

January 2015

Caregiver Resource Directory



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and links included here were accurate and up-to-date at press time; however, it is unavoidable that some will become outdated over time.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

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

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

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

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!**

How to Use this Directory • iv
Helplines Offering Information and Assistance • 1
Advocacy and Benefit Information • 7
Career Transitions and Employment • 11
Caregiver Support • 23
Children's Needs • 33
Education and Training • 41
Financial Support • 49
Health Care Needs • 59
Home and Automobile Modifications and Special Equipment • 71
Legal Assistance • 75
Online Social Networking • 77
Peer Support and Mentoring • 83
Pet and Service Animal Assistance • 87
Rest and Relaxation • 89
Smartphone Apps • 95
Sports and Recreation • 99
Suicide Prevention • 104
Women Veterans • 106
We Welcome Your Comments. • 108

How to Use this Directory

Find helpful resources to:

Get help in the middle of the night

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

- 1 Helplines
- 104 Suicide Prevention
- 77 Online Social Networking

Connect with other caregivers

- 77 Online Social Networking
- 83 Peer Support and Mentoring

Take care of yourself

- 28 Caregiver's Mental Health and Wellbeing
- 92 Short Breaks for the Caregiver
- 59 Health Care Needs

Take care of your family responsibilities

- 33 Children's Needs
- 89 Rest and Relaxation

Enable you to do the best caring for your loved one

- 23 Caregiving Knowledge and Skills
- 64 Home-Based Health Care Assistance
- 62 General Medical Information

Find the "new normal"

- 99 Sports and Recreation
- 11 Career Transitions and Employment
- 41 Education and Training

Seek disability benefits

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

Deal with dangerous, unwanted, or difficult behaviors

- 1 Helplines
- 104 Suicide Prevention

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

- 62 General Medical Information
- 65 TBI and PTSD Information and Programs
- 106 Women Veterans

Manage your finances

- 49 Financial Support
- 41 Scholarships, Loans, and Grants

Access free transportation and temporary housing

- 54 Temporary Lodging Expenses
- 55 Travel and Transportation Expenses

Get special accommodations

- 71 Home and Automobile Modifications
- 87 Pet and Service Animal Assistance

Seek legal assistance

- 75 Legal Assistance
- 7 Advocacy and Benefit Information

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

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



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

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

Helplines Offering Information and Assistance

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



Air Force Wounded Warrior Program (AFW2)

800-581-9437

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

American Red Cross

877-272-7337 

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

Army Wounded Warrior Program (AW2)

800-237-1336

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

Caregiver Support Line

855-260-3274

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

Coaching into Care

888-823-7458

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Español Available

 DoD Program

 Non-Profit Organization

 Smartphone App

 VA Program

 Veterans Service Organizations

 24/7 Availability



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

866-966-1020 🕒

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

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

DoD Safe Helpline Sexual Assault Support ❤️ 🇺🇸

877-995-5247 🕒

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

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

DSTRESS Line ❤️ 🇺🇸

877-476-7734 🕒

(Includes online chat at DStressLine.com)

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

Federal Recovery Coordination Team ❤️ ♻️

877-732-4456

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

Fort Family Outreach and Support ❤️ 🇺🇸 ★

866-345-8248 🕒

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

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

800-424-7877 🕒
(CONUS)

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

314-387-4700 🕒
(Overseas)

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

877-487-6299 🕒

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



Military Crisis Line ❤️ 🗣️

(Includes texting at 838255 and chat at [veteranscrisisline.net](https://www.veteranscrisisline.net))

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

800-273-8255 ⌚
(CONUS)

0080012738255 or
DSN 118* (OCONUS)

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

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

800-342-9647 ⌚

Military Spouse Employment Partnerships ❤️ 🇺🇸

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)

800-342-9647

My HealtheVet ❤️ 🗣️

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)

1-877-327-0022

National Domestic Violence Hotline ❤️ 🌐 ES

(Email available at thehotline.org)

Provides anonymous crisis intervention

800-7990-SAFE (7233)
⌚

National Suicide Prevention Lifeline ❤️ ES

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

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

800-273-TALK (8255)
⌚

For veterans, press 1
En Español oprima el 2

Navy Wounded Warrior-Safe Harbor Call Center ❤️ 🇺🇸

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

855-NAVY-WWP
(6289-997) ⌚



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](https://www.ptsdtreatmenthelp.com))

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

Rape, Abuse, Incest National Network ❤️ 🌐

800-656-HOPE (4673)

(Includes online chat at [ohl.rainn.org/online](https://www.ohl.rainn.org/online))



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

TRICARE's Smoking QuitLine

North Region:

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

866-459-8766 🕒

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

South Region:

877-414-9949 🕒

West Region:

888-713-4597 🕒

USSOCOM Care Coalition Program ❤️ 🇺🇸

877-672-3039

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

813-826-8888

Vet Center Combat Call Center ❤️ 🇺🇸 ES

877-WAR-VETS

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

(927-8387) 🕒

Veterans Benefits Administration ❤️ 🇺🇸

800-827-1000

Portal for veteran health care, benefit programs, and services

Veteran Crisis Hotline ❤️ 🇺🇸

800-273-8255 🕒

(Includes texting at 838255 and online chat at [veteranscrisisline.net](https://www.veteranscrisisline.net))

(press 1)

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



Vets 4 Warriors ❤️🌐

855-838-8255 🕒

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

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

Women Veterans Call Center ❤️🔄

855-VA-WOMEN
(829-6636)

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

Wounded Soldier and Family Hotline ❤️🦅

800-984-8523 🕒

(Includes email at 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

Wounded Warrior Project Resource Center ❤️🌐

888-997-2586

(Includes email 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)



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

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

American Legion

www.legion.org

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

AMVETS

www.amvets.org

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

Benefits.gov

www.benefits.gov

Provides online pathway to government benefits; sponsored by DOL

Code of Support

codeofsupport.org

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

Disability.gov

www.disability.gov

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



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

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

Navy Family Ombudsman Program

ombudsmanregistry.org

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

Paralyzed Veterans of America

www.pva.org/site/c.ajlIRK9NJLcJ2E/b.6349711/k.9087/For_Veterans.htm

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

Social Security Disability Benefits for Wounded Warriors

www.ssa.gov/woundedwarriors

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

Transition Assistance Advisors

www.taapmo.com/taaprogram.htm

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

Veterans Benefit Administration

benefits.va.gov/benefits

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



Veterans of Foreign Wars 🧡

www.vfw.org

Provides help filing for VA disability compensation and benefits

Wounded Soldier and Family Hotline ❤️ 🇺🇸

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

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

Wounded Warrior Project ❤️ 🌐

www.woundedwarriorproject.org

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

Career Transitions and Employment

Career Guidance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers career counseling

Blue Star Families (Careers)

bluestarfam.org/resources/blue-star-careers

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

Defenders of Freedom

defendersoffreedom.us

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

Hero 2 Hired

www.H2H.jobs

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

Hire Heroes USA

www.hireheroesusa.org

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

Hope for the Warriors Above and Beyond Program

www.hopeforthewarriors.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



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



Military Service Time to Civil Service Retirement 🇺🇸

www.dfas.mil/civilianemployees/militaryservice/militaryservice.deposits.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

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

Military to Federal Jobs Crosswalk

www.dlir.state.md.us/mil2fedjobs

Helps translate military occupations to federal jobs

Military Warriors Support Foundation 🌐

www.militarywarriors.org

Provides the link between partnering companies and veterans

MilSpouse eMentoring Program ❤️ 🌐

www.ementorprogram.org/p/milspouse

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

Semper Fi Fund 🌐

www.semperfund.org

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

Stand Beside Them 🌐

www.standbesidethem.org

Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org



Yellow Ribbon Fund 🌐

www.yellowribbonfund.org

Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Job Search



Blue Star Families (Jobs) ❤️ 🌐

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

Provides a mentor to review resumes, match up potential jobs, set up a plan for submission of the resume to companies, and coach prior to interviews

Helmets to Hardhats 🌐

www.helmetstohardhats.org

Offers career opportunities in the construction industry that match military backgrounds

Hero 2 Hired ⭐ 🌐 📱

www.H2H.jobs

Allows job searches by city/state; offers career tools, military-to-civilian skills translations, education and training resources for Reserve component members

Hiring Heroes Program 🦅

godefense.cpms.osd.mil/veterans

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



Hiring Our Heroes ❤️	www.uschamber.com/hiringourheroes	Helps veterans and military spouses find meaningful employment through the Chamber of Commerce network; look into their VetNet program
Job Explorer 🦅	www.mcjex.net	Free job search engine for military community
Job Opportunities for Disabled Veterans 🌐	www.JOFDAV.com	Provides job postings for disabled veterans
Military Spouse Employment Partnerships ❤️ 🦅	msejobs.militaryonesource.mil	Creates employment connections that provide companies with direct access to military spouses seeking career opportunities and spouses with direct access to employers who are actively recruiting
Military Warriors Support Foundation CEOs4Warriors 🌐	www.militarywarriors.org/ceos4heroes	Provides a link between partnering companies and veterans seeking employment opportunities
National Labor Exchange 🌐 ES	us.jobs/national-labor-exchange	Provides free job-seeker services;
Recruit Military 🌐	recruitmilitary.com	Hosts resume database and job board
USA Jobs	www.usajobs.gov	Official OPM website for government and federal jobs
USO and Hire Heroes—USA Career Opportunity Day 🌐	www.uso.org	Offers small-scale career fairs for transitioning troops, their spouses and caregivers to network and meet with hiring employers for on-site introductory interviews



Veterans Enterprise

www.veteransenterprise.com

Connects warriors with employers who recruit transitioning Service members

Warrior Gateway

www.warriorgateway.org

Connects Service members, veterans, and their families with government programs as well as local non-profit organizations

Yellow Ribbon Fund Mentoring Program

www.yellowribbonfund.org

Offers education and career guidance, networking, and job shadowing

Military Transition Programs



AF Wounded Warrior Program

www.woundedwarrior.af.mil

Provides professional services such as transition assistance and employment assistance

Army Career Alumni Program (ACAP XXI)

www.acap.army.mil

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

Boots to Business—From Service to Startup

boots2business.org

Introduces and trains transitioning veterans, Service members, and their spouses on business ownership

Career One Stop

www.careeronestop.org/ReEmployment/Veterans

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



Code of Support ❤️ 🌐	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
Defense Advanced Research Projects Agency (DARPA)—Service Chiefs’ Fellows Program (SCFP) 🌐	www.darpa.mil/Opportunities/Military_Services/Service_Chiefs_Fellows_Program/Service_Chiefs_Fellows_Program_%28SCFP%29.aspx	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
Department of Agriculture—New Farmers and Ranchers Program	www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers	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
Department of Labor Employment & Training Administration—Registered Apprenticeship	www.doleta.gov/OA/veterans.cfm	Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information
DoD Hiring Heroes Program 🦅	godefense.cpms.osd.mil/veterans	Offers avenues to ask questions and discuss employment with a career advisor; 888-DOD-4USA
Education and Employment Initiative (E2I) 🦅	warriorcare.dodlive.mil/wounded-warrior-resources/e2i	Finds employment opportunities and provides career planning support for recovering Service members before they transition



Farmer Veteran Coalition 🌐

www.farmvetco.org

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

Feds Hire Vets 🇺🇸 ♻️

www.fedshirevets.gov

Provides information on federal job preferences and special job hiring authorities

G.I. Go Fund 🌐

www.gigofund.org

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

Joint Services Support 🇺🇸 ★ 🧑🏻

www.jointservicesupport.org

Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Marine Corps Transition Assistance Management Program 🇺🇸

www.usmc-mccs.org

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

MOAA Career Transition Center 🧡

www.moaa.org

Offers resume critiques, career consulting, interview practice, networking, and job boards for transitioning Service members and their spouses; free to members

National Veterans Transition Services ❤️ 🌐

www.nvtsi.org

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

Navy Transition GPS/TAP 🇺🇸

www.cnici.navy.mil

Provides separating/retiring Service members and their families with the skills and confidence to re-enter the civilian work force



Partnership for Youth Success 🌐

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 provide benefits for Soldiers

REALifelines ♻️

www.dol.gov/vets/programs/Real-life

Links Service members and their families with local community resources to support their recovery and reemployment

Reinventing Michael Banks 🌐

www.reinventingmichaelbanks.com

Helps transitioning Service members and veterans understand the civilian hiring process and how to market their military skills to potential employers

Safe Harbor Foundation Anchors Program 🌐

safeharbor.navylive.dodlive.mil/transition/anchor-program

Connects Sailors with mentors who assist with the challenges associated with returning to civilian life

Still Serving Veterans 🌐

www.stillservingveterans.org

Helps Service members and families transition to post-military lives

Stand Beside Them 🌐

www.standbesidethem.org

Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families;
info@standbesidethem.org

Transition Assistance Advisors 🇺🇸 ♻️ ⭐

www.taapmo.com

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



Turbo Transition Assistance Program

www.dmdc.osd.mil/appj/dwp/index.jsp

Provides full transition resources

United Services Military Apprenticeship Program (USMAP)

<https://usmap.cnet.navy.mil/usmapss/static/genInfo.jsp>

Gives active duty Coast Guard, Marine Corps, or Navy Service members in an authorized trade occupation a system to become a DOL registered apprentice

USSOCOM Care Coalition

www.socom.mil/CareCoalition

Provides career transition for Special Operations Forces warriors and their caregivers

VA Center for Innovation (VACI)—TechShop

www.innovation.va.gov/program-techshop.html

Offers 2,000 one-year memberships at six TechShop locations

VA Pre-Discharge Programs

benefits.va.gov/predischarge

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

Veterans Employment Center

www.ebenefits.va.gov/ebenefits/jobs

Provides a virtual employment resource center for veterans

VetNet

vetnethq.com

Includes information on companies looking to hire veterans and spouses

Vet-Trans

www.vet-trans.com

One-stop site for transition assistance, and more

Yellow Ribbon Reintegration Program

www.yellowribbon.mil

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



www.militaryonesource.mil/wounded-warrior

Support Line: 800-342-9647

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

General Information

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

Keeping It All Together Handbook

Free download; find information on:

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

Independent Living

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

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured

Service Members

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

Caring for an Injured

Service Member

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

Tools & Resources

Free downloads; must log in to order

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

Caregiver Support

Caregiving Knowledge and Skills



AARP



www.aarp.org

Offers free online seminars and educational resources

American Red Cross Family Caregiver Courses and Certifications



www.redcross.org/take-a-class

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

American Red Cross First Aid, CPR and AED Training



www.redcross.org/take-a-class

Offers both certified and non-certified training options

Armed Forces YMCA



www.asymca.org

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

Building Better Caregivers Workshops



www.caregiver.va.gov

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

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



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



Family Caregiver Alliance National Center on Caregiving ❤️🌐

www.caregiver.org/caregiver/jsp/home.jsp

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

Provides PTSD fact sheet, tips for; rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, and much more

Military Family Caregiving Online Training ❤️🌐

www.extension.org/militaryfamilies

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

Military Family Caregiving Videos ❤️🌐

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

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

My HealthVet Caregiver Assistance Center ❤️🌐

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

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

National Alliance for Caregiving ❤️🌐ES

www.caregiving.org

Provides free brochures on caregiving

National Military Family Association ❤️🌐

www.militaryfamily.org/get-info/caregiver

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



Network of Care ❤️🌐	www.networkofcare.org	Offers community-based resources and tools for caregivers
Next Step in Care (Family Caregivers and Medical Professionals Working Together) ❤️🌐ES	www.nextstepincare.org/Caregiver_Home	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
Operation Family Caregiver ❤️	www.rosalynncarter.org/returning_soldiers/	Helps families of returning OEF/OIF/OND Service members with health issues; offers a personalized 4-6 month program either in-home, by telephone, or via Skype; free and confidential
Prepare to Care (AARP Foundation) ❤️🌐ES	aarp.org/home-family/caregiving	Family Caregiving Planning Guide includes information on how to get started, questions to ask, and where to find basic resources
Real Warriors Campaign ❤️🇺🇸	www.realwarriors.net/family/support/psychhealth.php	Provides information on how to support Service members with psychological health concerns
Silent Siren 🌐	www.silentsiren.org	Educates emergency support personnel, military families and caregivers about PTSD and fundamental approaches to responding to PTSD crisis situations
Strength for Caring ❤️🌐	www.strengthforcaring.com	Includes articles and resource center
Support and Family Education (SAFE) ❤️🇺🇸	www.ouhsc.edu/safeprogram	Presents 18-session family education modules for people who care about someone living with mental illness or PTSD



TBI: Family Caregiver Curriculum ❤️🇺🇸

www.traumaticbraininjuryatoz.org

Trains individuals to provide care and assistance to members and former members of the Armed Forces with TBI

Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans



dvbic.dcoe.mil/material/traumatic-brain-injury-guide-caregivers-service-members-and-veterans

Covers topics on understanding TBI, navigating services and benefits, and what caregivers can do to help

VA Caregiver Support ❤️🇺🇸

www.caregiver.va.gov

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

VA Health Benefits and Services ❤️🇺🇸

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

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

Veteran Caregiver 🌐

www.veteran-caregiver.com

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

Caregiver's Mental Health and Wellbeing



Afterdeployment



www.afterdeployment.org

Offers wellness resources for the military community

Agape Foundations Inc.



www.agapefoundationsinc.com

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

American Red Cross



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

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

Care for the Family Caregiver—A Place to Start



www.caregiving.org/data/Emblem_CfC10_Final2.pdf

This helpful and informative booklet serves family caregivers

Caregiver Action Network



<http://caregiveraction.org/>

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

Caregiver Stress



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

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

Cell Phones for Soldiers



www.cellphonesforsoldiers.com

Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans



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

www.couragetotalk.org

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

Coaching into Care ❤️🔄

www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf

Booklet on Post Deployment Stress—What Families Should Know, What Families Can Do

Coming Home Project ❤️🌐

www.cominghomeproject.net

Offers free counseling in Northern California; provides information and referral services to others

Family Caregivers Briefcase (American Psychological Association) ❤️🌐

www.apa.org/pi/about/publications/caregivers/final-report-2010.aspx

Includes 160 pages of information and resources for and about caregivers

Family of a Vet ❤️🌐

www.familyofavet.com

Provides free download of "Taking Care of Me" packet and much more information

Give an Hour ❤️🌐

www.giveanhour.org

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

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

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	Free hotline; call 800-273-8255, text also at 838255 or chat online at veteranscrisisline.net/activeduty
Military and Family Life Counselor Program ❤️ 🦅	www.militaryonesource.mil/12038/MOS/Booklets/MFLC_Program_Brochure.pdf	Provides support for relationships, stress management, grief, and other challenges; no cost to Active Duty, Guard, Reserve, and family members
Military OneSource ❤️ 🦅 ES	www.militaryonesource.mil	Provides in-person and telephonic counseling; special category on “Caring for Injured Service Member”
Military Pathways ❤️ 🦅	www.militarymentalhealth.org	Provides 24/7 access to free, anonymous online mental health self assessments
Moving Forward—Overcoming Life’s Challenges 🦅 ♻️	startmovingforward.t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
National Guard Bureau Psychological Health Services ❤️ 🦅 ★	www.jointservicesupport.org/resourcefinder/topic.aspx	Provides telephone and face-to-face consultations; free and confidential; search website for local contacts and resources
Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP) ❤️ 🦅 ★	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	Ensures USMC and Navy reservists and their families have access to psychological health care services; not an emergency or first responder service



Operation Live Well

www.health.mil/Military-Health-Topics/Operation-Live-Well

Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle

Operation: Love Reunited

www.oplove.org

Provides free professional photography sessions and photo gifts to military families pre and post deployment

Project Evergreen

<http://projectevergreen.org>

Volunteers provide free lawn, landscape and snow removal services for military families nationwide

PTSD Treatment Help

PTSDtreatmentHelp.com

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

Rand Corporation

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

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

Restore Warriors (Wounded Warrior Project)

www.restorewarriors.org

Offers questionnaire and online help for stress, loss, self esteem, relationships, etc.

Special Operations Warrior Foundation

www.specialops.org

Provides caregivers of Special Operations Forces personnel with spa services

Stand Beside Them

www.standbesidethem.org

Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org



Substance Abuse and Mental Health Administration ❤️

www.samhsa.gov

Offers treatment locations, downloads, videos, and publications

The Soldier's Project ❤️🌐

www.thesoldiersproject.org/getting-help

Offers free psychotherapy

TRICARE Telemental Health Services ❤️🇺🇸

www.tricare.mil/CoveredServices/SeeWhatsCovered/TelementalHealth.aspx?sc_database=web

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

USO Caregiver's Conference 🌐

www.uso.org

One-day conferences focus on skills for building stronger, more resilient military families. Topics include couple's intimacy, addressing challenging behaviors preventing burnout and more

VA Caregiver Support ❤️🇺🇸

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

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

Vet Centers ❤️🇺🇸🇪🇸👤

www.vetcenter.va.gov

Offers free individual and family counseling to eligible veterans and families

Veteran's Campground on Big Marine Lake ❤️🌐👤

www.vetscampmn.org

Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families

Veterans Restorative Project ❤️🌐

<http://veteransrestorativeprogram.org>

Provides complimentary deep relaxation and meditation programs to active duty, Veterans and families of Service members as well as on-going classes, retreats and workshops

Children's Needs

Child Care Assistance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers child care during illness, surgery, and recovery

Army One Source

www.myarmyonesource.com

Gives child care referrals

AuPairCare

www.aupaircare.com

Provides live-in child care at affordable prices

Childcare Aware

www.childcareaware.org

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

Joint Services Support

www.jointservicesupport.org

Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Little Warrior Respite Program (Easter Seals)

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

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

Military Child Care in Your Neighborhood

www.naccrra.org/military-families

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



Military Heroes Fund 🌐 🧑🏻

www.pentagonfoundation.org

Pays for on-site, quality child care at Walter Reed Medical Center

Military OneSource 🦅 ⭐ 🧑🏻 🇺🇸

www.militaryonesource.mil/parenting

Provides assistance with any child care related services and counseling

Operation Military Child Care



www.childcareaware.org

Supports Reserve component and geographically dispersed military families; provides assistance while looking for employment

Operation Second Chance 🌐 🧑🏻

www.operationsecondchance.org/supportandassistance

Provides child care during illness or surgery

Respite Child Care ❤️ 🦅 🧑🏻

www.naccrra.org/military-families

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

Sitter City 🦅 🧑🏻

www.sittercity.com/dod

Offers free membership to help find fee-based child care, housekeeping, and animal care services

Yellow Ribbon Fund 🌐 🧑🏻

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Children's Health and Wellbeing



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

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

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

Blue Star Families

bluestarfam.org

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

Camp C.O.P.E.

www.campcope.org

Provides recreational activities for children of injured or deployed Service Members or Veterans, and provides interactive small group counseling for children

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

www.couragetotalk.org

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

Children and Youth Behavioral Military and Family Life Counselors

www.militaryonesource.mil/monthly-focus?content_id=268679

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



Children of Military Service Members Resource Guide 🇺🇸 🧑🏫

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

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

Defending the Blue Line ❤️ 🌐 🧑🏫

www.defendingtheblueline.org

Offers multiple programs for children of military members to participate in the game of hockey

Exceptional Family Member Program 🇺🇸 🧑🏫

www.militaryonesource.mil/efmp

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

Family of a Vet ❤️ 🌐 🧑🏫

www.familyofavet.com/parent_teacher_packet

Parent/teacher packet about PTSD

FOCUS Program 🌐 🧑🏫

www.focusproject.org

Offers resilience training for children and teens

Horses 4 Heroes 🌐 🧑🏫

horses4heroes.org

Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages, all riding levels, and supports all breeds and disciplines; check out the Operation Free Ride program

K2 Adventures Foundation 🌐 🧑🏫

www.k2adventures.org/about-us

Provides services, support, and funds for educational and medical enrichment for families with special needs and/or life changing medical circumstances

Military Child Education Coalition 🌐 🧑🏫

www.militarychild.org

Advocates for military children's educational needs



Military Families Knowledge Bank



mfkb.nctsn.org

Includes useful resources available to assist traumatized children and their families

Military Kids Connect



militarykidsconnect.org

Connects online community of military children (ages 6-17) to informative activities, fun games, and helpful videos

MilKidz Club



www.bluestarfam.org/milkidz-club

Offers free tickets and other events for military children

Military OneSource



www.militaryonesource.mil/parenting

Distributes free booklet, "Honoring Our Babies and Toddlers"

Military.tutor.com



<http://military.tutor.com/>

Offers free online tutoring to active duty military and their dependents

Mission Sleep



www.missionsleep.org

Provides free, overnight newborn care when parent's partner is deployed or wounded

Mission Youth Outreach



www.bgcaa.com

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

Moving Forward—Overcoming Life's Challenges



startmovingforward.t2.health.mil

Offers free online life coaching program to Service members, veterans, and their families

New Parent Support Program



www.militaryonesource.mil/parenting?content_id=266691

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

Operation Homefront



www.operationhomefront.net

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



Operation Purple Programs ❤️ 🌐 🧑🏠	www.militaryfamily.org	The National Military Family Association has designed several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures
Operation Military Kids 🌐 🧑🏠	www.operationmilitarykids.org	Supports military kids impacted by deployment and those geographically dispersed
Operation Shower ❤️ 🌐 🧑🏠	operationshower.org	Operation Shower prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment
Our Military Kids 🌐 🧑🏠	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts and tutoring
Parenting for Service Members and Veterans 🦅 🧑🏠	http://militaryparenting.t2.health.mil/index.php	Free online course provides information, strategies, reconnection tips for after deployment, and helpful exercises
Rand Corporation 🌐 🧑🏠	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Booklet: Post Deployment Stress, What Families Should Know, What Families Can Do
Read.gov 🧑🏠	http://read.gov	Library of Congress offers books, books on tape, and eBooks
Semper Fi Fund 🌐 🧑🏠	www.semperfund.org	Provides a Kids Camps week where campers are matched up with high school student mentors



Sesame Street Connections  

www.sesamestreet.org/tlc

Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers

The General's Kids  

www.thegeneralskids.org

Helps cover costs so children can participate in local activities such as sports, music, and dance

USO/Comfort Crew for Military Kids "Taking Care of You" Kit  

www.uso.org

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

Tutor.com  

www.tutor.com

Provides online tutoring program

Yellow Ribbon Fund  

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Zero to Three  

www.zerotothree.org

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

Veterans Service Organizations (VSOs)

What They Are and How They Can Help

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

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

Education and Training

Scholarships, Loans, and Grants



Air Force Aid Society

www.afas.org/ed-loans

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

Air Force Association Spouse Scholarships

www.afa.org/informationfor/military/scholarships

Encourages Air Force spouses to pursue undergraduate or graduate degrees

American Legion

www.legion.org/scholarships

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

AMVETS Scholarships

www.amvets.org/programs/scholarships

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

Army Emergency Relief

www.aerhq.org/dnn563

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

Blue Star Families

bluestarfam.org/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



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



**Marine Corps
Scholarship
Foundation** 🌐 🧑

www.marine-scholars.org

Provides scholarships for children of active duty and veteran Marines

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

[www.rosalynncarter.org/
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

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

**Military Order of
the Purple Heart
Scholarship
Program** 🧑 🌐

www.purpleheart.org

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

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

aiportal.acc.af.mil/mycaa

Scholarship program helps you get the credentials you need to achieve your career goal; provides up to \$4,000 of financial assistance to eligible military spouses

**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

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

**Navy Marine Corps
Relief Society** 🌐 🧑

www.nmcra.org

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



No Greater Sacrifice  

www.nogreater-sacrifice.org

Provides scholarships and other educational resources for children of America's heroes

Post GI Bill
  

www.gibill.va.gov

Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed

Post GI Bill Calculator (Iraq and Afghanistan Veterans of America) 

newgibill.org/calculator

Calculates GI Bill benefits plus Frequently Asked Questions

Semper Fi Fund 

www.semperfund.org

Assists with costs of books, fees, and training; travel to job interviews; and equipment

ThanksUSA   

www.thanksusa.org

Awards college, technical, and vocational school need-based scholarships to children and spouses

The Retired Enlisted Association Memorial Foundation Scholarship  

www.trea.org

Awarded to dependent children, grandchildren, or great grandchildren of a TREA member; essay required

Tillman Military Scholarship Program  

pattillmanfoundation.org/apply-to-be-a-scholar/

Offers direct study-related expenses such as tuition, fees, books, room and board, and other needs, such as child care

Veterans of Foreign Wars  

www.vfw.org/Community/Programs

Provides scholarships to high school students through the VFW's Voice of Democracy audio-essay competition

Training, Rehabilitation, and Internships



Education and Employment Initiative (E2I)

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

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

Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)

whitman.syr.edu/ebv

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

Entrepreneurship Bootcamp for Veterans' Families (EBV-F)

whitman.syr.edu/ebv/programs/families

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

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



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



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

1-800-538-9552

1-831-655-8317 (fax)

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

You have several convenient options for updating DEERS:

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

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

Financial Support

General Assistance



Aid and Attendance Program

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

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

Provides funds in emergency situations to cover short-term, unexpected situations; loan amount cap of \$750

American Legion

www.legion.org

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

American Red Cross

www.redcross.org

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

America's Fund

americasfund.org

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

 Caring for the Caregiver

 DoD Program

 VA Program

 Reserve/Guard Specific Resource

 Non-Profit Organization

 Veterans Service Organizations

 Military Children

 Español Available

 Smartphone App



Armed Forces Foundation 	www.armedforcesfoundation.org	Provides financial support with utilities, rent, and mortgage
Armed Forces YMCA 	www.asymca.org	Offers grants for junior enlisted personnel
Army Emergency Relief 	www.aerhq.org/dnn563	Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own"
Army One Source 	www.myarmyone.com	Offers tools such as Army Gold Game, and calculators
Cell Phones for Soldiers  	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans
Certified Financial Planner Board of Standards 	www.letsmakeaplan.org/financial-planning-resources	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
Coast Guard Mutual Assistance 	www.cgmahq.org	Financial grants; referrals; short-term, interest free loans; free financial counseling
Hope for the Warriors—Critical Care Coordination 	www.hopeforthewarriors.org	Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits
Homeowners Assistance Program (Expanded) 	hap.usace.army.mil	Assists eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined



Homes on the Homefront 🌐

www.homesonthehomefront.org

Provides assistance 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

Joint Services Support 🇺🇸 ⭐ 🧑🏻‍🦺

www.jointservicesupport.org

Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

Lead the Way Fund ❤️ 🌐 🧑🏻‍🦺

www.leadthewayfund.org

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

Military and Family Life Consultant Program Personal Financial Counselors 🇺🇸

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

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

Military Heroes Fund Emergency Financial Assistance 🌐

www.pentagonfoundation.org

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

Military OneSource Financial Consultations 🇺🇸 ES

www.militaryonesource.mil

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

Military Warriors Support Foundation 🌐

www.militarywarriors.org/openhomes

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



Navy-Marine Corps Relief Society 🌐	www.nmcrcs.org	Provides interest-free loans or grants for transportation, medical, food, rent, and utilities, child care, essential vehicle repairs, and family emergencies
Operation Comfort Warriors ❤️	http://www.legion.org/operationcomfort	Program dedicated to meeting the needs of wounded, injured or ill military personnel, and their families by providing them with comfort items not usually supplied by the government.
Operation First Response 🌐	www.operationfirstresponse.org	Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, food, clothing, and travel expenses
Operation Homefront 🌐	www.operationhomefront.net	Provides rent and mortgage assistance, family transitional housing, baby items, emergency home repair, local moving assistance, essential home items, vehicle repair and food assistance
Operation: Love Reunited ❤️ 🌐 🤖	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre and post deployment
Operation One Voice 🌐 🤖	operationonevoice.org	Helps the financial needs of children and families of wounded and fallen Special Operation Forces
Operation Second Chance 🌐	www.operationsecondchance.org/supportandassistance	Financial assistance for those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)



Pentagon Federal Credit Union Foundation 🌐

www.pentagonfoundation.org

Financial education, emergency loans, and home ownership grants

Rebuild Hope 🌐

www.rebuildhope.org

National network that "connects" donors to beneficiaries

Reserve Aid ★ 🌐

reserveaid.org

Provides grants for rent/mortgage, utility, car payments, car insurance, and Wal-Mart gift card for food/fuel

Special Operations Warrior Foundation 🌐

www.specialops.org

Provides immediate financial assistance to special operations personnel severely wounded in combat; provides \$3,000 to families so they can be bedside at the hospital with loved ones

Thrift Savings Plan 🇺🇸

www.tsp.gov

Provide guidance on accessing TSP funds in moments of distress (loans, distributions, and tax breaks)

Turbo Transition Assistance Program 🇺🇸

www.dmdc.osd.mil/appj/dwp/index.jsp

Offers financial planning for transition

USA Cares 🌐

www.usacares.org

Pays basic expenses—mortgage/rent, food and home utilities

VA Home Loan Guarantee Program 🏠

www.benefits.va.gov/homeloans

Offers guaranteed home loans, refinancing assistance, and special grants

VA Work-Study Program ❤️ 🏠 🇺🇸

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

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



Veterans of Foreign Wars Unmet Needs Program 

www.vfw.org

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

Wounded Heroes Foundation 

www.woundedheroesfund.net

Offers physical, emotional, and financial support to injured Armed Forces

Temporary Lodging Expenses



America's Fund  

americasfund.org

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

AMVETS National Service Foundation 

www.amvetsnsf.org

Healing Heroes Program

Fisher House 

www.fisherhouse.org

Hotels for Heroes Program

Navy Safe Harbor Foundation 

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

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

Operation Homefront Villages 

www.operationhomefront.net

Provides recovering Service member transitional family housing; currently operates three villages in CA, MD, and TX



Yellow Ribbon Fund

www.yellowribbonfund.org

Provides free, furnished apartments and hotel rooms for families

Travel and Transportation Expenses



Air Compassion for Veterans

www.aircompassionforveterans.org

Provides transportation through commercial airline tickets

Air Force Aid Society Falcon Fund

www.afas.org

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

America's Fund

americasfund.org

Provides family support grants to enable all military families to spend time at loved ones' hospital bedsides

AMVETS National Service Foundation

www.amvetsnsf.org

Healing Heroes Program

Armed Forces Foundation

www.armedforcesfoundation.org

Pays car insurance, registration payments, and car payments

Armed Forces YMCA Jack Daniel's Operation Ride Home

www.asymca.org

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

Disabled American Veterans

www.dav.org/veterans/i-need-a-ride

A transportation network for veterans at 172 medical centers to help veterans get needed treatment



Fisher House	www.fisherhouse.org	Hero Miles program
Hope for the Warriors	www.hopeforthewarriors.org	Provides gas cards for vehicles to get to appointments
Luke's Wings	www.lukeswings.org	Offers free transportation assistance for caregivers, Service members, and others
Navy Safe Harbor Foundation	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Provides financial and legal support for travel expenses, court costs, and housing/rental support
Operation Second Chance	www.operationsecondchance.org/supportandassistance	Assists with travel to include special circumstances, one-way flights, and urgent or short notice flights
Soldiers' Angels Tank Support	soldiersangels.org/index.php?mact=News,cntnt01,detail,0&cntnt01articleid=133&cntnt01returnid=120	Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need
Veterans Airlift Command	www.veteransairlift.org	Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft
Yellow Ribbon Fund	www.yellowribbonfund.org	Provides free rental cars and taxi rides

VA Grants for Home Modifications

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

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

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

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

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

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

For more information: www.dol.gov

Health Care Needs

Health Benefits and Coverage



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

www.warwithin.org

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

Civilian Health and Medical Program (CHAMPVA) ❤️🇺🇸

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

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

Continued Health Care Benefit Program (CHCBP) ❤️🇺🇸

www.humana-military.com

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

Provides an overview of the Family and Medical Leave Act

Foreign Medical Program 🇺🇸

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

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

InTransition Mental Health Coach and Support Program 🇺🇸

www.health.mil/intransition

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

❤️ Caring for the Caregiver

🌟 Reserve/Guard Specific Resource

👶 Military Children

🇺🇸 DoD Program

🌐 Non-Profit Organization

ES Español Available

🇺🇸 VA Program

🎗️ Veterans Service Organizations

📱 Smartphone App



Meds by Mail  	www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp	<p>A voluntary service, which provides a safe, easy and cost-free way to receive non-urgent maintenance medications delivered at home</p>
Military Medical Support Office  	www.tricare.mil/tma/MMSO	<p>Supports medical care to remotely located Active Duty and Reserve Component Service members</p>
My HealthVet  	www.myhealth.va.gov	<p>Access online records to manage health care, obtain information, and get facts about VA benefits and services</p>
Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP)   	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	<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>
Quit Tobacco  	ucanquit2.org	<p>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</p>
Rebuilding America's Warriors 	www.rebuildingamericaswarriors.com	<p>Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors</p>
Transitional Assistance Management Program  	www.tricare.mil/Welcome/SpecialPrograms/TAMP	<p>Provides 180 days of transitional health care benefits after regular TRICARE benefits end</p>

**Transitional Care
for Service-Related
Conditions** 🇺🇸

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

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

**TRICARE Dental
Program** ❤️ 🇺🇸

www.trdp.org

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

**TRICARE—
Injured on Active
Duty** ❤️ 🇺🇸

www.tricare.mil/wii

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

**TRICARE Overseas
Program** 🇺🇸

www.tricare-overseas.com

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

**TRICARE Pharmacy
Program** ❤️ 🇺🇸

www.tricare.mil/pharmacy

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

**TRICARE
Program** 🇺🇸

www.tricare.mil

The DoD's worldwide health care program available to eligible beneficiaries as determined by information in DEERS



TRICARE Resources 🦅

www.tricare.mil/smart

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

TRICARE Telemental Health Services ❤️ 🦅

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

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

TRICARE Tobacco Cessation Program 🦅

www.tricare.mil/tobacco cessation

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

General Medical Information



Afterdeployment 🦅

www.afterdeployment.org

Outlines DoD/VA clinical practice guidelines

Blind Rehabilitation Service ♿

www.va.gov/blindrehab

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

Depression Screening Tools 🦅

<http://afterdeployment.t2.health.mil/topics-depression>

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

Hearing Center of Excellence 🦅

hearing.health.mil

Fosters and promotes the treatment and research of hearing loss and auditory injury

**MedlinePlus** 

www.nlm.nih.gov/medlineplus

Provides information about diseases, conditions, and wellness issues; offers reliable, up-to-date health information for free; sponsored by the National Institutes of Health (NIH)

Mental Health America Resource Center 

www.mentalhealthamerica.net

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

Military Pathways 

www.militarymentalhealth.org

Provides military mental health screening and referrals

Moving Forward—Overcoming Life's Challenges  

startmovingforward.t2.health.mil

Offers free online life coaching program to Service members, veterans, and their families

National Alliance on Mental Illness  

www.nami.org/veterans

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

National Institute of Mental Health

www.nimh.nih.gov

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

Polytrauma System of Care Centers  

www.polytrauma.va.gov/support/training-and-education.asp

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

Spinal Cord Injury and Disorders Centers 

www.sci.va.gov

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



Vision Center of Excellence

vce.health.mil

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

War Related Illness and Injury Study Center

www.warrelatedillness.va.gov

Provides a second opinion for veterans referred with difficult-to-diagnose war-related illnesses and injuries

Wounded Warrior Project Restore Warriors

www.woundedwarriorproject.org/programs/combat-stress-recovery-program/restore-warriors

Offers tools and self-help strategies, including videos of other warriors sharing their experiences, along with coping strategies

Home-Based Health Care Assistance



Home Telehealth

www.telehealth.va.gov

Provides access to a care coordinator by using technology in the home; includes education and training or online and telephone support groups

Home-Based Primary Care Program

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

Delivers routine health care services to the home when the veteran has medical issues that make it challenging for him or her to travel

Homemaker and Home Health Aide Program

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

Provides a home health aide to come to the home on a regular schedule to allow the caregiver time to take care of their own needs



Navy Marine Corps Relief Society Visiting Nurse Program



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

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

TRICARE Respite Care Program



www.tricare.mil/LifeEvents/InjuredonAD/HealthBenefits

Provides rest and change for caregivers; benefits are limited to 40 hours/week, 5 days/week; 8 hours/day

TBI and PTSD Information and Programs



ABCT Find a Therapist

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

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

America's Heroes At Work

www.AmericasHeroesAtWork.gov

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

Armed Forces Foundation

www.armedforcesfoundation.org

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

Brain Injury Association of America

www.biausa.org/living-with-brain-injury.htm

Provides direct support, information, resources, education, and advocacy for individuals living with brain injury



BrainlineMilitary 	brainlinemilitary.org	Provides military-specific information and resources on TBI
Brave Heart Veterans ❤️🌐	braveheartveterans.org	Provides veterans and families in the Southeastern U.S. with web-based coping resources, such as anonymous online self-screening tools and a local resource finder
Caregiver's Journey ❤️🇺🇸	www.traumaticbraininjuryatoz.org	TBI Guide for Caregivers of Service members and veterans
Center for American Military Music Opportunities (C*A*M*M*O) 🌐	www.cammomusic.org	Provides opportunities to heal through music; trains and educates on music industry and career opportunities
Center for Deployment Psychology 🇺🇸	deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi	Offers free training about TBI; click on "Take for Free" and receive an up-to-date review of TBI and how it may be diagnosed and/or treated
Center for the Study of Traumatic Stress ❤️🇺🇸🇨🇦	www.couragetotalk.org	Provides family resources, fact sheets, etc.
Centre for Neuro Skills ❤️🇪🇸	www.neuroskills.com	Provides resources and help for families related to Traumatic Brain Injury rehabilitation
Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory ❤️🇺🇸★	www.warwithin.org	Connects Service members and their families to health care and behavioral health providers nearby; sponsored by UnitedHealth Group

**Cognitive Systems**www.Cog-Systems.com

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

DCoE for PH and TBI Psychological Health Informationwww.dcoe.health.mil/PsychologicalHealth/Psychological_Health_Information

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

Defense Veterans Brain Injury Centerwww.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 Vetswww.dav.org/veterans/documents/PTSDBrochure.pdf

Distributes brochure: Living with Traumatic Stress

EEG (Neurofeedback) Informationwww.eeginfo.com

Provides neurobiofeedback resources

EMDR Institute, Inc.www.emdr.com

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

Family of a Vetwww.familyofavet.com

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

Health Journeyswww.healthjourneys.com

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



Help Guide 🌐	www.helpguide.org/mental/ptsd-family-help-support.htm	Provides PTSD fact sheet and tips for rebuilding trust and safety, anticipating and managing triggers, and much more
Intrepid Fallen Heroes Fund NICoE Satellite Centers 🌐	www.fallenheroesfund.org	State of the art facility for treating wounded heroes suffering from TBI
Make the Connection ❤️ ♻️	maketheconnection.net	Helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better
Medal of Honor Speak Out 🌐	www.medalofhonorspeakout.org	Medal of Honor recipients speak out about adjusting to life after combat, particularly for post traumatic stress
Moving Forward—Overcoming Life's Challenges 🦅 ♻️	startmovingforward.t2.health.mil	Offers free online life coaching program to Service members, veterans, and their families
National Center for PTSD ♻️	www.ptsd.va.gov	Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links of support
National Intrepid Centers of Excellence Family Program ❤️ 🦅	www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx	Short-term, solution-focused therapies done in individual, marital, group, and family sessions
The Pathway Home 🌐	www.thepathwayhome.org	Offers private treatment for OEF/OIF veterans with PTSD
PTSD Program Locator ♻️	www.va.gov/directory/guide/ptsd_fsh.asp	Locate nearby specialized PTSD programs, search by state, or by program type

**PTSD Treatment Help** ❤️PTSDtreatmentHelp.com

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

Semper Fi Fund 🌐semperfund.org/resources

Movie: Cover Me (about combat operational stress)

Sidran Institute Traumatic Stress Education and Advocacy 🌐www.sidran.org

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

Soldiers Heartwww.soldiersheart.net

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

Survivors of Traumatic Events—Managing Your Stress 🌐store.samhsa.gov/product/NMH05-0209PUNJABI

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

The Traumatic Brain Injury: The Journey Home ❤️ 🇺🇸www.traumaticbraininjury.atoz.org

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

Uniformed Services Medical University Clinical Research 🇺🇸www.usuhs.mil

Learn about research studies on brain injury

Vet Centers ❤️ 🇺🇸 ESwww.vetcenter.va.gov

Helps combat veterans and their families; 200 community locations

Warrior Canine Connection 🌐www.warriorcanineconnection.org

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

Travel Benefits for Caregivers

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

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

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

Home and Automobile Modifications and Special Equipment



Automobiles and Adaptive Equipment



benefits.va.gov/benefits

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

Blind Rehabilitation Service



www.va.gov/blindrehab

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

Cell Phones for Soldiers



www.cellphonesforsoldiers.com

Provides cost-free communication services, including cell phones and calling cards, to active-duty military members and veterans

Clothing Allowance



www.va.gov/health

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



Computer/ Electronics Accommodations Program 🇺🇸	www.cap.mil/wsm	Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment
Help Our Military Heroes 🌐	www.helpourmilitaryheroes.org	Provides recovering Service members with fully-equipped handicapped vehicles
Home Improvements and Structural Alterations (HISA) Grant ♻️	www.benefits.va.gov/HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100 (see pg. 54)
The LiveAbility House 🌐	www.extension.org/pages/22208/the-liveability-house	Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home
Navy Safe Harbor Foundation 🌐	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Offers help for housing modifications, vehicle modifications, and other equipment
Project Evergreen ❤️ 🌐	http://projectevergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide



Prosthetic Appliances ♻️

www.prosthetics.va.gov/About_PSAS.asp

Provides medically prescribed prosthetic and sensory aids to eligible veterans; these aids include artificial limbs, hearing aids, communication aids, eyeglasses, orthopedic braces and shoes, wheelchairs, crutches, and canes

Semper Fi Fund 🌐

semperfund.org/assistance

Provides grants for visual enhancement devices for the visually impaired, software programs for those who cannot type, specialized wheelchairs, and therapeutic mattresses

Soldiers' Angels Project Valour-IT 🌐

soldiersangels.org/project-valour-it.html

Provides voice-controlled/adaptive laptop computers, iPads, personal GPS, Wii Video Game Systems, and other technology to support Soldiers, Sailors, Airmen, and Marines recovering from hand wounds and other severe injuries

Special Adapted Housing (SAH) Grant ♻️

www.benefits.va.gov/HOMELOANS

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

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



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

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

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

For more information: militarypay.defense.gov

Legal Assistance

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



Employer Support of Guard and Reserve

www.esgr.mil

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

Justice for Vets (Veteran Mentors)

www.justiceforvets.org/veteran-mentors

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

Justice for Vets (Veterans Treatment Courts)

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

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

Military OneSource

www.militaryone.com

Offers legal assistance information

National Disability Rights Network

www.ndrn.org/index.php

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



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

Online Social Networking

Facebook Pages

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

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



Caring for the Caregiver



DoD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organizations



Military Children



Español Available



Smartphone App

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

Wounded Warrior Project  

www.facebook.com/wwpinc.fans

Yellow Ribbon Fund  

www.facebook.com/YellowRibbonFund



Blogs (Web Logs)

Afterdeployment 

www.afterdeployment.org/blog

Battling Bare  

battlingbare.blogspot.com

Caregiver Action Network  

<http://caregiveraction.org/>

Caring Bridge  

www.caringbridge.org

Courageous Caregivers: Those Who Serve by Caring for the Wounded 

veterancaregivervoices.blogspot.com

Family of a Vet  

blog.familyofavet.com

Learning by Accident   

www.brainline.org/rosemary

Military OneSource Blog Brigade 

www.militaryonesource.mil

Military Pathways 

www.mentalhealthscreening.org

Operation Homefront Hearts of Valor  

www.wifeofawoundedsoldier.com

USO 

blog.uso.org

Tutor.com  

blog.tutor.com

Warrior Care Blog 

warriorcare.dodlive.mil

Warrior Care Blog/Caregiver	warriorcare.dodlive.mil/caregiver-resources
Wounded Warrior Project Connect 🌐	www.woundedwarriorproject.org/connect



Online Chat Rooms/Forums/Groups

Afterdeployment—Peer to Peer Forum 🇺🇸	www.afterdeployment.org/forums/peer-2-peer
Aid and Attendance Program 🌐	www.veteranaid.org/index.php
Armed Forces Crossroads—Air Force Spouse Forum ❤️ 🇺🇸	www.afcrossroads.com
Caring Bridge ❤️ 🌐	www.caringbridge.org
Courage Beyond ❤️ 🌐	couragebeyond.org
DCoE Outreach Center 🇺🇸	www.dcoe.health.mil/Families/Help
Family Caregiver Alliance ❤️ 🌐	lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org
Google for Veterans	www.googleforveterans.com
Marine Family Network 🌐	marinefamilynetwork.com
Marine Parents ❤️ 🌐	www.marineparents.com
Military Kids Connect 🇺🇸 🐼	militarykidsconnect.org
Operation Homefront Hearts of Valor ❤️ 🌐	www.heartsofvalor.org

Pinterest Resources for Caregivers of Wounded Warriors ❤️🌐

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

Restore Warriors 🌐

www.restorewarriors.org

Veteran CareGiver ❤️🌐

www.veterancaregiver.com

Vets 4 Warriors 🌐

www.vets4warriors.com/Services

Wounded Warrior Project Connect 🌐

connect.woundedwarriorproject.org



Personal Stories

Caregiver Action Network ❤️🌐

<http://caregiveraction.org/>

Courage Beyond ❤️🌐

couragebeyond.org

Family Caregiver Alliance ❤️🌐

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

Naval Center for Combat and Operational Stress Control Success Stories 🇺🇸

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

Restore Warriors 🌐

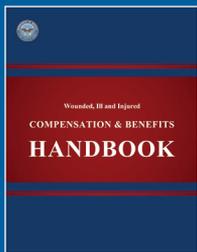
www.restorewarriors.org

VA Caregiver Connections Program ❤️🔄

www.caregiver.va.gov

Veteran CareGiver ❤️🌐

www.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

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

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

Peer Support and Mentoring



Alcoholics Anonymous  

www.aa.org

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

Army Wife Network  

www.armywife-network.com

Website and internet talk radio show for Army wives, by Army wives

Blue Star Families (Careers)  

bluestarfam.org/resources/blue-star-careers

Peer-to-peer networks where healthcare, education, and entrepreneurial spouses can connect and advocate

Blue Star Families (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, resources and advocacy

Caregiver Peer-to-Peer Initiative  

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

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

Coaching into Care  

www.mirecc.va.gov/coaching

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



Codependents Anonymous 🌐	www.coda.org	Designed for people who live with someone who is using an addictive substance that is negatively affecting their life
Coming Home Project 🌐	www.cominghomeproject.net	Offers free and confidential group support and stress management retreats
Courage Beyond ❤️ 🌐	couragebeyond.org	Provides online support groups and in-person support groups and counseling
Google for Veterans	www.googleforveterans.com/veterans	Connect with fellow veterans through free calls, group video chat, record videos, collaborating, and sharing tools
Green Beret Foundation (Steel Magnolias) ❤️ 🌐	greenberetfoundation.org	An exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces soldiers
In Gear Career for Military Spouses ❤️	www.ingearcareer.org	Provides a community forum for addressing the challenges and strengths of the career-minded military spouse
Iraq and Afghanistan Veterans of America Community of Veterans 🧶	iava.org	Largest online social network exclusively for Iraq and Afghanistan veterans
Make the Connection ❤️ 🔄	maketheconnection.net	Provides a connection based on life events or experiences to get information, stories, and resources for support



Marine Parents



www.marineparents.com

Offers Regional Support Groups, Start a Support Group, Purple Heart Hero Support™, Gold Star Family Support™

MilSpouse eMentor Program



www.ementorprogram.org/p/milspouse

Offers personalized career advice and support from experienced military spouses, career mentors, and employers

Narcotics Anonymous



www.na.org

Offers a 12-step program and meetings for people who are addicted to non-prescribed narcotics

Operation Homefront Hearts of Valor



www.hearts of valor.org/SupportGroups

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

Operation Shower



operationshower.org

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

Paralyzed Veterans of America Caregivers Circle



www.pva.org

Shares caregiver stories, resources and links

Restore Warriors



www.restorewarriors.org/online-help

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

Pinterest Resources for Caregivers of Wounded Warriors



www.pinterest.com/hearts of valor/resources-for-caregivers-wounded-warriors

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



Safe Harbor Foundation Anchors Program 

safeharbor.navylive.
dodlive.mil/transition/
anchor-program

Mentors are available to support a Sailor as he or she grapples with the challenges associated with returning to civilian life

Stand Beside Them 

www.standbeside
them.org

Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities and networking guidance; offered face to face, by phone or Skype to Service members, veterans, their caregivers and families; *info@standbesidethem.org*

United We Stand at E.A.S.E. (Equine Assisted Self-Exploration)  

www.unitedwestandat-
ease.com

Quantum Leap Farm's At E.A.S.E. program hosts W.O.W. (Women of Warriors) retreats

Veterans' Family United Foundation  

veteransfamilies
united.org

Requests for help will be reviewed by a veteran's family member or VFU trained volunteer who will provide links to appropriate resources

Vets 4 Warriors  

www.vets4warriors.com/
Services

Toll free peer support line 855-838-8255 (855-VET-TALK) is available 24/7 for National Guard and Reserve Service members

Wounded Warrior Project Peer Mentoring 

www.woundedwarrior
project.org/programs/
peer-support

Helps Soldiers develop one-on-one friendships with fellow warriors who are further along in the recovery process; peer mentors also available

Yellow Ribbon Fund Mentoring Program 

www.yellowribbon
fund.org

Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Pet and Service Animal Assistance



Assistance Dogs International

www.assistedogsinternational.org

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

Guardian Angels Soldiers Pet

guardianangelsforsoldierspet.org

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

Guide and Service Dogs

www.va.gov/health/ServiceAndGuideDogs.asp

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

Mutts with a Mission

www.muttswithamission.org

Warriors train their dogs to become highly skilled Service Dogs

Operation Freedom Paws

operationfreedompaws.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



Puppies Behind Bars 

www.puppiesbehindbars.com

Trains service dogs with the 85 commands that are standard in the industry (i.e., retrieving objects, turning on and off lights, opening doors), as well as five specific commands to assist Service members returning with PTSD and TBI

Semper Fi Fund Canine Companions 

semperfund.org/assistance

Unites injured Service members with service dogs and ensures the dogs are trained and continually cared for despite the financial difficulties

SitterCity

www.sittercity.com/pet-sitting.html

Helps find local pet sitters who are: skilled in areas like training and housebreaking; licensed, bonded, and insured; and available for drop-in to extended stay

Southeastern Guide Dogs 

www.guidedogs.org

Helps create and nurture a partnership between a visually impaired individual and a guide dog

Warrior Canine Connection 

www.warriorcanineconnection.org

Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical military-support mission helping fellow recovering Service members

Rest and Relaxation

Retreats and Vacations



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

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

 Caring for the Caregiver

 DoD Program

 VA Program

 Reserve/Guard Specific Resource

 Non-Profit Organization

 Veterans Service Organizations

 Military Children

 Español Available

 Smartphone App



No Barriers—Soldiers to Summit ❤️🌐

www.nobarriers.com
soldiers.org

Helps active duty servicemembers, veterans and their families overcome barriers through active participation in outdoor explorations and team building activities

Operation Black Hills Cabin Vacation ❤️🌐👥

operationblackhills.com
cabin.org

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

Operation Homefront Hearts of Valor—Retreats for Caregivers ❤️🌐

www.operationhomefront.net

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

Operation Purple Healing Adventures ❤️🌐👥

www.militaryfamily.org

Fun-filled, free, 4-day retreats for recovering warriors and their families; hiking, canoeing, climbing, and more

Operation Second Chance—Retreats 🌐

www.operationsecondchance.org/retreats

Offers two types of retreats depending on the individual's injuries and their ability to get away; short local overnight trips week-long retreats

Semper Fi Fund—Odyssey Camp 🌐

semperfund.org/assistance

A six-day, holistic transition assistance program for injured and critically ill Service members

Serve Our Willing Warriors—Bull Run Retreat ❤️🌐

www.willingwarriors.org

Offers recovering wounded, ill and injured warriors and their families a break from the hospital environment to relax in a peaceful weeklong retreat

Strong Bonds 🦅

www.StrongBonds.org

Find Chaplain Sponsored couple and family retreats to help Service members re-connect with family



USO and Stronger Families—Couples Seminar 🌐

www.uso.org

Two hour weekly or full-day workshop/retreats focus on education, support, and self-exploration for Service members and families

USO Warrior and Family Care Program—Couples Seminars ❤️ 🌐

www.uso.org

Helps wounded, ill, and injured couples strengthen their relationship and work on tough issues in a fun and non-threatening environment

Veteran’s Campground on Big Marine Lake ❤️ 🌐 🏠

www.vetscampmn.org

Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families

Veterans Restorative Project ❤️ 🌐

<http://veteransrestorativeprogram.org>

Provides complimentary deep relaxation and meditation programs to active duty, veterans and families of Service members as well as on-going classes, retreats and workshops

Women of Warriors (W.O.W) at E.A.S.E. (Equine Assisted Self-Exploration) ❤️ 🌐

www.unitedwestandatease.com

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

Wounded Warrior Family Support—Vacations ❤️ 🌐 🏠

www.wvfs.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

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.



ARCH National Respite Network



archrespite.org/state-respite-coalitions

Helps parents, caregivers, and professionals find respite services in their area.

Camp C.O.P.E.



www.campcope.org

Provides recreational activities for children of injured or deployed Service Members or Veterans, and provides interactive small group counseling for children

Cause



www.cause-usa.org

Organizes programs that provide recreation and resiliency, such as massage and spa programs

Childcare Aware



www.childcareaware.org

Allows users to search for child care, general advice and other resources

Defending the Blue Line



www.defendingtheblueline.org

Offers hockey programs for children of military members to participate in

Hope for the Warriors Caregiver Dinners



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

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

Operation Second Chance Day Trips and Nights Out



www.operationsecondchance.org/daytrips

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

Project Evergreen



<http://projectevergreen.org>

Volunteers provide free lawn, landscape and snow removal services for military families nationwide



Respite Care Program

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

Provides eligible caregivers up to 30 days of respite care per year; support also provided for unexpected hospitalization or a family emergency

Respite Child Care

www.naccrra.org/military-families

Offers 16 hours of respite child care per month at no cost; not intended to be a substitute for regularly scheduled child care; limited to eligibility guidelines and funding availability

USO Day Rooms

www.uso.org

Rooms offer TVs, furniture, gaming systems, refrigerators, or other comfort necessities to support Warrior Transition Units etc.

VA Caregiver Support Adult Day Health Care Centers

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

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

Veteran's Campground on Big Marine Lake

www.vetscampmn.org

Provides facilities and opportunities for recreation, rest and well-being for all Veterans and their families

Wounded Warrior Family Support—Caregiver Respite Program

www.wvfs.org

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

Yellow Ribbon Fund Family Caregiver Program

www.yellowribbonfund.org

Offers child care and family-oriented activities, massages and spa visits, mutually supportive dinners out, and more—at no charge

Physical Evaluation Board (PEB) Disposition Findings

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

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

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

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

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

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

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

Smartphone Apps

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



American Red Cross First Aid

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



BioZen

Makes it easier for clinicians and patients to use biofeedback in and out of the clinic.



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



mTBI pocket Guide

Quick-reference guide on improving care for mTBI patients



Caring for the Caregiver

Reserve/Guard Specific Resource

Military Children

DoD Program

Non-Profit Organization

Español Available

VA Program

Veterans Service Organizations

Smartphone App



My Military Life

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



Operation Reach Out

Aimed at preventing suicide among military personnel and veterans



PE Coach

Supports the tasks associated with prolonged exposure treatment for PTSD



Positive Activity Jackpot

Uses Pleasant Event Scheduling (PES), which is used to overcome depression and build resilience



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



Real Warriors Campaign

Online photo-sharing service offers peer support for Warriors, veterans and military families. Users can upload photos to the Wall, salute others and access 24/7 resources





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



Virtual Hope Box

Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking



Wounded Warrior Regiment

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





Military Caregiver PEER Initiative

The Military Caregiver **Personalized Experiences, Engagement and Resources (PEER)** Initiative utilizes Military Family Life Counselors at Army, Navy, Marine Corps and Air Force installations to organize and conduct forums that provide non-medical counseling opportunities for caregivers.

At these forums, attendees discuss topics *they* would like to focus on like managing stress, nutrition, financial wellness, employment etc. Caregiver peer-to-peer forums aim to reduce stress, provide emotional support, and be a resource for valuable information through guided discussion among caregivers, allowing them to share practical, accurate, and thorough information based on their personal life experiences.

For more information: <http://warriorcare.dodlive.mil/caregiver-resources/>

Sports and Recreation



Adaptive Adventures Military Operations

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

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

The Armed Forces Foundation—Classic Outdoor Sports Program

www.armedforcesfoundation.org

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

Blue Star Families

bluestarfam.org

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

Camp C.O.P.E.

www.campcope.org

Provides recreational activities for children of injured or deployed Service Members or Veterans, and provides interactive small group counseling for children

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

www.cammomusic.org

Puts Service members in touch with leading industry talent development specialists, trains and educates veterans in music industry career opportunities, and presents performances and workshops to audiences of all ages

Defending the Blue Line

www.defendingtheblueline.org

Offers multiple programs for children of military members to participate in the game of hockey

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



**Easter Seals—
Camping and
Recreation** ❤️ 🌐 🧑

www.easterseals.com

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

**Heroes on the
Water** ❤️ 🌐

[www.heroesonthe
water.org](http://www.heroesonthe
water.org)

Provides healing and rehabilitating kayak fishing outings that are physically and mentally therapeutic through a nationwide community of volunteers and donors

Horses 4 Heroes 🌐 🧑

horses4heroes.org

Provides affordable recreational, instructional, and health & wellness equestrian programs for all ages; check out the Operation Free Ride program

**Hope for the
Warriors—Outdoor
Adventures
Program** 🌐

[www.hopeforthewarriors.
org/story/18727106/
outdoor-adventures](http://www.hopeforthewarriors.
org/story/18727106/
outdoor-adventures)

Provides adaptive opportunities for wounded heroes to participate in sporting activities in the great outdoors

**K2 Adventures
Foundation** 🌐 🧑

[www.k2adventures.org/
about-us](http://www.k2adventures.org/
about-us)

Provides services, support, and funds, used for educational and medical enrichment

**Lone Survivor
Foundation—
Ranch Retreats
and Therapeutic
Activities** 🌐

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

Provides short-term retreats and medium-term, in-house care through health, wellness, and therapeutic support

**Military Warriors
Support Foundation—
Skills 4 Life** 🌐 🧑

[www.militarywarriors.org/
skills4life](http://www.militarywarriors.org/
skills4life)

Provides recreational outings and family mentoring with hunting, fishing, golf, sporting events, and vacations



No Barriers - Soldiers to Summit ❤️🌐

www.nobarriers.com
soldiers.org

Helps active duty servicemembers, veterans and their families overcome barriers through active participation in outdoor explorations and team building activities

Operation: Love Reunited ❤️🌐👨👩

www.oplove.org

Provides free professional photography sessions and photo gifts to military families pre and post deployment

Operation One Voice—Wounded Warrior Bike Program 🌐

www.operationonevoice.org

Provides a variety of bikes to wounded Special Operations warriors to aid in the warrior's rehab and quality of life

Our Military Kids 🌐👨👩

www.ourmilitarykids.org

Pays for children's participation nationwide in extra-curricular activities

Semper Fi Fund—Horsemanship Program ❤️🌐

www.semperfund.org

Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation

Semper Fi Fund—Recovery Through Sport 🌐

www.semperfund.org

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

Semper Fi Fund—Therapeutic Arts 🌐

www.semperfund.org

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

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

www.teamusa.org/US-Paralympics/Military

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



USO and Family Care—Recreation Programs 

www.uso.org/warriorandfamilycare/

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

USO Warrior and Family Care Programs—Rivers of Recovery 

www.uso.org/warriorandfamilycare

Offers small fishing retreats

Wounded Warrior Project—Project Odyssey 

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

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

Wounded Warriors in Action—Outdoor Sporting 

www.wwiaf.org

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



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

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

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

Find information on:

Assistance

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

Referrals

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

On-Site Resources

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

Briefings

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

Suicide Prevention



Military Crisis Line

www.militarycrisisline.net

800-273-8255 (press 1)

Military OneSource Wounded Warrior

www.militaryonesource.mil/wounded-warrior

800-342-9647

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

Operation Reach Out

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

Aims to preventing suicide among military personnel and veterans

Suicide Prevention Action Network

capwiz.com/spanusa/home

Provides a bibliography on various topics concerning suicide

Wingman Project

wingmanproject.org

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

You Matter

www.youmatter.suicidepreventionlifeline.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organizations

 Smartphone App



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

Psychological Health

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

Traumatic Brain Injury

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

Service Members and Families

- 24/7 Help
- Suicide Prevention

- Before and After Deployment Resources
- inTransition
- Guard and Reserve
- Adjusting to Changes
- Taking Care of Yourself
- Locating Health Care

Media Center

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

Training and Conferences

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

Women Veterans



American Women Veterans

www.americanwomenveterans.org

Offers retreats, conferences, and outreach campaigns

Grace After Fire

www.graceafterfire.org

Provides treatment links and options

Joining Forces Mentoring Plus

www.joiningforcesmentoringplus.org

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

Joint Services Support

www.jointservicesupport.org

Virtual military community for National Guard members and families; offers Career, Family, Finance, Behavioral Health, Sexual Assault, and Transition Support programs

No Barriers - Soldiers to Summit

www.nobarriers.com
soldiers.org

Helps active duty servicemembers, veterans and their families overcome barriers through active participation in outdoor explorations and team building activities

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 Reserve/Guard Specific Resource

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

Trauma Informed Care for Women Veterans  www.dol.gov/wb/trauma Addresses psychological and mental needs of women veterans

Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE)   whitman.syr.edu/vwise Provides the tools women veterans, Active Duty, and female family members need to become successful entrepreneurs

Women Organizing Women Veteran Advocacy  www.vetwow.com Provides advocacy for sexual trauma victims including support for related PTSD

Women Veterans Call Center   www.womenshealth.va.gov/ProgramOverview/wvcc.asp Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources

Women Veterans Health Care  www.womenshealth.va.gov Provides comprehensive health care services for women veterans at VA health facilities nationwide

Women Veterans ROCK!   www.WomenVetsRock.org Coalition on Women Veterans Organizations and Women Advocacy Organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness

We Welcome Your Comments.

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

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



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 Modifications
 Legal Assistance Online Social Networking Peer Support/Mentorship
 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

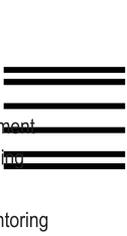
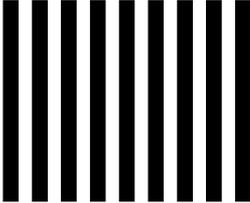
Please rate the following factors on 1–5 scale where 1 = Very Dissatisfied and 5 = Very Satisfied (please circle appropriate number):

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

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

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





www.caregiver.va.gov

Support Line: 855-260-3274

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

General Services

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

Medical Resources

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

Caregiving Resources

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

Additional copies of this directory are available from:

THE OFFICE OF WARRIOR CARE POLICY

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

