or more of the member’s conditions are considered “unfitting” for continued service, but the combined disability rating for all the unfitting conditions is less than 30 percent, the member may be separated from Active Duty and be awarded severance pay based on their time in service and current pay grade.

4 Transfer to the Temporary Disability Retirement List (TDRL): The TDRL allows the Service to ensure a medical condition stabilizes before making a final disability determination. If the Service member is eligible for permanent disability retirement, but the condition is not considered stable, the member will be temporarily retired and placed on the TDRL for a maximum of five years. Every 12–18 months the Service member will be medically reevaluated to determine if the condition remains unstable, or has either changed (improved or worsened) or has stabilized. Benefits while on the TDRL are the same as those for the Permanent Disability Retirement List (PDRL). While on the TDRL, disability retirement compensation will be at least 50% of retired base pay. If during those five years, the Service determines the condition is stable and the member is fit for duty, the Service will offer the member the chance to return to duty. If the condition stabilizes, but the member is not able to return to duty, the member will be either separated with severance pay or transferred to the PDRL, depending on the final disability determination.

5 Transfer to the Permanent Disability Retirement List (PDRL): If all the unfitting conditions resulted in a combined disability rating of 30 percent or higher, and the condition is considered stable (meaning the disability rating is unlikely to change within five years), the member will be permanently retired for disability and placed on the PDRL. This provides the member with disability retirement pay, access to TRICARE for the member and dependents, commissary and exchange privileges, and all other benefits or regular military retirement. If the Service member has more than 20 years of service and the combined disability rating is less than 30 percent, the member will be allowed to retire with all the regular military retirement benefits.

*For more information, download the DoD Compensation and Benefits Handbook, 2011:
warriorcare.dodlive.mil/benefits/compensation-and-benefits*

Smartphone Apps

Note: Applications may not be available across all smartphone and tablet platforms. Please check your app store for availability.



American Red Cross First Aid

Connects with Red Cross and community resources through a network of chapters in communities; offers both certified and non-certified options for first aid, CPR, and automated external defibrillator training



Breathe2Relax

Portable stress management tool



Hero 2 Hired

Offers career exploration tools, military-to-civilian skills translators, and education and training resources



ICE Standard—The Emergency Standard Card

Helps first responders and emergency room personnel locate a person's updated medical information, contacts, insurance information, blood type, name, address, and a photo verification of the individual



Life Armor

Offers information on 17 topics, including sleep, depression, relationship issues, and PTSD



My Military Life

Created by the National Military Family Association to help military spouses navigate the many adventures of military life



Caring for the Caregiver

Reserve/Guard Specific Resource

Military Children

DoD Program

Non-Profit Organization

Español Available

VA Program

Veterans Service Organizations

Smartphone App

Operation Reach Out

Aimed at preventing suicide among military personnel and veterans



Project FOCUS on the Go

Fun and interactive military/veteran family resilience gaming and resources for iPhone and iPad



Psych Help

An easy-to-use, quick, and convenient way to find a therapist near you



PTSD Coach

Provides education about PTSD, information about professional care, a self assessment, and stress management tools



PTSD Support for Veterans

Includes videos and testimonials discussing PTSD, links to resources, and a fan wall for people to support each other



Sesame Street for Military Families

Puts all of Sesame's bilingual (English & Spanish) resources for military families right in your pocket; engaging videos, articles, storybooks, parent guides, and more



T2 Mood Tracker

Users can monitor, track, and reference their emotional experiences associated with common deployment-related behavioral health issues



Tactical Breather

Help gain control over physiological and psychological responses to stress



Wounded Warrior Regiment

Up-to-the-minute news and information for Marines and their families



Sports and Recreation



Adaptive Adventures Military Operations

adaptiveadventures.org/program/adaptive-adventures-military-operations

Addresses the veteran's current abilities and helps to build physical and mental strength

Blue Star Families

bluestarfam.org

Blue Star Theatres offers complimentary admission to all military personnel, their families, and veterans; see website for participating theaters

The Armed Forces Foundation—Classic Outdoor Sports Program

www.armedforcesfoundation.org

Plans hunting, fishing, and other outdoor recreational events around the country

Center for American Military Music Opportunities (C*A*M*M*O)

www.cammomusic.org

Provides opportunities to recovering Service members and veterans to heal through music; puts Service members in touch with leading industry talent development specialists, trains and educates veterans in music industry career opportunities, and presents performances, concerts and workshops to audiences of all ages

Easter Seals—Camping and Recreation

www.easterseals.com

Provides children and adults extracurricular, educational, and personal development activities

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Horses 4 Heroes 🌐 🐎	horses4heroes.org	Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program
Hope for the Warriors—Outdoor Adventures Program 🌐	www.hopeforthewarriors.org/story/18727106/outdoor-adventures	Provides adaptive opportunities for wounded heroes to participate in sporting activities in the great outdoors
K2 Adventures Foundation 🌐 🐎	www.k2adventures.org/about-us	Provides services, support, and funds that are used for educational and medical enrichment
Lone Survivor Foundation—Ranch Retreats and Therapeutic Activities 🌐	lonesurvivorfoundation.org	Provides short-term retreats and medium-term, in-house care through health, wellness, and therapeutic support
Military Warriors Support Foundation—Skills 4 Life 🌐 🐎	www.militarywarriors.org/skills4life	Provides recreational outings and family mentoring with hunting, fishing, golf, sporting events, and vacations
Operation One Voice—Wounded Warrior Bike Program 🌐	operationonevoice.org	Provides a variety of bikes to wounded Special Operations warriors to aid in the warrior's rehab and quality of life
Our Military Kids 🌐 🐎	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring
Semper Fi Fund—Horsemanship Program ❤️ 🌐	www.semperfund.org	Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation

Semper Fi Fund—Recovery Through Sport 🌐

www.semperfund.org

Access to Service men and women who have embraced a fighting, athletic spirit on their road to recovery

Semper Fi Fund—Therapeutic Arts 🌐

www.semperfund.org

Provides grants for therapeutic arts such as musical instruments, arts supplies, and art education

U.S. Olympic Committee Paralympic Military & Veteran Programs 🇺🇸 ♻️

www.teamusa.org/US-Paralympics/Military

Introduces Service members and veterans with physical injuries to adaptive sport techniques and opportunities through clinics and camps

USO Warrior and Family Care Programs—Ride to Recovery Program 🌐

www.uso.org/warriorandfamilycare

Improves the health and wellness of wounded troops through Spinning® and outdoor cycling activities

USO Warrior and Family Care Programs—Rivers of Recovery 🌐

www.uso.org/warriorandfamilycare

Offers small fishing retreats

Wounded Warrior Project—Project Odyssey 🌐

www.woundedwarriorproject.org/programs/combat-stress-recovery-program/project-odyssey

Offers horseback riding, canoeing, whitewater rafting, kayaking, rock climbing, and other activities at retreats

Wounded Warriors in Action—Outdoor Sporting 🌐

www.wwiaf.org

Provides world-class outdoor sporting activities consisting of hunting and fishing



www.arfp.org/index.php/programs/army-strong-community-center-asc

The mission of the Army Strong Community Center (ASCC) is to develop resilient families through effective community partnerships, thus enhancing the strength of our total force and the communities where they live.

The ASCC is an element of the Virtual Installation initiative that was created to fill gaps in services and to support geographically-dispersed families. The ASCC supports ALL branches of the Military, veterans, retirees, and their families by working one-on-one through every situation until a resolution has been reached. Support is provided by experienced and knowledgeable staff, delivered with a personal touch and excellent technological capabilities.

Find information on:

Assistance

- Benefits and Entitlements
- TRICARE (Medical and Dental information)
- VA Benefits (including GI Bill)
- Web Access for Military Members and Families
- Employment/Resume Assistance
- Emergency Assistance
- Community Resources

Referrals

- Post-Traumatic Stress Disorder (PTSD)
- Family Management
- Addiction
- Suicide Awareness
- Financial Assistance
- Legal Assistance
- Food, Clothing and Housing

On-Site Resources

- Lending Library
- Children's Play Area
- Internet-Enabled Computer

Briefings

- Unit/Family Day
- SRP
- ISFAC
- Mobilization
- Deployment
- SPARC
- Integration

Suicide Prevention



Military Crisis Line

www.militarycrisisline.net

800-273-8255 (press 1)

Military OneSource Wounded Warrior

www.militaryonesource.mil/wounded-warrior

800-342-9647

Provides free service available to all Active Duty, Guard, and Reserve members and their families; consultants provide information and referrals on a wide range of issues

Operation Reach Out

militaryfamily.com/downloads/apps/military-suicide-prevention-operation-reach-out

Aims to preventing suicide among military personnel and veterans

Suicide Prevention Action Network

capwiz.com/spanusa/home

Provides a bibliography on various topics concerning suicide

Wingman Project

wingmanproject.org

Raises suicide awareness by encouraging every Guard member and their family to know the ACE (Ask, Care, Escort) suicide intervention method

You Matter

www.youmatter.suicidepreventionlifeline.org

National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255); sponsored by the Substance Abuse and Mental Health Services Administration (SAMHA)

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DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

dcoe.health.mil

Support Line: 866-966-1020

The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's Service members, families, and veterans by advancing excellence in psychological health and traumatic brain injury prevention and care.

Find information on:

DCoE Centers

- Defense and Veterans Brain Injury Center
- Deployment Health Clinical Center
- National Center for Telehealth and Technology
- Before and After Deployment Resources
- inTransition
- Guard and Reserve
- Adjusting to Changes
- Taking Care of Yourself
- Locating Health Care

Psychological Health

- Psychological Health Information
- Integrative Health & Wellness
- PTSD Treatment Options
- Tips for Treating mTBI and PTSD

Traumatic Brain Injury

- Accessing Services and Resources Housing
- Tips for Treating mTBI and PTSD
- TBI Clinical Documents
- TBI Case Management

Service Members and Families

- 24/7 Help
- Suicide Prevention

Media Center

- News Room
- Blogs
- Social Media
- Info Kit
- Videos and Podcasts

Training and Conferences

- Continuing Education
- Leadership Training Toolkit
- Conferences
- Webinars
- Educator Resources
- Training Effectiveness Toolkit

Women Veterans



American Women Veterans

www.americanwomenveterans.org

Offers retreats, conferences, and outreach campaigns

Grace After Fire

www.graceafterfire.org

Provides treatment links and options

Joining Forces Mentoring Plus

www.joiningforcesmentoringplus.org

Offers unlimited free personal and employment coaching and professional guidance for caregivers of wounded warriors, women veterans of all ranks and eras and military/veterans spouses; enroll as a mentee, mentor, share your expertise

Joint Services Support

www.jointservicesupport.org

Virtual military community for National Guard members and families; there are 7 portals to Reintegration, Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

PTSD Treatment Help

ptsdtreatmenthelp.com/women-in-the-military-and-ptsd

Provides information on women in the military and PTSD; helps identify symptoms and how to get help; offers 24/7 free, brief, confidential assessment at 877-259-5637

Trauma Informed Care for Women Veterans

www.dol.gov/wb/trauma

Addresses psychological and mental needs of women veterans

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Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) ❤️🌐	whitman.syr.edu/vwise	Provides the tools women veterans, Active Duty, and female family members need to become successful entrepreneurs
Women Organizing Women Veteran Advocacy 🌐	www.vetwow.com	Provides advocacy for sexual trauma victims including support for related PTSD
Women Veterans Call Center ❤️🗂️	www.womenshealth.va.gov/ProgramOverview/wvcc.asp	Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources
Women Veterans Health Care 🗂️	www.womenshealth.va.gov	Provides comprehensive health care services for women veterans at VA health facilities nationwide
Women Veterans ROCK! ❤️🌐	www.WomenVetsRock.org	Coalition on Women Veterans Organizations and Women Advocacy Organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness

We Welcome Your Comments.

We invite you to answer the following questions and return the attached Business Reply card below.

If you would like to share additional comments, please email them to InfoNRD.osd@mail.mil.



Caregiver Resource Directory Comment Card

Describe yourself (check all that apply):

- | | | |
|--|---|---|
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Military Spouse | <input type="checkbox"/> Non Beneficiary Family Member/Friend |
| <input type="checkbox"/> Guard/Reserve | <input type="checkbox"/> SCAADL Recipient | <input type="checkbox"/> Active Duty Service Member |
| <input type="checkbox"/> Veteran | <input type="checkbox"/> Non-Profit Org. | <input type="checkbox"/> Veterans Service Organization |
| <input type="checkbox"/> Government Organization | <input type="checkbox"/> Other _____ | |

Did you find the Caregiver Resource Directory useful? Yes No

Which section(s) of the directory did you use? (check all that apply)

- | | | |
|---|---|---|
| <input type="checkbox"/> Helplines | <input type="checkbox"/> Advocacy & Benefit Info | <input type="checkbox"/> Career & Employment |
| <input type="checkbox"/> Caregiver Support | <input type="checkbox"/> Children's Needs | <input type="checkbox"/> Education & Training |
| <input type="checkbox"/> Financial Support | <input type="checkbox"/> Health Care Needs | <input type="checkbox"/> Home/Auto Mods |
| <input type="checkbox"/> Legal Assistance | <input type="checkbox"/> Online Social Networking | <input type="checkbox"/> Peer Support/Mentoring |
| <input type="checkbox"/> Pet/Service Animal Assist. | <input type="checkbox"/> Rest & Relaxation | <input type="checkbox"/> Smartphone Apps |
| <input type="checkbox"/> Sports & Recreation | <input type="checkbox"/> Suicide Prevention | <input type="checkbox"/> Women Veterans |

How did you receive a copy of this directory? _____

How often do you use the Caregiver Resource Directory?

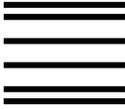
- Daily Weekly Monthly Rarely Never

Please rate the following factors on 1–5 scale where 1 = Very Dissatisfied and 5 = Very Satisfied (please circle appropriate number):

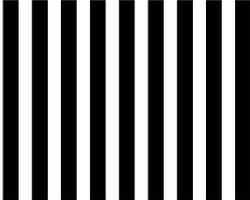
- | | | | | | |
|---------------------------------|---|---|---|---|---|
| • Information/Content Relevance | 1 | 2 | 3 | 4 | 5 |
| • Ease of Use/Directory Layout | 1 | 2 | 3 | 4 | 5 |

Is there anything else you would like to see added to this directory?

Thank you for taking the time to give us your feedback!



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 213 ARLINGTON, VA

POSTAGE WILL BE PAID BY ADDRESSEE

WARRIOR CARE POLICY
C/O MANCON INC
2700 S QUINCY ST STE 230
ARLINGTON VA 22206-9914





www.caregiver.va.gov

Support Line: 855-260-3274

Learn more about how VA's trained professionals can help you find the services and support that are right for you and the veteran you care for.

General Services

- Caregiver support coordinators
- In-home services
- Respite care
- Services for caregivers of post 9/11 veterans
- All caregiver services

Medical Resources

- Traumatic Brain Injury (TBI)
- Post-Traumatic Stress Disorder (PTSD)
- Alzheimer's

Caregiving Resources

- Resources for new caregivers
- Staying organized
- Diagnosis care sheets
- Everyday tips and checklists

Additional copies of this directory are available from:

THE OFFICE OF WARRIOR CARE POLICY

200 Stovall Street | Room 11N01 | Alexandria, VA 22332-0800 | InfoNRD.osd@mail.mil

