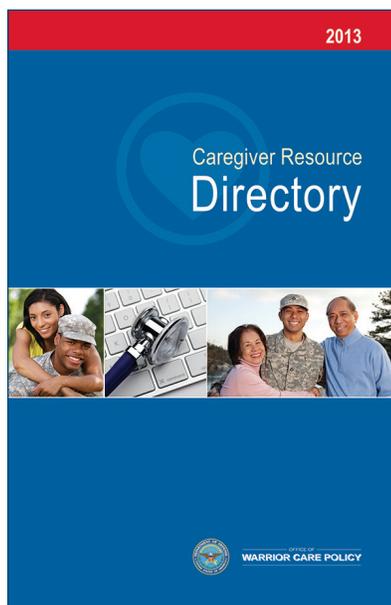


Excerpt from *The Continuum* (Issue 1, Summer 2013), the Office of Warrior Care Policy's quarterly newsletter for care coordinators, families and caregivers.



HIGHLIGHTS FROM THE CAREGIVER RESOURCE DIRECTORY



The Caregiver Resource Directory, an Office of Warrior Care Policy publication, is designed to help empower caregivers with information about resources and programs just for them. The directory's features include:

- ♥ Caregiver perspective and input
- ♥ Nearly 300 different resources
- ♥ A variety of types of resources, including 24/7 helplines (for advice in the middle of the night), caregiver emotional support (connecting with other caregivers), benefit information (seeking disability benefits), children's needs (their needs are important too), rest and recreation (finding the "new normal"), and much more
- ♥ Specific information about government and nonprofit organizations supporting caregivers

While the directory is rich with resources, it is not exhaustive. For instance, the directory includes the most commonly referenced resources for caregivers of wounded warriors, most of them at the national level. Caregivers are encouraged to use the National Resource Directory at www.nrd.gov to find state and local resources.

"One of the challenges of resourcing caregivers is accommodating caregivers across the nation, including beneficiaries such as spouses and children, and non-beneficiaries such as parents and friends," said Sandra Mason, Acting Director of the Recovery Coordination Program. This directory aims to address this challenge by offering a common starting point for everyone. Caregivers are especially encouraged to use this directory to advocate for themselves and their Service members. Without exception, every resource in the directory is aimed at helping caregivers get the help and answers they need!

How to Get the Directory

Download and print the CRD e-version at warriorcare.dodlive.mil/wounded-warrior-resources/caregiver-resources/ or request a hard copy by emailing info@nrd.gov or writing the Office of Warrior Care Policy, Attn: Barbara Wilson, 200 Stoval St, Rm 11N01, Alexandria, VA 22332.



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