

July 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and links included here were accurate and up-to-date at press time; however, it is unavoidable that some will become outdated over time.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/](http://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](http://www.nrd.gov).

If you have questions or feedback regarding the directory, please send an email to [InfoNRD.osd@mail.mil](mailto:InfoNRD.osd@mail.mil).

# 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:

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

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**Connect with other caregivers**

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

 <b>Caring for the Caregiver</b>	Indicates resources that emphasize caregivers' personal needs; all resources listed in this Directory support caregivers' everyday care of their recovering Service member and family
 <b>DoD Program</b>	Indicates resources managed or sponsored by the Department of Defense (DoD)
 <b>VA Program</b>	Indicates resources managed or sponsored by the Department of Veterans Affairs (VA)
 <b>Reserve/Guard Specific Resource</b>	Indicates resources intended for Reservists and Guardsmen and their families/caregivers
 <b>Non-Profit Organization</b>	Indicates non-profit organizations providing day-to-day support to recovering Service members, families, and caregivers
 <b>Veterans Service Organizations</b>	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
 <b>Military Children</b>	Indicates resources that are military children and teen friendly
 <b>Español Available</b>	Indicates resources available in Spanish/Español
 <b>24/7 Availability</b>	Indicates resources with access to personnel available to talk or chat 24/7 (this icon only appears in the Helplines tab)
 <b>Smartphone App</b>	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](http://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](http://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](http://www.dcoe.health.mil/Families/Help) and email at [resources@dcoeoutreach.org](mailto: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](http://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](http://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](http://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](http://thehotline.org))*

Provides anonymous crisis intervention

**National Suicide Prevention Lifeline** ❤️ ES

800-273-TALK (8255)  
🕒

*(Includes online chat at [suicidepreventionlifeline.org](http://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](http://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](http://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](http://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](http://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](http://vets4warriors.com); email [contactus@vets4warriors.com](mailto: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](mailto:wfsupport@conus.army.mil))*

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

800-984-8523 🕒

**Wounded Warrior Project Resource Center** ❤️ 🌐

*(Includes email [resourcecenter@woundedwarriorproject.org](mailto:resourcecenter@woundedwarriorproject.org))*

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

888-997-2586



# 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



## Aid and Attendance Program

[www.veteranaid.org/index.php](http://www.veteranaid.org/index.php)

Provides free assistance to qualified Veterans and surviving spouses in applying for Aid and Attendance pension benefits

## American Legion

[www.legion.org](http://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](http://www.amvets.org)

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

## Benefits.gov

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

Provides online pathway to government benefits; sponsored by DOL

## Code of Support

[codeofsupport.org](http://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](http://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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<b>Disabled American Veterans</b> 	<a href="http://www.dav.org">www.dav.org</a>	Provides help filing for VA disability compensation and benefits
<b>DoD Compensation and Benefits Handbook for Wounded, Ill, and Injured Service Members</b> 	<a href="http://warriorcare.dodlive.mil/benefits/compensation-and-benefits">warriorcare.dodlive.mil/benefits/compensation-and-benefits</a>	Provides a quick reference from rehabilitation to reintegration; links to resource sites; answers immediate questions and leads to additional answers
<b>eBenefits</b> 	<a href="http://www.ebenefits.va.gov">www.ebenefits.va.gov</a>	Offers a central location for veterans, Service members, and their families to research, find, access, and manage benefits and personal information
<b>Federal Benefits for Veterans, Dependents and Survivors, 2011 Edition</b> 	<a href="http://www.va.gov/opa/publications/benefits_book.asp">www.va.gov/opa/publications/benefits_book.asp</a>	Quick link about detailed and up-to-date information regarding veterans' benefits
<b>Handbook of Injured Service Members and Their Families (2010)</b> 	<a href="http://www.fallenheroesfund.org/About-IFHF.aspx">www.fallenheroesfund.org/About-IFHF.aspx</a>	Offers concise information on various benefits available online at no cost
<b>InTransition Mental Health Coaching and Support</b> 	<a href="http://www.health.mil/intransition">www.health.mil/intransition</a>	Helps Service members receiving mental health treatment make a successful transition between health care systems or providers
<b>Military Order of the Purple Heart</b> 	<a href="http://www.purpleheart.org">www.purpleheart.org</a>	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

### My Army Benefits



[myarmybenefits.us](http://myarmybenefits.us)  
[army.mil](http://army.mil)

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

### National Veterans Foundation Resource Center



[nvf.org/veterans-benefits](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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 [wfsfsupport@conus.army.mil](mailto:wfsfsupport@conus.army.mil); available 24/7

**Wounded Warrior  
Project** ❤️ 🌐

[www.woundedwarrior  
project.org](http://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](http://www.armedforcesfoundation.org)

Offers career counseling

### Blue Star Families (Careers)

[bluestarfam.org/resources/blue-star-careers](http://bluestarfam.org/resources/blue-star-careers)

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

### Defenders of Freedom

[defendersoffreedom.us](http://defendersoffreedom.us)

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

### Hero 2 Hired

[www.H2H.jobs](http://www.H2H.jobs)

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

### Hire Heroes USA

[www.hireheroesusa.org](http://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](http://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

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 VA Program

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<b>International Franchise Association's VetFran Toolkit</b>  	<a href="http://www.vetfran.com/veterans-toolkit">www.vetfran.com/veterans-toolkit</a>	Fosters access to franchise opportunities for veterans and military spouses
<b>Iraq and Afghanistan Veterans of America Career Pathfinder</b> 	<a href="http://java.org/career-pathfinder">java.org/career-pathfinder</a>	Includes resume builder, military skills translator, and career mapping tool
<b>Job Opportunities for Disabled American Veterans</b> 	<a href="http://www.JOFDAV.com">www.JOFDAV.com</a>	Offers free career tips to job seekers
<b>Joining Forces Mentoring Plus</b>  	<a href="http://www.joiningforcesmentoringplus.org">www.joiningforcesmentoringplus.org</a>	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
<b>Military Friendly Franchises</b> 	<a href="http://www.militaryfranchising.com">www.militaryfranchising.com</a>	Helps former military interested in owning their own business connect with home-based franchises that demonstrate good military recruiting practices
<b>Military Friendly Franchises—Franchising for Military Spouses</b> 	<a href="http://www.militaryfranchising.com/spouse/">www.militaryfranchising.com/spouse/</a>	Helps military spouses interested in owning their own business connect with home-based franchises that demonstrate good military recruiting practices
<b>Military One Source Spouse Career Center</b>   	<a href="http://www.militaryonesource.mil/seco">www.militaryonesource.mil/seco</a>	Provides high quality education and career services, resources, guidance, and consultations accessible online or by calling 1-800-342-9647

**Military Service Time to Civil Service Retirement** 🇺🇸

[www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html](http://www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html)

Learn about military service deposit, estimated earnings and “buy back” military service time offered to Veterans working in the federal government

**Military Spouse Employment Partnerships**



[msepjobs.militaryonesource.mil](http://msepjobs.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](http://www.dlir.state.md.us/mil2fedjobs)

Helps translate military occupations to federal jobs

**Military Warriors Support Foundation** 🌐

[www.militarywarriors.org](http://www.militarywarriors.org)

Provides the link between partnering companies and veterans

**MilSpouse eMentoring Program** ❤️ 🌐

[www.ementorprogram.org/p/milspouse](http://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](http://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](http://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](http://www.tutor.com)

Teaches resume writing

<b>USA Cares</b> 	<a href="http://www.usacares.org">www.usacares.org</a>	Offers career building and training; provides money for travel to job interviews
<b>USO Warrior and Family Care Program</b> 	<a href="http://www.uso.org/warriorandfamilycare">www.uso.org/warriorandfamilycare</a>	Focuses on resume writing, mock interviews, professional work practices, and translating prior military experience into a civilian career
<b>VA for Vets</b> 	<a href="http://vaforvets.va.gov">vaforvets.va.gov</a>	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
<b>Vet Power</b> 	<a href="http://www.vetpower.org">www.vetpower.org</a>	Helps veterans start and grow their own home-based and franchised businesses
<b>Veterans Retraining Assistance Program</b> 	<a href="http://www.benefits.va.gov/VOW">www.benefits.va.gov/VOW</a>	Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria
<b>Vocational Rehabilitation and Employment</b> 	<a href="http://www.vba.va.gov/bln/vre">www.vba.va.gov/bln/vre</a>	Provides assistance in establishing employment and educational goals; vocational testing and counseling services, and training for independent living are also provided
<b>Yellow Ribbon Fund</b> 	<a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a>	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

## Job Search



### Blue Star Families (Jobs)

[bluestarfam.org/resources/blue-star-jobs](http://bluestarfam.org/resources/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](http://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](http://www.helmetstohardhats.org)

Offers career opportunities in the construction industry that match military backgrounds

### Hero 2 Hired

[www.H2H.jobs](http://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](http://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](http://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](http://www.mcjex.net)

Free job search engine for military community

<b>Job Opportunities for Disabled Veterans</b> 🌐	<a href="http://www.JOFDAV.com">www.JOFDAV.com</a>	Provides job postings for disabled veterans
<b>Military Spouse Employment Partnerships</b> ❤️ 🇺🇸	<a href="http://msepjobs.militaryonesource.mil">msepjobs.militaryonesource.mil</a>	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
<b>Military Warriors Support Foundation CEOs4Warriors</b> 🌐	<a href="http://www.militarywarriors.org/ceos4heroes">www.militarywarriors.org/ceos4heroes</a>	Provides a link between partnering companies and veterans seeking employment opportunities
<b>National Labor Exchange</b> 🌐 ES	<a href="http://us.jobs/national-labor-exchange">us.jobs/national-labor-exchange</a>	Provides free job-seeker services; job openings on more than 9,000 corporate career websites and from state job banks
<b>Recruit Military</b> 🌐	<a href="http://recruitmilitary.com">recruitmilitary.com</a>	Hosts resume database and job board
<b>USA Jobs</b>	<a href="http://www.usajobs.gov">www.usajobs.gov</a>	Official OPM website for government and federal jobs
<b>Veterans Enterprise</b> 🌐	<a href="http://www.veteransenterprise.com">www.veteransenterprise.com</a>	Connects warriors with employers who recruit transitioning Service members
<b>Warrior Gateway</b> ❤️ 🌐	<a href="http://www.warriorgateway.org">www.warriorgateway.org</a>	Connects Service members, veterans, and their families with government programs as well as local non-profit organizations
<b>Yellow Ribbon Fund Mentoring Program</b> 🌐	<a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a>	Offers education and career guidance, networking, and job shadowing

# Military Transition Programs



## AF Wounded Warrior Program

[www.woundedwarrior.af.mil](http://www.woundedwarrior.af.mil)

Provides professional services such as transition assistance and employment assistance

## Army Career Alumni Program (ACAP XXI)

[www.acap.army.mil](http://www.acap.army.mil)

Provides pre-separation guidance, job assistance training, and interview skills

## Boots to Business—From Service to Startup

[boots2business.org](http://boots2business.org)

Introduces and trains transitioning veterans, Service members, and their spouses on business ownership through a three-step program

## Career One Stop

[www.careeronestop.org/ReEmployment/Veterans](http://www.careeronestop.org/ReEmployment/Veterans)

Offers information on unemployment benefits, re-employment, and career assistance; sponsored by DOL

## Challenge America

[www.challengeamerica.com](http://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](http://codeofsupport.org)

Provides a single point of contact to navigate through the multitude of support programs and services available; Intended for non-life threatening situations only

<b>Defense Advanced Research Projects Agency (DARPA)—Service Chiefs’ Fellows Program (SCFP)</b> 	<a href="http://www.darpa.mil/Opportunities/Military_Services/Service_Chiefs_Fellows_Program/Service_Chiefs_Fellows_Program_%28SCFP%29.aspx">www.darpa.mil/Opportunities/Military_Services/Service_Chiefs_Fellows_Program/Service_Chiefs_Fellows_Program_%28SCFP%29.aspx</a>	Designed to immerse outstanding military officers into science and technology research through a three-month fellowship; provides participants with insight into cutting-edge technology and opportunity to potentially aid in developing a future DARPA technology
<b>Department of Agriculture—New Farmers and Ranchers Program</b>	<a href="http://www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers">www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers</a>	Offers opportunities and resources available to help veterans start a career in farming and ranching, including information on loans, grants, and where to find help and technical assistance
<b>Department of Labor Employment &amp; Training Administration—Registered Apprenticeship</b>	<a href="http://www.doleta.gov/OA/veterans.cfm">www.doleta.gov/OA/veterans.cfm</a>	Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information
<b>DoD Hiring Heroes Program</b> 	<a href="http://godefense.cpms.osd.mil/veterans">godefense.cpms.osd.mil/veterans</a>	Offers avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA
<b>Education and Employment Initiative (E2I)</b> 	<a href="http://warriorcare.dodlive.mil/wounded-warrior-resources/e2i">warriorcare.dodlive.mil/wounded-warrior-resources/e2i</a>	Finds employment opportunities and provides career planning support for recovering Service members before they transition
<b>Farmer Veteran Coalition</b> 	<a href="http://www.farmvetco.org">www.farmvetco.org</a>	Helps veterans start their own farm business, transition back to the family farm, or find employment in agriculture
<b>Feds Hire Vets</b>  	<a href="http://www.fedshirevets.gov">www.fedshirevets.gov</a>	Provides information on federal job preferences and special job hiring authorities

**G.I. Go Fund** 

[www.gigofund.org](http://www.gigofund.org)

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

**Joint Services Support**   

[www.jointservicesupport.org](http://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](http://www.usmc-mccs.org)

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

**MOAA Career Transition Center** 

[www.moaa.org](http://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.nvti.org](http://www.nvti.org)

Offers transition workshops to help veterans and spouses adjust to civilian life

**Navy Transition GPS/TAP** 

[www.cnic.navy.mil](http://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

**Partnership for Youth Success** 

[www.armypays.com](http://www.armypays.com)

Helps Soldiers find employment after leaving the Army; the Army has partnered with America's business community and public sector employers to develop this program providing benefits for Soldiers

<b>REALifelines</b> 	<a href="http://www.dol.gov/vets/programs/Real-life">www.dol.gov/vets/programs/Real-life</a>	Links Service members and their families with local community resources to support their recovery and reemployment
<b>Reinventing Michael Banks</b> 	<a href="http://www.reinventingmichaelbanks.com">www.reinventingmichaelbanks.com</a>	Helps transitioning Service members and veterans understand the civilian hiring process and how to market their military skills to potential employers
<b>Safe Harbor Foundation Anchors Program</b> 	<a href="http://safeharbor.navylive.dodlive.mil/transition/anchor-program">safeharbor.navylive.dodlive.mil/transition/anchor-program</a>	Connects Sailors with mentors who assist with the challenges associated with returning to civilian life
<b>Still Serving Veterans</b> 	<a href="http://www.stillservingveterans.org">www.stillservingveterans.org</a>	Helps Service members and families transition to post-military lives
<b>Transition Assistance Advisors</b>   	<a href="http://www.taapmo.com">www.taapmo.com</a>	Lists points of contact to assist members in accessing VA benefits and health care services
<b>Turbo Transition Assistance Program</b> 	<a href="http://www.dmdc.osd.mil/appj/dwp/index.jsp">www.dmdc.osd.mil/appj/dwp/index.jsp</a>	Provides full transition resources
<b>United Services Military Apprenticeship Program (USMAP)</b> 	<a href="https://usmap.cnet.navy.mil/usmapss/static/genInfo.jsp">https://usmap.cnet.navy.mil/usmapss/static/genInfo.jsp</a>	Gives active duty Coast Guard, Marine Corps, or Navy Service members in an authorized trade occupation a system to become a DOL registered apprentice and receive documented proof of work experience
<b>USSOCOM Care Coalition</b>  	<a href="http://www.socom.mil/CareCoalition">www.socom.mil/CareCoalition</a>	Provides career transition for Special Operations Forces warriors and their caregivers
<b>VA Center for Innovation (VACI)—TechShop</b> 	<a href="http://www.innovation.va.gov/program-techshop.html">www.innovation.va.gov/program-techshop.html</a>	Offers 2,000 one-year memberships at six TechShop locations

**VA Pre-Discharge Programs** ♻️

[benefits.va.gov/  
predischarge](https://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

**Veterans Employment Center** ♻️

[www.ebenefits.va.gov/  
ebenefits/jobs](https://www.ebenefits.va.gov/ebenefits/jobs)

Provides a virtual employment resource center for veterans

**VetNet** ❤️🌐

[vetnethq.com](https://vetnethq.com)

Includes information on companies looking to hire veterans and spouses

**Vet-Trans** 🌐

[www.vet-trans.com](https://www.vet-trans.com)

One-stop location for transition assistance, veterans services, and much more

**Yellow Ribbon Reintegration Program** ❤️🇺🇸★

[www.yellowribbon.mil](https://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](http://www.aarp.org)

Offers free online seminars and educational resources

### American Red Cross Family Caregiver Courses and Certifications



[www.redcross.org/take-a-class](http://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](http://www.redcross.org/take-a-class)

Offers both certified and non-certified training options

### Armed Forces YMCA



[www.asymca.org](http://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](http://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

### Caregiver Action Network



<http://caregiveraction.org/>

Provides forums, peer networks, story project, tool box, tips, resources and advocacy

Caring for the Caregiver

DoD Program

VA Program

Reserve/Guard Specific Resource

Non-Profit Organization

Veterans Service Organizations

Military Children

Español Available

Smartphone App

<b>Caregivers' Resources (USA.gov)</b> ❤️ 🇺🇸	<a href="http://www.usa.gov/Citizen/Topics/Health/caregivers.shtml">www.usa.gov/Citizen/Topics/Health/caregivers.shtml</a>	Helps finding nursing homes, assisted living, or hospice; checks eligibility for benefits; sponsored by General Services Administration
<b>Caregiver's Journey</b> ❤️ 🇺🇸	<a href="http://www.traumaticbraininjuryatoz.org">www.traumaticbraininjuryatoz.org</a>	Caregiver's Journey: TBI Guide for Caregivers of Service members and veterans
<b>Center for the Study of Traumatic Stress</b> ❤️ 🇺🇸	<a href="http://www.cstsonline.org">www.cstsonline.org</a>	Shares research and <i>Courage to Care</i> fact sheets
<b>Coaching into Care</b> ❤️ ♻️	<a href="http://www.mirecc.va.gov/coaching">www.mirecc.va.gov/coaching</a>	Provides support and problem solving assistance and information about available programs or enrolling in VA care
<b>Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury</b> ❤️ 🇺🇸	<a href="http://www.dcoe.health.mil">www.dcoe.health.mil</a>	Provides TBI information, tips for treating mild TBI and PTSD, integrative health and wellness, and provider resources; special section on "Supporting Your Service Member"
<b>Easter Seals Caregiver Training Program</b> ❤️ 🌐 🇺🇸	<a href="http://www.easterseals.com">www.easterseals.com</a>	Provides training to eligible caregivers on self care, home safety, caregiver skills, veteran personal care, managing difficult behaviors, and support resources
<b>Everyone Serves Book</b> ❤️ 🌐	<a href="http://www.everyoneservesbook.com">www.everyoneservesbook.com</a>	Offers a handbook created for family and friends of Service members; information and resources for pre-deployment, deployment, and reintegration; special section on military caregiving, including videos
<b>Family Caregiver Alliance National Center on Caregiving</b> ❤️ 🌐	<a href="http://www.caregiver.org/caregiver/jsp/home.jsp">www.caregiver.org/caregiver/jsp/home.jsp</a>	Provides fact sheets, discussion groups, telephone conferences, and other educational resources, including state-by-state resources

**Help Guide** 🌐

[www.helpguide.org/mental/ptsd-family-help-support.htm](http://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](http://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](http://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](http://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** ❤️ 🌐 ES

[www.caregiving.org](http://www.caregiving.org)

Provides free brochures on caregiving

**National Military Family Association** ❤️ 🌐

[www.militaryfamily.org/get-info/caregiver](http://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](http://www.networkofcare.org)

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

<p><b>Next Step in Care (Family Caregivers and Medical Professionals Working Together)</b></p>	<p><a href="http://www.nextstepincare.org/Caregiver_Home">www.nextstepincare.org/ Caregiver_Home</a></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><b>Operation Family Caregiver</b> ❤️</p>	<p><a href="http://www.rosalynncarter.org/returning_soldiers/">www.rosalynncarter.org/ returning_soldiers/</a></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><b>Prepare to Care (AARP Foundation)</b></p>	<p><a href="http://aarp.org/home-family/caregiving">aarp.org/home-family/ caregiving</a></p>	<p>Family Caregiving Planning Guide includes information on how to get started, questions to ask, and where to find basic resources</p>
<p><b>Real Warriors Campaign</b> ❤️ 🦅</p>	<p><a href="http://www.realwarriors.net/family/support/psychhealth.php">www.realwarriors.net/family/support/ psychhealth.php</a></p>	<p>Provides information on how to support Service members with psychological health concerns</p>
<p><b>Silent Siren</b> 📢</p>	<p><a href="http://www.silentsiren.org">www.silentsiren.org</a></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><b>Strength for Caring</b> ❤️ 📢</p>	<p><a href="http://www.strengthforcaring.com">www.strengthfor caring.com</a></p>	<p>Includes articles and resource center</p>
<p><b>Support and Family Education (SAFE)</b> ❤️ 📢</p>	<p><a href="http://www.ouhsc.edu/safeprogram">www.ouhsc.edu/ safeprogram</a></p>	<p>Presents 18-session family education modules for people who care about someone living with mental illness or PTSD</p>
<p><b>TBI: Family Caregiver Curriculum</b> ❤️ 🦅</p>	<p><a href="http://www.traumaticbraininjuryatoz.org">www.traumaticbraininjury atoz.org</a></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](http://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](http://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](http://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](http://www.afterdeployment.org)

Offers wellness resources for the military community

**Agape Foundations Inc.** ❤️

[www.agapefoundationsinc.com](http://www.agapefoundationsinc.com)

Offers lifestyle coaching, consumer credit counseling, housing assistance, support groups, job assistance, and much more

**American Red Cross** ❤️🌐🇺🇸

[www.redcross.org](http://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

**Blue Star Families (Caregivers Empowering Caregivers)** ❤️🌐

[http://bluestarfam.org/Programs/Caregivers\\_Empowering\\_Caregivers](http://bluestarfam.org/Programs/Caregivers_Empowering_Caregivers)

Provides an opportunity for Caregivers to share their stories, support each other and gain resources

<b>Care for the Family Caregiver—A Place to Start</b> ❤️🌐	<a href="http://www.caregiving.org/data/Emblem_CfC10_Final2.pdf">www.caregiving.org/data/Emblem_CfC10_Final2.pdf</a>	This helpful and informative booklet serves family caregivers
<b>Caregiver Action Network</b> ❤️🌐	<a href="http://caregiveraction.org/">http://caregiveraction.org/</a>	Provides forums, peer networks, story project, tool box, tips, resources and advocacy
<b>Caregiver Stress</b> ❤️	<a href="http://www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.cfm">www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.cfm</a>	Provides caregiver stress fact sheets; sponsored by the Department of Health and Human Services
<b>Child and Family Program of the Center for the Study of Traumatic Stress</b> ❤️🦅	<a href="http://www.couragetotalk.org">www.couragetotalk.org</a>	Courage to care, courage to talk; resources for family and friends to communicate more effectively about war injuries
<b>Coaching into Care</b> ❤️🔄	<a href="http://www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf">www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf</a>	Booklet on Post Deployment Stress—What Families Should Know, What Families Can Do
<b>Coming Home Project</b> ❤️🌐	<a href="http://www.cominghomeproject.net">www.cominghomeproject.net</a>	Offers free counseling in Northern California; provides information and referral services to others
<b>Family Caregivers Briefcase (American Psychological Association)</b> ❤️🌐	<a href="http://www.apa.org/pi/about/publications/caregivers/final-report-2010.aspx">www.apa.org/pi/about/publications/caregivers/final-report-2010.aspx</a>	Includes 160 pages of information and resources for and about caregivers
<b>Family of a Vet</b> ❤️🌐	<a href="http://www.familyofavet.com">www.familyofavet.com</a>	Provides free download of "Taking Care of Me" packet and much more information
<b>Give an Hour</b> ❤️🌐	<a href="http://www.giveanhour.org">www.giveanhour.org</a>	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

**Hearts of  
Valor** ❤️🌐

[www.operationhomefront.net/servicedetail.aspx?id=1034](http://www.operationhomefront.net/servicedetail.aspx?id=1034)

Provides female caregivers opportunities to build relationships, access resources, and enjoy brief moments of rest and respite

**Joint Family  
Support Assistance  
Program** ❤️🇺🇸★

[www.jointservicesupport.org](http://www.jointservicesupport.org)

Provides support for families who are far from a military installation; services are delivered through collaborative partnership with Federal, State, and local resources

**Military Crisis  
Line** ❤️📞

[www.veteranscrisisline.net](http://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](http://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](http://www.militaryonesource.mil)

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

**Military Pathways** ❤️🇺🇸

[www.militarymentalhealth.org](http://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](http://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

<p><b>Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)</b>  </p>	<p><a href="http://www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram">www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram</a></p>	<p>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</p>
<p><b>Operation Live Well</b> </p>	<p><a href="http://www.health.mil/Military-Health-Topics/Operation-Live-Well">www.health.mil/Military-Health-Topics/Operation-Live-Well</a></p>	<p>Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle</p>
<p><b>PTSD Treatment Help</b> </p>	<p><a href="http://PTSDtreatmentHelp.com">PTSDtreatmentHelp.com</a></p>	<p>Helps with domestic violence and PTSD; offers free, brief, and confidential assessment</p>
<p><b>Rand Corporation</b>  </p>	<p><a href="http://www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf">www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf</a></p>	<p>Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do</p>
<p><b>Restore Warriors (Wounded Warrior Project)</b> </p>	<p><a href="http://www.restorewarriors.org">www.restorewarriors.org</a></p>	<p>Offers questionnaire and online help for stress, loss, self esteem, relationships, etc.</p>
<p><b>Special Operations Warrior Foundation</b>  </p>	<p><a href="http://www.specialops.org">www.specialops.org</a></p>	<p>Provides caregivers of Special Operations Forces personnel with spa services</p>
<p><b>Substance Abuse and Mental Health Administration</b> </p>	<p><a href="http://www.samhsa.gov">www.samhsa.gov</a></p>	<p>Offers treatment locations, downloads, videos, and publications</p>
<p><b>The Soldier's Project</b> </p>	<p><a href="http://www.thesoldiersproject.org/getting-help">www.thesoldiersproject.org/getting-help</a></p>	<p>Offers free psychotherapy</p>
<p><b>TRICARE Telemental Health Services</b> </p>	<p><a href="http://www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx?sc_database=web">www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx?sc_database=web</a></p>	<p>Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services</p>

**United Services  
Organization  
Warrior and Family  
Care** ❤️ 🌐

[www.uso.org/Programs/Warrior-and-Family-Care/Programs.aspx](http://www.uso.org/Programs/Warrior-and-Family-Care/Programs.aspx)

Offers programs for recovering Service members and their families throughout the rehabilitation process

**VA Caregiver  
Support** ❤️ 🔄

[www.caregiver.va.gov/support/support\\_services.asp](http://www.caregiver.va.gov/support/support_services.asp)

Provides a caregiver toolbox, diagnosis care sheets, everyday tips, and help staying organized

**Vet Centers**  
❤️ 🔄 ES 🧑

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

Offers free individual and family counseling to eligible veterans and families at 300 local Vet Centers



## 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](http://www.naccrra.org/military-families)*

# Children's Needs

## Child Care Assistance



### Armed Forces Foundation

[www.armedforcesfoundation.org](http://www.armedforcesfoundation.org)

Offers child care during illness, surgery, and recovery

### Army One Source

[www.myarmyonesource.com](http://www.myarmyonesource.com)

Gives child care referrals

### AuPairCare

[www.aupaircare.com](http://www.aupaircare.com)

Provides live-in child care at affordable prices

### Childcare Aware

[www.childcareaware.org](http://www.childcareaware.org)

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

### Joint Services Support

[www.jointservicesupport.org](http://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](http://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](http://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

<b>Military Heroes Fund</b> 🌐 👤	<a href="http://www.pentagonfoundation.org">www.pentagonfoundation.org</a>	Pays for on-site, quality child care at Walter Reed Medical Center
<b>Military OneSource</b> 🦅 ★ 👤 ES	<a href="http://www.militaryonesource.mil/parenting">www.militaryonesource.mil/parenting</a>	Provides assistance with any child care related services and counseling
<b>Operation Military Child Care</b> ❤️ 🦅 ★ 👤	<a href="http://www.childcareaware.org">www.childcareaware.org</a>	Supports Reserve component and geographically dispersed military families; provides assistance while looking for employment
<b>Operation Second Chance</b> 🌐 👤	<a href="http://www.operationsecondchance.org/supportandassistance">www.operationsecondchance.org/supportandassistance</a>	Provides child care during illness or surgery
<b>Respite Child Care</b> ❤️ 🦅 👤	<a href="http://www.naccrra.org/military-families">www.naccrra.org/military-families</a>	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
<b>Sitter City</b> 🦅 👤	<a href="http://www.sittercity.com/dod">www.sittercity.com/dod</a>	Offers free membership to help find fee-based child care, housekeeping, and animal care services
<b>Yellow Ribbon Fund</b> 🌐 👤	<a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a>	Offers babysitting, kid matinees, and pool days

## Children's Health and Wellbeing



### 4-H Military Partnerships

<http://www.4-hmilitarypartnerships.org/p.aspx?tabid=1>

Offers Boys and Girls Youth Club and Camps in partnership with the Joint Services

### AASA—The School Superintendents Association

<http://www.aasa.org/MilitaryChild.aspx>

Advocates and champions children's causes in their districts and nationwide

### American Legion

[www.legion.org](http://www.legion.org)

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

### Armed Services YMCA's Operation Hero Program

[www.asymca.org/programs/operation-hero4](http://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](http://bluestarfam.org)

Offers complimentary theater admission to all military personnel, their families, and veterans

### Child and Family Program of the Center for the Study of Traumatic Stress

[www.couragetotalk.org](http://www.couragetotalk.org)

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

### Children and Youth Behavioral Military and Family Life Counselors

[www.militaryonesource.mil/monthly-focus?content\\_id=268679](http://www.militaryonesource.mil/monthly-focus?content_id=268679)

Offers information on Military and Family Life Counselors and how to seek their services

<b>Children of Military Service Members Resource Guide</b> 🇺🇸 👤	<a href="http://www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf">www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf</a>	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
<b>Exceptional Family Member Program</b> 🇺🇸 👤	<a href="http://www.militaryonesource.mil/efmp">www.militaryonesource.mil/efmp</a>	Supports Service members who have dependents with chronic medical, dental, mental health, developmental, or educational conditions and require special care and services
<b>Family of a Vet</b> ❤️ 🌐 👤	<a href="http://www.familyofavet.com/parent_teacher_packet">www.familyofavet.com/parent_teacher_packet</a>	Parent/teacher packet about PTSD
<b>FOCUS Program</b> 🌐 👤	<a href="http://www.focusproject.org">www.focusproject.org</a>	Offers resilience training for children and teens
<b>Horses 4 Heroes</b> 🌐 👤	<a href="http://horses4heroes.org">horses4heroes.org</a>	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
<b>K2 Adventures Foundation</b> 🌐 👤	<a href="http://www.k2adventures.org/about-us">www.k2adventures.org/about-us</a>	Provides services, support, and funds for educational and medical enrichment for families with special needs and/or life changing medical circumstances
<b>Military Child Education Coalition</b> 🌐 👤	<a href="http://www.militarychild.org">www.militarychild.org</a>	Advocates for military children's educational needs
<b>Military Families Knowledge Bank</b> ❤️ 🇺🇸 👤	<a href="http://mfkb.nctsn.org">mfkb.nctsn.org</a>	Includes useful resources available to assist traumatized children and their families

<b>Military Kids Connect</b> 	<a href="http://militarykidsconnect.org">militarykidsconnect.org</a>	Connects online community of military children (ages 6-17) to informative activities, fun games, and helpful videos
<b>MilKidz Club</b> 	<a href="http://www.bluestarfam.org/milkidz-club">www.bluestarfam.org/milkidz-club</a>	Offers free tickets and other events for military children
<b>Military OneSource</b> 	<a href="http://www.militaryonesource.mil/parenting">www.militaryonesource.mil/parenting</a>	Distributes free booklet, "Honoring Our Babies and Toddlers"
<b>Military.tutor.com</b> 	<a href="http://military.tutor.com/">http://military.tutor.com/</a>	Offers free online tutoring to active duty military and their dependents
<b>Mission Sleep</b> 	<a href="http://www.missionsleep.org">www.missionsleep.org</a>	Provides free, overnight newborn care when parent's partner is deployed or wounded
<b>Mission Youth Outreach</b> 	<a href="http://www.bgcaa.com">www.bgcaa.com</a>	Allows geographically dispersed Active Duty, Guard, and Reserve youth to attend a local boys and girls club at no cost to the family
<b>New Parent Support Program</b> 	<a href="http://www.militaryonesource.mil/parenting?content_id=266691">www.militaryonesource.mil/parenting?content_id=266691</a>	Helps parents and expectant parents develop skills needed to provide a nurturing environment; free service on most installations
<b>Operation Homefront</b> 	<a href="http://www.operationhomefront.net">www.operationhomefront.net</a>	Offers assistance with baby food, diapers, formula, etc.
<b>Operation Purple Programs</b> 	<a href="http://www.militaryfamily.org">www.militaryfamily.org</a>	The National Military Family Association has designed several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures

<b>Operation Military Kids</b>  	<a href="http://www.operationmilitarykids.org">www.operationmilitarykids.org</a>	Supports military kids impacted by deployment and those geographically dispersed
<b>Operation Shower</b>   	<a href="http://operationshower.org">operationshower.org</a>	Operation Shower prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment
<b>Our Military Kids</b>  	<a href="http://www.ourmilitarykids.org">www.ourmilitarykids.org</a>	Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring
<b>Parenting for Service Members and Veterans</b>  	<a href="http://militaryparenting.t2.health.mil/index.php">http://militaryparenting.t2.health.mil/index.php</a>	Free online course provides information, strategies, reconnection tips for after deployment, and helpful exercises
<b>Rand Corporation</b>  	<a href="http://www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf">www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf</a>	Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do
<b>Read.gov</b> 	<a href="http://read.gov">http://read.gov</a>	Library of Congress offers books, books on tape, and eBooks
<b>Semper Fi Fund</b>  	<a href="http://www.semperfund.org">www.semperfund.org</a>	Provides a Kids Camps week where campers are matched up with high school student mentors
<b>Sesame Street Connections</b>  	<a href="http://www.sesamestreet.org/tlc">www.sesamestreet.org/tlc</a>	Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers
<b>The General's Kids</b>  	<a href="http://www.thegeneralskids.org">www.thegeneralskids.org</a>	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](http://www.uso.org/warriorandfamilycare)

Distributes DVDs and books to support military children who are dealing with a “new normal”

**Tutor.com**  

[www.tutor.com](http://www.tutor.com)

Provides online tutoring program

**Yellow Ribbon  
Fund**  

[www.yellowribbon  
fund.org](http://www.yellowribbonfund.org)

Offers babysitting, kid matinees, and pool days

**Zero to Three**  

[www.zerotothree.org](http://www.zerotothree.org)

Distributes free booklet to support young children whose parent/caregiver has been injured

# 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](http://www.va.gov/VSO)

# Education and Training

## Scholarships, Loans, and Grants



### Air Force Aid Society

[www.afas.org/ed-loans](http://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](http://www.afa.org/informationfor/military/scholarships)

Encourages Air Force spouses to pursue undergraduate or graduate degrees

### American Legion

[www.legion.org/scholarships](http://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](http://www.amvets.org/programs/scholarships)

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

### Army Emergency Relief

[www.aerhq.org/dnn563](http://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/resources/blue-star-careers](http://bluestarfam.org/resources/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

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<b>Department of Education— Financial Aid</b>	<a href="http://www2.ed.gov/finaid/landing.jhtml?src=ln">www2.ed.gov/finaid/landing.jhtml?src=ln</a>	Offers options for paying for college, including federal loans, grants, and work-study
<b>Federal Student Aid</b> 🇺🇸	<a href="http://studentaid.ed.gov/types/grants-scholarships/military">studentaid.ed.gov/types/grants-scholarships/military</a>	Offers scholarship information for military members and families; sponsored by the Department of Education
<b>Fisher House Foundation Military Scholarships</b> 🇺🇸	<a href="http://www.militaryscholar.org">www.militaryscholar.org</a>	Open to sons and daughters of Active Duty, Reserve/Guard, or retired commissary customers
<b>Folds of Honor</b> ❤️ 🇺🇸 🇺🇸	<a href="http://scholarships.foldsofhonor.org">scholarships.foldsofhonor.org</a>	Offers scholarships not based on need or merit for spouses and dependents of Service members
<b>Freedom Alliance Scholarship Fund</b> 🇺🇸 🇺🇸	<a href="http://freedomalliance.org/programs/scholarship-fund">freedomalliance.org/programs/scholarship-fund</a>	Funds scholarships for dependent children of Active Duty Service members who were killed or permanently disabled (100% VA rating)
<b>Green Beret Foundation</b> 🇺🇸 🇺🇸	<a href="http://greenberetfoundation.org/scholarships">greenberetfoundation.org/scholarships</a>	Provides scholarships for children of wounded, ill, or injured U.S. Army Special Forces Soldiers
<b>Hope for the Warriors</b> ❤️ 🇺🇸	<a href="http://www.hopeforthewarriors.org">www.hopeforthewarriors.org</a>	Provides caregivers/spouses scholarships at an accredited university, college, or trade school
<b>Job Explorer</b> ❤️ 🇺🇸 🇺🇸	<a href="http://www.mcsfex.net">www.mcsfex.net</a>	Allows users to search for military friendly scholarships for Service members and families
<b>John and Betty Pope Scholarship Program</b> ❤️ 🇺🇸	<a href="http://www.rosalynncarter.org/PopeFellowship/">www.rosalynncarter.org/PopeFellowship/</a>	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](http://www.marine-scholars.org)

Provides scholarships for children of active duty and veteran Marines

**Mattie J. T.  
Stepanek  
Caregiving  
Scholarship** ❤️ 🌐

[www.rosalynncarter.org/  
Mattie Stepanek/](http://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](http://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](http://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](http://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](http://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](http://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

<b>Navy Marine Corps Relief Society</b> 🌐 🧑	<a href="http://www.nmcrcs.org">www.nmcrcs.org</a>	Assists eligible Sailors, Marines, and families to pursue academic goals by providing a source of education financing
<b>No Greater Sacrifice</b> 🌐 🧑	<a href="http://www.nogreater-sacrifice.org">www.nogreater-sacrifice.org</a>	Provides scholarships and other educational resources for children of America's heroes
<b>Post GI Bill</b> ❤️ ♻️ 🧑	<a href="http://www.gibill.va.gov">www.gibill.va.gov</a>	Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed
<b>Post GI Bill Calculator (Iraq and Afghanistan Veterans of America)</b> 🧑	<a href="http://newgibill.org/calculator">newgibill.org/calculator</a>	Calculates GI Bill benefits plus Frequently Asked Questions
<b>Semper Fi Fund</b> 🌐	<a href="http://www.semperfund.org">www.semperfund.org</a>	Assists with costs of books, fees, and training; travel to job interviews; and equipment
<b>ThanksUSA</b> ❤️ 🌐 🧑	<a href="http://www.thanksusa.org">www.thanksusa.org</a>	Awards college, technical, and vocational school need-based scholarships to children and spouses
<b>The Retired Enlisted Association Memorial Foundation Scholarship</b> 🧑	<a href="http://www.trea.org">www.trea.org</a>	Awarded to dependent children, grandchildren, or great grandchildren of a TREA member; essay required
<b>Tillman Military Scholarship Program</b> ❤️ 🌐	<a href="http://pattillmanfoundation.org/apply-to-be-a-scholar/">pattillmanfoundation.org/apply-to-be-a-scholar/</a>	Offers direct study-related expenses such as tuition, fees, books, room and board, and other needs, such as child care
<b>Veterans of Foreign Wars</b> 🧑	<a href="http://www.vfw.org/Community/Programs">www.vfw.org/Community/Programs</a>	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

### Military.tutor.com

http://military.tutor.com/

Offers free online tutoring to active duty military and their dependents

### 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

<b>VA Work-Study Program</b> ❤️ ♻️ 🐾	<a href="http://gibill.va.gov/resources/education_resources/programs/work_study_program.html">gibill.va.gov/resources/education_resources/programs/work_study_program.html</a>	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility
<b>VetNet</b> ❤️ 🌐	<a href="http://vetnethq.com">vetnethq.com</a>	Includes inside information on companies looking to hire veterans and spouses
<b>Vet Power</b> 🌐	<a href="http://vetpower.org">vetpower.org</a>	Offers a connection to nine universities who provide free entrepreneurial studies programs
<b>Veterans Retraining Assistance Program</b> ♻️ 🌐	<a href="http://www.benefits.gov/benefits/benefit-details/5884">www.benefits.gov/benefits/benefit-details/5884</a>	Provides up to 12 months of retraining for high-demand jobs; visit <a href="http://ebenefits.va.gov">ebenefits.va.gov</a> to apply
<b>Veterans Upward Bound</b>	<a href="http://www2.ed.gov/programs/triovub">www2.ed.gov/programs/triovub</a>	Assists veterans with refreshing their academic skills to succeed in post-secondary schooling
<b>Vocational Rehabilitation and Employment</b> ♻️	<a href="http://www.vba.va.gov/bln/vre">www.vba.va.gov/bln/vre</a>	Offers assistance with employment, education, and training for independent living



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”*



## Keep Your DEERS Information Up-to-Date!

Information at: [www.tricare.mil/deers](http://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](http://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](http://www.dmdc.osd.mil/identitymanagement)

Find a local ID card-issuing facility: [www.dmdc.mil/rsf](http://www.dmdc.mil/rsf)

# Financial Support

## General Assistance



### Aid and Attendance Program

[www.veteranaid.org/index.php](http://www.veteranaid.org/index.php)

Provides free assistance to qualified Veterans and surviving spouses in applying for Aid and Attendance pension benefits

### Air Force Aid Society

[www.afas.org](http://www.afas.org)

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

### Air Force Aid Society Falcon Fund

[www.afas.org](http://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](http://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](http://www.redcross.org)

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

 Caring for the Caregiver

 DoD Program

 VA Program

 Reserve/Guard Specific Resource

 Non-Profit Organization

 Veterans Service Organizations

 Military Children

 Español Available

 Smartphone App

<b>America's Fund</b> 🌐 🧑	<a href="http://americasfund.org">americasfund.org</a>	Provides direct financial assistance to all Service members and families for expenses during a long hospitalization or rehabilitation
<b>Armed Forces Foundation</b> 🌐	<a href="http://www.armedforcesfoundation.org">www.armedforcesfoundation.org</a>	Provides financial support with utilities, rent, and mortgage
<b>Armed Forces YMCA</b> 🌐	<a href="http://www.asymca.org">www.asymca.org</a>	Offers grants for junior enlisted personnel
<b>Army Emergency Relief</b> 🌐	<a href="http://www.aerhq.org/dnn563">www.aerhq.org/dnn563</a>	Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own"
<b>Army One Source</b> 🇺🇸	<a href="http://www.myarmyone.com">www.myarmyone.com</a>	Offers tools such as Army Gold Game, and calculators
<b>Certified Financial Planner Board of Standards</b> 🌐	<a href="http://www.letsmakeaplan.org/financial-planning-resources">www.letsmakeaplan.org/financial-planning-resources</a>	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
<b>Coast Guard Mutual Assistance</b> 🌐	<a href="http://www.cgmahq.org">www.cgmahq.org</a>	Financial grants; referrals; short-term, interest free loans; free financial counseling
<b>Hope for the Warriors—Critical Care Coordination</b> 🌐	<a href="http://www.hopeforthewarriors.org">www.hopeforthewarriors.org</a>	Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits
<b>Homeowners Assistance Program (Expanded)</b> 🇺🇸	<a href="http://hap.usace.army.mil">hap.usace.army.mil</a>	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](http://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](http://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](http://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 Personal Financial Counselors** 🇺🇸

[www.mhngs.com/app/programsandservices/mflc\\_program.content](http://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](http://www.pentagonfoundation.org)

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

**Military OneSource Financial Consultations** 🇺🇸 ES

[www.militaryonesource.mil](http://www.militaryonesource.mil)

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

<b>Military Warriors Support Foundation</b> 	<a href="http://www.militarywarriors.org/openhomes">www.militarywarriors.org/openhomes</a>	Awards mortgage-free homes and three years of family and financial mentoring
<b>Navy-Marine Corps Relief Society</b> 	<a href="http://www.nmcrs.org">www.nmcrs.org</a>	Provides interest-free loans or grants for transportation, medical/dental, food, rent, and utilities, child care expenses, essential vehicle repairs, and unforeseen family emergencies
<b>Operation First Response</b> 	<a href="http://www.operationfirstresponse.org">www.operationfirstresponse.org</a>	Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, groceries, clothing, and travel expenses
<b>Operation Homefront</b> 	<a href="http://www.operationhomefront.net">www.operationhomefront.net</a>	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
<b>Operation One Voice</b>  	<a href="http://operationonevoice.org">operationonevoice.org</a>	Helps the financial needs of children and families of wounded and fallen Special Operation Forces
<b>Operation Second Chance</b> 	<a href="http://www.operationsecondchance.org/supportandassistance">www.operationsecondchance.org/supportandassistance</a>	Financial assistance for those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)
<b>Pentagon Federal Credit Union Foundation</b> 	<a href="http://www.pentagonfoundation.org">www.pentagonfoundation.org</a>	Financial education, emergency loans, and home ownership grants
<b>Rebuild Hope</b> 	<a href="http://www.rebuildhope.org">www.rebuildhope.org</a>	National network that "connects" donors to beneficiaries

<b>Reserve Aid</b>  	<a href="https://reserveaid.org">reserveaid.org</a>	Provides grants for rent/ mortgage, utility, car payments, car insurance, and Wal-Mart gift card for food/fuel
<b>Special Operations Warrior Foundation</b> 	<a href="https://www.specialops.org">www.specialops.org</a>	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
<b>Thrift Savings Plan</b> 	<a href="https://www.tsp.gov">www.tsp.gov</a>	Provide guidance on how to access TSP funds in moments of distress (i.e., loans, distributions, and tax breaks)
<b>Turbo Transition Assistance Program</b> 	<a href="https://www.dmdc.osd.mil/appj/dwp/index.jsp">www.dmdc.osd.mil/appj/dwp/index.jsp</a>	Offers financial planning for transition
<b>USA Cares</b> 	<a href="https://www.usacares.org">www.usacares.org</a>	Pays basic expenses— mortgage/rent, food for family and home utilities
<b>USO Food Assistance</b> 	<a href="https://www.usometro.org/page.php?p=87">www.usometro.org/page.php?p=87</a>	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
<b>USO Warrior and Family Care Program</b> 	<a href="https://www.uso.org/warriorandfamilycare">www.uso.org/warriorandfamilycare</a>	Offers financial assistance 24/7
<b>VA Home Loan Guarantee Program</b> 	<a href="https://www.benefits.va.gov/homeloans">www.benefits.va.gov/homeloans</a>	Offers guaranteed home loans, refinancing assistance, and special grants

<b>VA Work-Study Program</b> ❤️ ♿ 🐕	<a href="http://gibill.va.gov/resources/education_resources/programs/work_study_program.html">gibill.va.gov/resources/education_resources/programs/work_study_program.html</a>	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility
<b>Veterans of Foreign Wars Unmet Needs Program</b> ♿	<a href="http://www.vfw.org">www.vfw.org</a>	Provides emergency grants to military families who need temporary help making ends meet
<b>Wounded Heroes Foundation</b> 🌐	<a href="http://www.woundedheroesfund.net">www.woundedheroesfund.net</a>	Offers physical, emotional, and financial support to injured Armed Forces serving around the world

## Temporary Lodging Expenses



<b>America's Fund</b> ❤️ 🌐	<a href="http://americasfund.org">americasfund.org</a>	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
<b>AMVETS National Service Foundation</b> ♿	<a href="http://www.amvetsnsf.org">www.amvetsnsf.org</a>	Healing Heroes Program
<b>Fisher House</b> 🌐	<a href="http://www.fisherhouse.org">www.fisherhouse.org</a>	Hotels for Heroes Program
<b>Navy Safe Harbor Foundation</b> 🌐	<a href="http://www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf">www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf</a>	Provides financial and legal support for travel expenses, court costs, and housing/rental support
<b>Operation Homefront Villages</b> 🌐	<a href="http://www.operationhomefront.net">www.operationhomefront.net</a>	Provides recovering Service member transitional family housing; currently operates three villages in CA, MD, and TX

**USO Housing Assistance** 

[www.usometro.org/page.php?p=87](http://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](http://www.yellowribbonfund.org)

Provides free, furnished apartments and hotel rooms for families

## Travel and Transportation Expenses



**Air Compassion for Veterans** 

[www.aircompassionforveterans.org](http://www.aircompassionforveterans.org)

Provides transportation through commercial airline tickets

**Air Force Aid Society Falcon Fund** 

[www.afas.org](http://www.afas.org)

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

**America's Fund**  

[americasfund.org](http://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](http://www.amvetsnsf.org)

Healing Heroes Program

**Armed Forces Foundation** 

[www.armedforcesfoundation.org](http://www.armedforcesfoundation.org)

Pays car insurance, registration payments, and car payments

<b>Armed Forces YMCA Jack Daniel's Operation Ride Home</b> ❤️🌐	<a href="http://www.asymca.org">www.asymca.org</a>	Provides junior enlisted (E-4 and below) single Service members, military families, and families of deployed Service members the opportunity to travel home
<b>Disabled American Veterans</b> 🧑🏻‍🦺	<a href="http://www.dav.org/veterans/i-need-a-ride">www.dav.org/veterans/i-need-a-ride</a>	A transportation network for veterans at 172 medical centers to help veterans get needed treatment
<b>Fisher House</b> 🌐	<a href="http://www.fisherhouse.org">www.fisherhouse.org</a>	Hero Miles program
<b>Hope for the Warriors</b> 🌐	<a href="http://www.hopeforthewarriors.org">www.hopeforthewarriors.org</a>	Provides gas cards for vehicles to get to appointments
<b>Luke's Wings</b> ❤️🌐	<a href="http://www.lukeswings.org">www.lukeswings.org</a>	Offers free transportation assistance for caregivers, Service members, and others
<b>Navy Safe Harbor Foundation</b> 🌐	<a href="http://www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf">www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf</a>	Provides financial and legal support for travel expenses, court costs, and housing/rental support
<b>Operation Second Chance</b> 🌐	<a href="http://www.operationsecondchance.org/supportandassistance">www.operationsecondchance.org/supportandassistance</a>	Assists with travel to include special circumstances, one-way flights, and urgent or short notice flights
<b>Soldiers' Angels Tank Support</b> 🌐	<a href="http://soldiersangels.org/index.php?mact=News,cntnt01,detail,0&amp;cntnt01articlaid=133&amp;cntnt01returnid=120">soldiersangels.org/index.php?mact=News,cntnt01,detail,0&amp;cntnt01articlaid=133&amp;cntnt01returnid=120</a>	Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need
<b>Veterans Airlift Command</b> 🌐	<a href="http://www.veteransairlift.org">www.veteransairlift.org</a>	Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft
<b>Yellow Ribbon Fund</b> 🌐	<a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a>	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.

# 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](http://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](http://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](http://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](http://www.humana-military.com)

Offers transitional premium-based health care coverage after TRICARE eligibility ends; need to purchase within 60 days of losing TRICARE or TAMP eligibility

**Family and Medical Leave Act**

[www.dol.gov/whd/fmla/index.htm](http://www.dol.gov/whd/fmla/index.htm)

Provides an overview of the Family and Medical Leave Act

**Foreign Medical Program** 🇺🇸

[www.va.gov/HAC/forbeneficiaries/fmp/fmp.asp](http://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](http://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

<b>Meds by Mail</b> 	<a href="http://www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp">www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp</a>	A voluntary service, which provides a safe, easy and cost-free way to receive non-urgent maintenance medications delivered at home
<b>Military Medical Support Office</b> 	<a href="http://www.tricare.mil/tma/MMSO">www.tricare.mil/tma/MMSO</a>	Supports medical care to remotely located Active Duty and Reserve Component Service members
<b>My HealtheVet</b> 	<a href="http://www.myhealth.va.gov">www.myhealth.va.gov</a>	Access online records to manage health care, obtain information, and get facts about VA benefits and services
<b>Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)</b> 	<a href="http://www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram">www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram</a>	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
<b>Quit Tobacco</b> 	<a href="http://ucanquit2.org">ucanquit2.org</a>	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
<b>Rebuilding America's Warriors</b> 	<a href="http://www.rebuildingamericaswarriors.com">www.rebuildingamericaswarriors.com</a>	Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors
<b>Transitional Assistance Management Program</b> 	<a href="http://www.tricare.mil/Welcome/SpecialPrograms/TAMP">www.tricare.mil/Welcome/SpecialPrograms/TAMP</a>	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](http://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](http://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](http://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](http://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](http://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](http://www.tricare.mil)

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

<b>TRICARE Resources</b> 	<a href="http://www.tricare.mil/smart">www.tricare.mil/smart</a>	The SMART Site is your best source for TRICARE materials online; view, print, or download TRICARE briefings, fact sheets, handbooks, and other materials
<b>TRICARE Telemental Health Services</b> 	<a href="http://www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx">www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx</a>	Offers a network of offsite providers who can evaluate, treat and refer you as necessary via video; contact TRICARE regional coordinator to request services
<b>TRICARE Tobacco Cessation Program</b> 	<a href="http://www.tricare.mil/tobacco cessation">www.tricare.mil/tobacco cessation</a>	Offers four ways to help break the tobacco cycle: Web-based Educational Materials, Smoking Quitlines, Counseling Services, and Smoking Cessation Medication

## General Medical Information



<b>Afterdeployment</b> 	<a href="http://www.afterdeployment.org">www.afterdeployment.org</a>	Outlines DoD/VA clinical practice guidelines
<b>Blind Rehabilitation Service</b> 	<a href="http://www.va.gov/blindrehab">www.va.gov/blindrehab</a>	Includes adjustment to blindness counseling, patient and family education, residential inpatient training, and outpatient rehabilitation services
<b>Depression Screening Tools</b> 	<a href="http://afterdeployment.t2.health.mil/topics-depression">http://afterdeployment.t2.health.mil/topics-depression</a>	Provides video stories, assessments, resources, library, personal stories and more
<b>Hearing Center of Excellence</b> 	<a href="http://hearing.health.mil">hearing.health.mil</a>	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](http://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](http://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](http://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](http://vce.health.mil)

Works with TRICARE, Military Health System, VA, and other Centers of Excellence to provide patient-centered support close to home, unit, and family

**War Related  
Illness and Injury  
Study Center** 

[www.warrelatedillness.va.gov](http://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](http://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](http://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](http://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](http://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.nmcra.org/pages/health-education-and-post-combat-support](http://www.nmcra.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](http://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](http://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](http://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](http://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](http://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](http://brainlinemilitary.org)

Provides military-specific information and resources on TBI

<b>Brave Heart Veterans</b> ❤️🌐	<a href="http://braveheartveterans.org">braveheartveterans.org</a>	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
<b>Caregiver's Journey</b> ❤️🇺🇸	<a href="http://www.traumaticbraininjuryatoz.org">www.traumaticbraininjuryatoz.org</a>	TBI Guide for Caregivers of Service members and veterans
<b>Center for American Military Music Opportunities (C*A*M*M*O)</b> 🌐	<a href="http://www.cammomusic.org">www.cammomusic.org</a>	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
<b>Center for Deployment Psychology</b> 🇺🇸	<a href="http://deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi">deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi</a>	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
<b>Center for the Study of Traumatic Stress</b> ❤️🇺🇸👤	<a href="http://www.couragetotalk.org">www.couragetotalk.org</a>	Provides family resources, fact sheets, etc.
<b>Centre for Neuro Skills</b> ❤️🇪🇸	<a href="http://www.neurosills.com">www.neurosills.com</a>	Provides resources and help for families related to Traumatic Brain Injury rehabilitation
<b>Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory</b> ❤️🇺🇸★	<a href="http://www.warwithin.org">www.warwithin.org</a>	Connects Service members and their families to health care and behavioral health providers nearby; sponsored by UnitedHealth Group

**Cognitive Systems**[www.Cog-Systems.com](http://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](http://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](http://www.dvbic.org)

Distributes booklet: Talking to children about moderate/severe TBI

**Depression Screening Tools**<http://afterdeployment.t2.health.mil/topics-depression>

Provides video stories, assessments, resources, library, personal stories and more

**Disabled American Vets**[www.dav.org/veterans/documents/PTSDBrochure.pdf](http://www.dav.org/veterans/documents/PTSDBrochure.pdf)

Distributes brochure: Living with Traumatic Stress

**EEG (Neurofeedback) Information**[www.eeginfo.com](http://www.eeginfo.com)

Provides neurobiofeedback resources

**EMDR Institute, Inc.**[www.emdr.com](http://www.emdr.com)

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

**Family of a Vet**[www.familyofavet.com](http://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](http://www.healthjourneys.com)

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

<b>Help Guide</b> 🌐	<a href="http://www.helpguide.org/mental/ptsd-family-help-support.htm">www.helpguide.org/mental/ptsd-family-help-support.htm</a>	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
<b>Intrepid Fallen Heroes Fund NICoE Satellite Centers</b> 🌐	<a href="http://www.fallenheroesfund.org">www.fallenheroesfund.org</a>	State of the art facility for treating wounded heroes suffering from TBI
<b>Make the Connection</b> ❤️ 🔄	<a href="http://maketheconnection.net">maketheconnection.net</a>	Helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better
<b>Medal of Honor Speak Out</b> 🌐	<a href="http://www.medalofhonorspeakout.org">www.medalofhonorspeakout.org</a>	Medal of Honor recipients speak out about adjusting to life after combat, particularly for post traumatic stress
<b>National Center for PTSD</b> 🔄	<a href="http://www.ptsd.va.gov">www.ptsd.va.gov</a>	Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links of support
<b>National Intrepid Centers of Excellence Family Program</b> ❤️ 🦅	<a href="http://www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx">www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx</a>	Short-term, solution-focused therapies done in individual, marital, group, and family sessions
<b>The Pathway Home</b> 🌐	<a href="http://www.thepathwayhome.org">www.thepathwayhome.org</a>	Offers private treatment for OEF/OIF veterans with PTSD
<b>PTSD Program Locator</b> 🔄	<a href="http://www.va.gov/directory/guide/ptsd_flash.asp">www.va.gov/directory/guide/ptsd_flash.asp</a>	Locate nearby specialized PTSD programs, search by state, or find specialized programs by type
<b>PTSD Treatment Help</b> ❤️	<a href="http://PTSDtreatmentHelp.com">PTSDtreatmentHelp.com</a>	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment

**Semper Fi Fund** 🌐[semperfund.org/  
resources](http://semperfund.org/resources)Movie: Cover Me (about  
combat operational stress)**Sidran Institute  
Traumatic Stress  
Education and  
Advocacy** 🌐[www.sidran.org](http://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](http://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](http://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](http://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](http://www.usuhs.mil)Learn about research  
studies on brain injury**Vet Centers**  
❤️ ♿️ 🇺🇸[www.vetcenter.va.gov](http://www.vetcenter.va.gov)Helps combat veterans  
and their families; 200  
community locations**Warrior Canine  
Connection** 🌐[www.warriorcanine  
connection.org](http://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.

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\* 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](https://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](https://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](https://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](https://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

<b>Help Our Military Heroes</b> 	<a href="http://www.helpourmilitaryheroes.org">www.helpourmilitaryheroes.org</a>	Provides recovering Service members with fully-equipped handicapped vehicles
<b>Home Improvements and Structural Alterations (HISA) Grant</b> 	<a href="http://www.benefits.va.gov/HOMELOANS">www.benefits.va.gov/HOMELOANS</a>	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)
<b>The LiveAbility House</b> 	<a href="http://www.extension.org/pages/22208/the-liveability-house">www.extension.org/pages/22208/the-liveability-house</a>	Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home
<b>Navy Safe Harbor Foundation</b> 	<a href="http://www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf">www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf</a>	Offers help for housing modifications, vehicle modifications, and other equipment
<b>Prosthetic Appliances</b> 	<a href="http://www.prosthetics.va.gov/About_PSAS.asp">www.prosthetics.va.gov/About_PSAS.asp</a>	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
<b>Semper Fi Fund</b> 	<a href="http://semperfund.org/assistance">semperfund.org/assistance</a>	Provides grants for visual enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs, and therapeutic mattresses
<b>Soldiers' Angels Project Valour-IT</b> 	<a href="http://soldiersangels.org/project-valour-it.html">soldiersangels.org/project-valour-it.html</a>	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](http://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](http://www.va.gov/vso).



## Employer Support of Guard and Reserve

[www.esgr.mil](http://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](http://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](http://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.militaryonesource.mil](http://www.militaryonesource.mil)

Offers legal assistance information

## National Disability Rights Network

[www.ndrn.org/index.php](http://www.ndrn.org/index.php)

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<b>National Veterans Legal Services Program</b> 🌐	<a href="http://www.nvlsp.org">www.nvlsp.org</a>	Offers legal aid referral services
<b>Navy Safe Harbor Foundation</b> 🌐	<a href="http://www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf">www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf</a>	Provides financial and legal support for travel expenses, court costs, and housing/rental support
<b>Service Members Law Center</b> ⭐️ 🌐	<a href="http://www.servicemembers-lawcenter.org">www.servicemembers-lawcenter.org</a>	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
<b>Veterans Consortium Pro Bono Program</b> 🌐	<a href="http://www.vetsprobono.org">www.vetsprobono.org</a>	Helps with legal assistance to appeal veterans benefits claims
<b>Yellow Ribbon Fund</b> 🌐	<a href="http://www.yellowribbonfund.com">www.yellowribbonfund.com</a>	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.

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

❤️ Caring for the Caregiver

🇺🇸 DoD Program

🏠 VA Program

★ Reserve/Guard Specific Resource

🌐 Non-Profit Organization

🎗️ Veterans Service Organizations

👶 Military Children

ES Español Available

📱 Smartphone App

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

Yellow Ribbon Fund ❤️🌐

[www.facebook.com/YellowRibbonFund](https://www.facebook.com/YellowRibbonFund)



## Blogs (Web Logs)

Afterdeployment 🦅

[www.afterdeployment.org/blog](http://www.afterdeployment.org/blog)

Battling Bare ❤️🌐

[battlingbare.blogspot.com](http://battlingbare.blogspot.com)

Caregiver Action Network ❤️🌐

<http://caregiveraction.org/>

Caring Bridge ❤️🌐

[www.caringbridge.org](http://www.caringbridge.org)

Courageous Caregivers: Those Who Serve by Caring for the Wounded ❤️

[veteranecaregivervoices.blogspot.com](http://veteranecaregivervoices.blogspot.com)

Family of a Vet ❤️🌐

[blog.familyofavet.com](http://blog.familyofavet.com)

Learning by Accident ❤️🌐ES

[www.brainline.org/rosemary](http://www.brainline.org/rosemary)

Military OneSource Blog Brigade 🦅

[www.militaryonesource.mil](http://www.militaryonesource.mil)

Military Pathways 🦅

[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

Operation Homefront Hearts of Valor ❤️🌐

[www.wifeofawoundedsoldier.com](http://www.wifeofawoundedsoldier.com)

Tutor.com 🦅❤️

[blog.tutor.com](http://blog.tutor.com)

Warrior Care Blog 🦅

[warriorcare.dodlive.mil](http://warriorcare.dodlive.mil)

Warrior Care Blog/Caregiver

[warriorcare.dodlive.mil/caregiver-resources](http://warriorcare.dodlive.mil/caregiver-resources)

Wounded Warrior Project Connect 🌐

[www.woundedwarriorproject.org/connect](http://www.woundedwarriorproject.org/connect)



## Online Chat Rooms/Forums/Groups

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<b>Afterdeployment—Peer to Peer Forum</b> 🇺🇸	<a href="http://www.afterdeployment.org/forums/peer-2-peer">www.afterdeployment.org/forums/peer-2-peer</a>
<b>Aid and Attendance Program</b> 🌐	<a href="http://www.veteranaid.org/index.php">www.veteranaid.org/index.php</a>
<b>Armed Forces Crossroads—Air Force Spouse Forum</b> ❤️ 🇺🇸	<a href="http://www.afcrossroads.com">www.afcrossroads.com</a>
<b>Caring Bridge</b> ❤️ 🌐	<a href="http://www.caringbridge.org">www.caringbridge.org</a>
<b>Courage Beyond</b> ❤️ 🌐	<a href="http://couragebeyond.org">couragebeyond.org</a>
<b>DCoE Outreach Center</b> 🇺🇸	<a href="http://www.dcoe.health.mil/Families/Help">www.dcoe.health.mil/Families/Help</a>
<b>Family Caregiver Alliance</b> ❤️ 🌐	<a href="http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org">lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org</a>
<b>Google for Veterans</b>	<a href="http://www.googleforveterans.com">www.googleforveterans.com</a>
<b>Marine Family Network</b> 🌐	<a href="http://marinefamilynetwork.com">marinefamilynetwork.com</a>
<b>Marine Parents</b> ❤️ 🌐	<a href="http://www.marineparents.com">www.marineparents.com</a>
<b>Military Kids Connect</b> 🇺🇸 🦽	<a href="http://militarykidsconnect.org">militarykidsconnect.org</a>
<b>Operation Homefront Hearts of Valor</b> ❤️ 🌐	<a href="http://www.heartsofvalor.org">www.heartsofvalor.org</a>
<b>Pinterest Resources for Caregivers of Wounded Warriors</b> ❤️ 🌐	<a href="http://www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors/">www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors/</a>
<b>Restore Warriors</b> 🌐	<a href="http://www.restorewarriors.org">www.restorewarriors.org</a>
<b>Veteran CareGiver</b> ❤️ 🌐	<a href="http://www.veterancaregiver.com">www.veterancaregiver.com</a>

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Vets 4 Warriors 🌐

[www.vets4warriors.com/Services](http://www.vets4warriors.com/Services)

Wounded Warrior Project Connect 🌐

[connect.woundedwarriorproject.org](http://connect.woundedwarriorproject.org)



## Personal Stories

Caregiver Action Network ❤️ 🌐

<http://caregiveraction.org/>

Courage Beyond ❤️ 🌐

[couragebeyond.org](http://couragebeyond.org)

Family Caregiver Alliance ❤️ 🌐

[lists.caregiver.org/mailman/listinfo/caregiver-online\\_lists.caregiver.org](http://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](http://www.med.navy.mil/sites/nmcsd/nccosc/servicemembersv2/successstories)

Restore Warriors 🌐

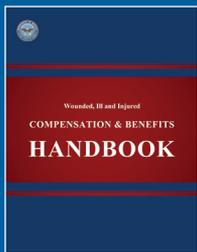
[www.restorewarriors.org](http://www.restorewarriors.org)

VA Caregiver Connections Program ❤️ 🔄

[www.caregiver.va.gov](http://www.caregiver.va.gov)

Veteran CareGiver ❤️ 🌐

[www.veterancaregiver.com](http://www.veterancaregiver.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](http://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](http://www.aa.org)

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

**Army Wife Network**  

[www.armywife-network.com](http://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/resources/blue-star-careers](http://bluestarfam.org/resources/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

**Blue Star Families (Caregivers Empowering Caregivers)**  

[http://bluestarfam.org/Programs/Caregivers\\_Empowering\\_Caregivers](http://bluestarfam.org/Programs/Caregivers_Empowering_Caregivers)

Provides an opportunity for Caregivers to share their stories, support each other and gain resources

**Caregiver Action Network**  

<http://caregiver-action.org/>

Provides forums, peer networks, story project, tool box, tips, resources and advocacy

**Caregiver Peer-to-Peer Initiative**  

[www.militaryonesource.mil/wounded-warrior?content\\_id=276551](http://www.militaryonesource.mil/wounded-warrior?content_id=276551)

Provides military caregiver peer to peer forums to share stories, resources, and best practices

**CinCHouse** 

[www.cinchouse.com](http://www.cinchouse.com)

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<b>Coaching into Care</b> ❤️ ♻️	<a href="http://www.mirecc.va.gov/coaching">www.mirecc.va.gov/coaching</a>	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)
<b>Codependents Anonymous</b> 🌐	<a href="http://www.coda.org">www.coda.org</a>	Designed for people who live with someone who is using an addictive substance that is negatively affecting their life
<b>Coming Home Project</b> 🌐	<a href="http://www.cominghomeproject.net">www.cominghomeproject.net</a>	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
<b>Courage Beyond</b> ❤️ 🌐	<a href="http://couragebeyond.org">couragebeyond.org</a>	Provides online support groups and in-person support groups and counseling
<b>Google for Veterans</b>	<a href="http://www.googleforveterans.com/veterans">www.googleforveterans.com/veterans</a>	Connect with fellow veterans through free calls, group video chat, record videos, collaborating, and sharing tools
<b>Green Beret Foundation (Steel Magnolias)</b> ❤️ 🌐	<a href="http://greenberetfoundation.org">greenberetfoundation.org</a>	An exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces soldiers
<b>In Gear Career for Military Spouses</b> ❤️	<a href="http://www.ingearcareer.org">www.ingearcareer.org</a>	A forum for community support, information-sharing, and networking that addresses the unique challenges and strengths of the career-minded military spouse
<b>Iraq and Afghanistan Veterans of America Community of Veterans</b> 🧡	<a href="http://iava.org">iava.org</a>	Largest online social network exclusively for Iraq and Afghanistan veterans

**Make the Connection** ❤️ 🌐

[maketheconnection.net](http://maketheconnection.net)

Provides a connection based on life events or experiences to get information, stories, and resources for support

**Marine Parents** ❤️ 🌐

[www.marineparents.com](http://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](http://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** 🌐 ES

[www.na.org](http://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](http://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](http://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](http://www.pva.org)

Shares caregiver stories, resources and links

**Restore Warriors** 🌐

[www.restorewarriors.org/online-help](http://www.restorewarriors.org/online-help)

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

<p><b>Pinterest Resources for Caregivers of Wounded Warriors</b> ❤️🌐</p>	<p><a href="http://www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors">www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors</a></p>	<p>Hosted by Operation Homefront Hearts of Valor, this online board has nonprofits that help caregivers of recovering Service members</p>
<p><b>Safe Harbor Foundation Anchors Program</b> 🌐</p>	<p><a href="http://safeharbor.navylive.dodlive.mil/transition/anchor-program">safeharbor.navylive.dodlive.mil/transition/anchor-program</a></p>	<p>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</p>
<p><b>United We Stand at E.A.S.E. (Equine Assisted Self-Exploration)</b> ❤️🌐</p>	<p><a href="http://www.unitedwestandatease.com">www.unitedwestandatease.com</a></p>	<p>Quantum Leap Farm's At E.A.S.E. program hosts W.O.W. (Women of Warriors) retreats</p>
<p><b>Veterans' Family United Foundation</b> ❤️🌐</p>	<p><a href="http://veteransfamiliesunited.org">veteransfamiliesunited.org</a></p>	<p>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</p>
<p><b>Vets 4 Warriors</b> ⭐🌐</p>	<p><a href="http://www.vets4warriors.com/Services">www.vets4warriors.com/Services</a></p>	<p>Toll free peer support line 855-838-8255 (855-VET-TALK) is available 24/7 for National Guard and Reserve Service members</p>
<p><b>Wounded Warrior Project Peer Mentoring</b> 🌐</p>	<p><a href="http://www.woundedwarriorproject.org/programs/peer-support">www.woundedwarriorproject.org/programs/peer-support</a></p>	<p>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</p>
<p><b>Yellow Ribbon Fund Mentoring Program</b> 🌐</p>	<p><a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a></p>	<p>Helps injured Service members build new lives through education and career guidance, networking, and job shadowing</p>

# Pet and Service Animal Assistance



## Assistance Dogs International

[www.assistedogsinternational.org](http://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](http://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](http://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](http://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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App

<b>Puppies Behind Bars</b> 🌐	<a href="http://www.puppiesbehindbars.com">www.puppiesbehindbars.com</a>	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
<b>Semper Fi Fund Canine Companions</b> 🌐	<a href="http://semperfund.org/assistance">semperfund.org/assistance</a>	Unites injured Service members with service dogs and ensures the dogs are trained and continually cared for despite the financial difficulties
<b>SitterCity</b>	<a href="http://www.sittercity.com/pet-sitting.html">www.sittercity.com/pet-sitting.html</a>	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
<b>Southeastern Guide Dogs</b> 🌐	<a href="http://www.guidedogs.org">www.guidedogs.org</a>	Helps create and nurture a partnership between a visually impaired individual and a guide dog
<b>Warrior Canine Connection</b> 🌐	<a href="http://www.warriorcanineconnection.org">www.warriorcanineconnection.org</a>	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



### Armed Forces Recreation Centers Resorts

[www.armymwr.com/  
travel/recreationcenters](http://www.armymwr.com/travel/recreationcenters)

Offers information about resorts operated by the Army Family and Morale, Welfare and Recreation Command for Service Members, and their families

### Boulder Crest Retreat

[bouldercrestretreat.org](http://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

### Coming Home Project—Stress Management Retreats

[www.cominghome  
project.net](http://www.cominghomeproject.net)

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

### Hope for the Warriors Counseling Retreats

[www.hopeforthewarriors.  
org/story/18720877/  
family-support](http://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

[lonesurvivor  
foundation.org](http://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](http://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

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<p><b>Operation Homefront Hearts of Valor—Retreats for Caregivers</b> ❤️🌐</p>	<p><a href="http://www.operationhomefront.net">www.operationhomefront.net</a></p>	<p>Two-day retreats for caregivers; all retreat costs, including travel, accommodations, meals, and seminar activities are provided</p>
<p><b>Operation Purple Healing Adventures</b> ❤️🌐👤</p>	<p><a href="http://www.militaryfamily.org">www.militaryfamily.org</a></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><b>Operation Second Chance—Retreats</b> 🌐</p>	<p><a href="http://www.operationsecondchance.org/retreats">www.operationsecondchance.org/retreats</a></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><b>Semper Fi Fund—Odyssey Camp</b> 🌐</p>	<p><a href="http://semperfund.org/assistance">semperfund.org/assistance</a></p>	<p>A six-day, holistic transition assistance program for injured and critically ill Service members</p>
<p><b>Strong Bonds</b> 🇺🇸</p>	<p><a href="http://www.StrongBonds.org">www.StrongBonds.org</a></p>	<p>Find Chaplain Sponsored couple and family retreats to help Service members re-connect with family</p>
<p><b>USO Warrior and Family Care Program—Couples Seminars</b> ❤️🌐</p>	<p><a href="http://www.uso.org">www.uso.org</a></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><b>Women of Warriors (W.O.W) at E.A.S.E. (Equine Assisted Self-Exploration)</b> ❤️🌐</p>	<p><a href="http://www.unitedwestandatease.com">www.unitedwestandatease.com</a></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>

**Wounded Warrior  
Family Support—  
Vacations** ❤️🌐👨👩

[www.wwfs.org](http://www.wwfs.org)

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

**Wounded Warrior  
Project—Family  
Support Retreats**  
❤️🌐👨👩

[www.woundedwarriorproject.org/programs/family-support/family-support-retreat](http://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 page 64.



**Cause** ❤️🌐

[www.cause-usa.org](http://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](http://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](http://www.hopeforthewarriors.org/story/18720877/family-support)

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

<b>Operation Second Chance Day Trips and Nights Out</b> ❤️🌐	<a href="http://www.operationsecondchance.org/daytrips">www.operationsecondchance.org/daytrips</a>	Offers warriors, caregivers, and guests trips away from the hospital
<b>Respite Care Program</b> ❤️👤	<a href="http://www.caregiver.va.gov/support/support_services.asp">www.caregiver.va.gov/support/support_services.asp</a>	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
<b>Respite Child Care</b> ❤️👤👤	<a href="http://www.naccrra.org/military-families">www.naccrra.org/military-families</a>	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
<b>USO Warrior and Family Care Program Day Rooms</b> ❤️🌐👤	<a href="http://www.uso.org">www.uso.org</a>	Can be a temporary home or respite for warriors and families; equipped with TVs, furniture, gaming systems, refrigerators, or other comfort necessities
<b>VA Caregiver Support Adult Day Health Care Centers</b> ❤️👤	<a href="http://www.caregiver.va.gov/support/support_services.asp">www.caregiver.va.gov/support/support_services.asp</a>	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
<b>Wounded Warrior Family Support—Caregiver Respite Program</b> ❤️🌐👤	<a href="http://www.wwfs.org">www.wwfs.org</a>	Provides short-term and temporary relief (child care, secondary caregiver assistance, respite aid for remote areas, and supplemental caregivers as needed)
<b>Yellow Ribbon Fund Family Caregiver Program</b> ❤️🌐👤	<a href="http://www.yellowribbonfund.org">www.yellowribbonfund.org</a>	Offers child care and family-oriented activities, massages and spa visits, mutually supportive dinners out, 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](http://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](http://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

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 Español Available

 VA Program

 Veterans Service Organizations

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### 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](http://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](http://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](http://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](http://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](http://www.easterseals.com)

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

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

**Semper Fi Fund—Recovery Through Sport** 🌐

[www.semperfund.org](http://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](http://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](http://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](http://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](http://www.uso.org/warriorandfamilycare)

Offers small fishing retreats

**Wounded Warrior Project—Project Odyssey** 🌐

[www.woundedwarriorproject.org/programs/combat-stress-recovery-program/project-odyssey](http://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](http://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](http://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](http://www.militarycrisisline.net)

800-273-8255 (press 1)

## Military OneSource Wounded Warrior

[www.militaryonesource.mil/wounded-warrior](http://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](http://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](http://capwiz.com/spanusa/home)

Provides a bibliography on various topics concerning suicide

## Wingman Project

[wingmanproject.org](http://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](http://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

#### **Media Center**

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

#### **Traumatic Brain Injury**

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

#### **Training and Conferences**

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

#### **Service Members and Families**

- 24/7 Help
- Suicide Prevention

# Women Veterans



## American Women Veterans

[www.americanwomenveterans.org](http://www.americanwomenveterans.org)

Offers retreats, conferences, and outreach campaigns

## Grace After Fire

[www.graceafterfire.org](http://www.graceafterfire.org)

Provides treatment links and options

## Joining Forces Mentoring Plus

[www.joiningforcesmentoringplus.org](http://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](http://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](http://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](http://www.dol.gov/wb/trauma)

Addresses psychological and mental needs of women veterans

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<b>Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE)</b> ❤️🌐	<a href="http://whitman.syr.edu/vwise">whitman.syr.edu/vwise</a>	Provides the tools women veterans, Active Duty, and female family members need to become successful entrepreneurs
<b>Women Organizing Women Veteran Advocacy</b> 🌐	<a href="http://www.vetwow.com">www.vetwow.com</a>	Provides advocacy for sexual trauma victims including support for related PTSD
<b>Women Veterans Call Center</b> ❤️🗂️	<a href="http://www.womenshealth.va.gov/ProgramOverview/wvcc.asp">www.womenshealth.va.gov/ProgramOverview/wvcc.asp</a>	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
<b>Women Veterans Health Care</b> 🗂️	<a href="http://www.womenshealth.va.gov">www.womenshealth.va.gov</a>	Provides comprehensive health care services for women veterans at VA health facilities nationwide
<b>Women Veterans ROCK!</b> ❤️🌐	<a href="http://www.WomenVetsRock.org">www.WomenVetsRock.org</a>	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](mailto:InfoNRD.osd@mail.mil).



## Caregiver Resource Directory Comment Card

### Describe yourself (check all that apply):

- Caregiver       Military Spouse       Non Beneficiary Family Member/Friend  
 Guard/Reserve       SCAADL Recipient       Active Duty Service Member  
 Veteran       Non-Profit Org.       Veterans Service Organization  
 Government Organization       Other \_\_\_\_\_

Did you find the Caregiver Resource Directory useful?  Yes     No

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

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

How did you receive a copy of this directory? \_\_\_\_\_  
\_\_\_\_\_

### How often do you use the Caregiver Resource Directory?

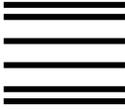
- Daily     Weekly     Monthly     Rarely     Never

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

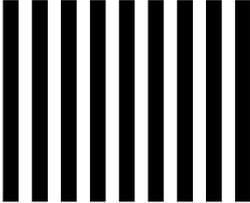
- Information/Content Relevance      1    2    3    4    5  
• Ease of Use/Directory Layout      1    2    3    4    5

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

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



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





[www.caregiver.va.gov](http://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](mailto:InfoNRD.osd@mail.mil)

