



DEPARTMENT OF DEFENSE  
**Military Caregiver Support**



# What Resources are Included in the Caregiver Resource Directory?

**The Caregiver Resource Directory** includes the most commonly referenced resources, organizations, agencies, and programs that provide support to the caregivers of wounded, ill, or injured Service members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

The resources, organizations, agencies, and programs included in the Caregiver Resource Directory have been reviewed and vetted in accordance with the National Resource Directory's participation policy, which can be found at [www.nrd.gov](http://www.nrd.gov). No product endorsements or preferential treatment is given to any organization, agency, or program that is listed in the Caregiver Resource Directory.

This Caregiver Resource Directory is a dynamic directory that will be refined on a regular basis. We encourage you to access the digital version of the Caregiver Resource Directory at <https://warriorcare.dodlive.mil/caregiver-resources>.

*If you have questions or feedback regarding the Caregiver Resource Directory, or are an organization that wishes to be included in future editions of the Caregiver Resource Directory, please email: [OSD.Caregiver@mail.mil](mailto:OSD.Caregiver@mail.mil)*

# To the Caregivers of Wounded, Ill, or Injured Service members...

As the caregiver of a wounded, ill, or injured service member, your life has changed significantly. You are now facing new and demanding challenges. With many organizations offering support and services, it can be difficult to sort out the specific type of resource or program best suited for your needs. Therefore, this directory is compiled for you — the caregiver — as its primary focus. It's designed to provide information in a manner that enables you to quickly identify many of the available resources, which address your particular needs and requirements.

We believe this directory assists you in the following ways:

- **Helps you find and connect with the specific assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online, and intends to address just about every conceivable need you may have.
- **Helps you become more educated about your wounded, ill, or injured service member's medical condition.** Knowledge is power and no one advocates 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 in handling any unexpected circumstances you may encounter.
- **Helps you to connect with others.** You'll discover, if you haven't already, that you're a 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.
- **Helps you to 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. It's important for you to make self-care a top priority.



Advocacy & Benefits	• 1
Career Transitions & Employment	• 13
Caregiver Support	• 27
Caregiver Helplines	• 59
Caregiver Mental Health & Wellbeing	• 69
Caregiving Knowledge & Skills	• 75
Caring for Injured Service Members	• 79
Children's Needs	• 125
Education & Training	• 137
Financial & Legal Resources	• 153
Health Care Needs	• 175
Hospice	• 193
Maintainance & Home Care Assistance	• 205
Mental Health	• 209
Military Caregiver Lifestyle	• 217
Modifications & Special Equipment	• 223
Online Social Networking	• 231
Peer Support & Mentoring	• 239
Pet & Service Animal Assistance	• 249
Rest & Relaxation	• 255
Respite Care	• 265
Sports & Recreation	• 287
Suicide Prevention	• 297
Support Groups	• 303
Women Veterans	• 331
We Welcome Your Comments	• 335

# DoD Operation Warfighter



Operation Warfighter (OWF) is a Department of Defense internship program that matches qualified wounded, ill, or injured Service members with non-funded federal internships. The program helps them to gain valuable work experience during their recovery and rehabilitation. This process assists with the Service members' reintegration to duty or transition into the civilian work environment where they're able to employ their newly acquired skills in a non-military work setting.

**Our Partners:** OWF enables federal employers to better familiarize themselves with the skill sets and challenges of wounded, ill, or injured Service members, as well as benefit from the considerable talent and dedication of these individuals.

**Our Regional Coordinators:** One of our 10 Regional Coordinators will work with you to explore your potential career interests, build your resume, and provide you with opportunities for additional training, experience, and networking. Internship opportunities will positively impact your rehabilitation and reintegration.

**Eligibility:** If you are a wounded, ill, or injured service member looking for an opportunity like this or are a Transition Coordinator and know of a wounded, ill, or injured service member who would benefit from OWF, please contact us at [OSD.OWF@mail.mil](mailto:OSD.OWF@mail.mil) or contact your OWF Regional Coordinator today!

*For more information: <http://warriorcare.dodlive.mil/carecoordination/operation-warfighter/>*

# Advocacy & Benefits



## 2-1-1 Central Florida

<https://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## AMVETS

<http://www.amvets.org>

Provides a network of trained national service officers (NSOs) that help Veterans with compensation claims at no charge. AMVETS annually awards scholarships to deserving high school seniors, J/ROTC students, Veterans, and Service Members pursuing a higher education.

## Alzheimer's Association

<https://www.alz.org/>

Offers information and resources connecting the Alzheimer's community nationwide to professionals and local support. The Alzheimer's Association advocates to end Alzheimer's and all other dementia through global research, risk reduction and early detection, and quality care and support.



---

**Arizona Caregiver Coalition**

<https://azcaregiver.org/>

Provides support and advocacy for family caregivers in Arizona. The Arizona Caregiver Coalition was developed through the Governor's Advisory Council on Aging and serves a mandated role as part of the Arizona Lifespan Respite Program.

---

**Army Medical Command - Wounded Soldier & Family Hotline**

<https://armymedicine.health.mil/Wounded-Soldier-and-Family-Hotline>

Provides support to wounded soldiers assigned to a Warrior Transition Unit (WTU) and their families. The Wounded Soldier and Family Hotline (WSFH) is a multi-purposed call center operating 24 hours a day, 7 days a week serving as an avenue to gather information about medical care and suggest ways to improve medical support systems impacting soldiers and their families.

---

**Benefits.gov**

<https://www.benefits.gov/#>

Provides benefit information to help citizens understand which benefit programs they may be eligible for, or how to apply. Benefits.gov is the official benefits website of the U.S. government.

---

**Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.





**Code of Support Foundation**

<https://www.codeofsupport.org/>

Offers nationwide support services to Veterans and their families helping connect them with healthcare, disability, employment, education, transportation and other financial benefits. Disabled American Veterans (DAV)'s National Veteran Service Officers (VSO)s provide free, professional assistance to Veterans and their families in obtaining benefits and services earned through military service and provided by the VA and other government agencies.

**DoD Compensation & Benefits Handbook**

[https://warriorcare.dodlive.mil/files/2019/06/DoD\\_Compensation\\_and\\_Benefits\\_Handbook.pdf](https://warriorcare.dodlive.mil/files/2019/06/DoD_Compensation_and_Benefits_Handbook.pdf)

Offers a guide for answering questions about available services and resources for wounded, ill, and/or injured Service Members and their support network from the time of wound, injury, and/or illness to their return to duty or transition to the civilian community. The Wounded, Ill, and/or Injured Compensation and Benefits Handbook can be downloaded online from the Warrior Care website.

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



### **FEMA COVID-19 Funeral Assistance**

<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Offers services to support youth, adults, families and communities in San Diego. The Military Family Resource Center (MFRC), located in Murphy Canyon, strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.

### **Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.



**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Leaderquest - Veteran Education Benefits**

<https://www.leaderquestonline.com/veteran-education-benefits/#va-education-benefits>

Offers IT and Cyber Security Career Training for Veterans and their spouses.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Military Health Project & Foundation**

<http://militaryhealthproject.org/>

Strives for the preservation, protection and expansion of health care services for service members, veterans and their families.

**Military Order of the Purple Heart Auxiliary**

<http://www.mophhq.org/>

Provides a network of National Service Officers (NSO) across the nation. Military Order of the Purple Heart Auxiliary members are usually co-located with a Veterans Affairs (VA) facility to help Veterans and their family with VA-related issues.

**Military Order of the Purple Heart of the USA**

<https://www.purpleheart.org/>

Offers support to all Veterans and their families through a myriad of nation-wide programs by chapters and national service officers. The Military Order of the Purple Heart is a Veterans organization chartered by Congress for combat wounded Veterans who have been awarded the Purple Heart medal.



### **My Army Benefits**

<https://myarmybenefits.us.army.mil/>

Find information about Army benefits on their official benefits website. Use the resource locator page to identify locations and offices that may assist you in your area.

### **National Association of American Veterans**

<https://www.naavets.org/>

Assists the severely wounded warriors, especially single parent service members, military caregivers, disabled veterans and their families by helping them access their benefits, improving communications and coordination for Veterans and collaborating among health agencies, medical professional, organizations, educational organization and the general public.

### **National Veterans Foundation's Lifeline for Vets**

<https://nvf.org/>

Provides information and referral for crisis management needs of all U.S. Veterans and their families through a vet-to-vet toll-free helpline. The National Veterans Foundation is a one-stop resource for Veterans looking for assistance, offering links to information and help with crises, navigating VA services, jobs, housing, and more.

### **Navy Family Ombudsman Registry**

<https://ombudsmanregistry.cnic.navy.mil/>

Ensures that the lines of communication are open between the Navy leadership and family members in order to resolve problems and relay vital information. The Navy Family Ombudsman Registry does not require login to locate your ombudsman.



**Navy Supply Corps Foundation**

<https://www.usnscf.com/Foundation/>

Provides information on services and programs related to recruiting, training and development, transition, recognition, financial support, family support, camaraderie and commemoration for the Navy Supply Corps community.

**Operation Ward 57**

<https://www.operationward57.org/>

Supports wounded, injured and ill Service Members, Veterans, their caregivers and those that aid in their recovery by providing assistance and outreach in their recovery, comfort and morale, and through advocacy, education and promotion of their circumstances. Operation Ward 57 is immediately present and helpful as newly wounded military men and women arrive at Walter Reed National Military Medical Center.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Paralyzed Veterans of America**

<https://www.pva.org/>

Provides resources and professional services to catastrophically disabled Veterans, their caregivers, and their families. Paralyzed Veterans of America advocates for quality health care, spinal cord research, VA benefits and civil rights for Veterans and all people with disabilities.



---

**The American Legion**

<http://www.legion.org/>

Helps Veterans and families understand and apply for VA benefits; Provides= assistance, free of charge, with information, referrals and resources on education, employment and business, death benefits and other important topics to Veterans and their families.

---

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---

**The Family Resource Network - New Jersey**

<https://www.familyresourcenetwork.org/>

Enhances the lives of children, youths and families in New Jersey by providing programs aimed to help families in poverty, families caring for the elderly, children with disabilities or chronic illness and those at risk of abuse and neglect.

---

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---

**Transition Assistance Advisor (TAA)**

[https://warriorcare.dodlive.mil/files/2017/11/TAA\\_Fact-Sheet.pdf](https://warriorcare.dodlive.mil/files/2017/11/TAA_Fact-Sheet.pdf)

Assists transitioning Service Members in accessing VA health care services and benefits to meet their needs.

---



<p><b>Transition Assistance Advisors</b></p>	<p><a href="https://www.militaryonesource.mil/national-guard/transition-assistance/what-transition-assistance-advisors-can-do-for-you/">https://www.militaryonesource.mil/national-guard/transition-assistance/what-transition-assistance-advisors-can-do-for-you/</a></p>	<p>Lists statewide points of contact to assist Service members in accessing VA benefits and health care services.</p>
<p><b>VA - InTransition Mental Health Coaching</b></p>	<p><a href="https://www.pdhealth.mil/resources/intransition">https://www.pdhealth.mil/resources/intransition</a></p>	<p>Assists Service Members receiving mental health treatment transition between health care systems or providers by connecting them to the right resources</p>
<p><b>VA Transition &amp; Care Management</b></p>	<p><a href="https://www.oefoif.va.gov/">https://www.oefoif.va.gov/</a></p>	<p>Provides information about the benefits that the VA offers to Post 9/11 Veterans through the Transition and Care Management (formerly OEF/OIF/OND) program. The VA offers programs for five years of cost free health care, 180 day Dental benefit, and Vet Centers to help with readjustment counseling and outreach services for free.</p>
<p><b>Veteran Service Officers</b></p>	<p><a href="https://nvf.org/veteran-service-officers/">https://nvf.org/veteran-service-officers/</a></p>	<p>Provides direct links to the major national Veteran service organizations, and lists the state and county Veterans Affairs offices to locate a Veteran Service Officer (VSO) near you. Veteran Service Officers offer free services to help Veterans write and submit benefits claims to the VA and track the claim through the system so you avoid the delays that missing paperwork or improperly filled out claims can cause.</p>

**VeteranAid.org**

<https://www.veteranaid.org/>

Provides information to assist with the VA Aid and Attendance (A&A) benefit application process. VeteranAid.org is a free resource for Veterans, their surviving spouses and their families who are looking for clear, concise information about the A&A pension benefit and how to apply for it.

**Veterans Benefits Administration**

<https://benefits.va.gov/benefits/>

Provides a variety of benefits and services for Service Members, Veterans, and their families including compensation, pension and fiduciary, insurance, education, loan guaranty, vocational rehabilitation and employment, and more. The Veterans Benefits Administration (VBA) offers regional VA facilities located in each state.

**Veterans of Foreign Wars of the United States**

<https://www.vfw.org/>

Assists Veterans with benefits including compensation, pension, health care, vocational rehabilitation and employment, education and training, home loans, life insurance and dependency and indemnity compensation.

**Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.





**eBenefits - My Dashboard**

<https://www.ebenefits.va.gov/ebenefits/manage>

Provides tools for updating personal information, monitoring claims, applying for benefits and managing your VA healthcare. VA/DoD eBenefits offers access to most eBenefits resources and services.

**eBenefits - My Dashboard**

<https://www.ebenefits.va.gov/ebenefits/manage>

Provides tools for updating personal information, monitoring claims, applying for benefits and managing your VA healthcare. VA/DoD eBenefits offers access to most eBenefits resources and services.



# 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/>*

# Career Transitions & Employment



## 2-1-1 Central Florida

<https://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Air Force Wounded Warrior (AFW2) Program

<http://www.woundedwarrior.af.mil/>

Supports Air Force combat wounded, ill and injured airmen and their families providing personalized services, regular communication and non-medical matters. For more information and 24-hour assistance call 1-800-581-9437.

## Blue Star Families

<http://www.bluestarfam.org/>

Serves as a bridge between the families of Servicemen and women and housing, emergency, education and other support services.

## Boots to Business

<https://sbavets.force.com/s/>

Offers an entrepreneurial education and training program for Service Members, Veterans and their spouses as part of the DoD Transition Assistance Program (TAP). The Boots to Business (B2B) course provides an overview of entrepreneurship and applicable business ownership fundamentals.



### **CareerOneStop**

<https://www.careeronestop.org>

Provides information about jobs, training, career resources, and unemployment benefits for transitioning Service Members, Veterans, and military spouses. CareerOneStop offers resources targeted for a career changer, laid-off worker, worker with a criminal conviction, entry-level worker, older worker, young adult, workers with disabilities, business, career advisor, and credential seeker.

### **Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### **Caregiverlist**

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### **Code of Support Foundation**

<https://www.codeofsupport.org/>

Provides one-on-one support, education, and outreach connecting civilians, members of the military, and Veterans. The Code of Support Foundation helps Veterans, caregivers, and family members find and navigate critical services through their PATRIOTlink and Case Coordination programs.



**Commander Navy Installations Command (CNIC) - Transition Assistance Program (TAP)**

[https://www.cnic.navy.mil/ffr/family\\_readiness/fleet\\_and\\_family\\_support\\_program/work-and-family-life/transition\\_assistance.html](https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html)

Provides separating/retiring Navy Service Members and their families with skills needed to re-enter the civilian workforce.

**Defense Finance Accounting Service (DFAS)**

<https://www.dfas.mil/>

Provides access to pay and financial information including wounded warrior pay, military and retired pay, financial benefits and more. Defense Finance Accounting Service (DFAS) pays all DoD military and civilian personnel, retirees and annuitants, as well as major DoD contractors and vendors.

**Department of Labor Employment & Training Administration**

<http://www.doleta.gov/OA/veterans.cfm>

Offers employment services, grant opportunities and workforce tools, strategies and technical assistance. The Employment and Training Administration (ETA) administers federal government job training and worker dislocation programs, federal grants to states for public employment service programs, and unemployment insurance benefits.

**DoD - Civilian Careers**

<https://godefense.cpm.osd.mil>

Posts information on civilian career opportunities with the Department of Defense (DoD). Career counseling is available online, Tuesdays and Thursdays, from 12:30 pm to 2:30 pm EST.



### **DoD Transition Assistance Program**

<https://www.dodtap.mil/>

Provides service specific transition assistance for Service Members transitioning to civilian life. The Department of Defense (DoD) Transition Assistance Program (TAP) is an outcome-based program offering resources, tools, services and skill building training needed to meet career readiness standards (CRS).

### **Education & Employment Initiative**

<http://warriorcare.dodlive.mil/carecoordination/e2i/>

Provides regional coordinators, located throughout the United States, that establish and maintain relationships with private, public, and nonprofit sector employers interested in helping place wounded, ill, and injured Service Members into new careers. Assists wounded, ill and injured Service Members early in their recovery process to identify their skills and match them with the education and career opportunities that will help them successfully transition to civilian life.

### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



### Farmer Veteran Coalition

<http://www.farmvetco.org>

Offers free membership to eligible military Veterans to gain access to exclusive discounts from farm equipment suppliers and agricultural service providers. The Farmer Veteran Coalition (FVC) is the nation's largest nonprofit organization mobilizing Veterans to feed America.

### Feds Hire Vets

<https://www.fedshirevets.gov/>

Offers federal employment information and resources for Veterans, transitioning military Service Members, their families and federal hiring officials. Feds Hire Vets also provides information on how Veterans preference works.

### GI Go Fund Veterans Center

<https://www.gigo.org/>

Provides assistance to all military Veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings corporate, educational, and nonprofit partners together in support of giving Veterans from throughout the country every tool and benefit they need to thrive.

### Healing Household 6

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans.



---

**Helmets to Hardhats**

<http://helmetstohardhats.org/>

Connects Veterans to career training and employment opportunities in the construction industry. Helmets to Hardhats helps military Service Members transition back into civilian life by offering them the means to secure a quality career in the construction industry.

---

**Hire Heroes USA**

<http://www.hireheroesusa.org/>

Provides free employment assistance to help Veterans and military spouses get hired, and helps companies hire and retain them. Hire Heroes USA (HHUSA) is dedicated to creating job opportunities for US military Veterans and their spouses through personalized employment training and corporate engagement.

---

**Hope For The Warriors**

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

---

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.





**Job Opportunities for Disabled American Veterans**

<https://www.jofdav.com/>

Offers a job board for disabled Veterans (DAV), where they can register free of charge and post resumes to gain access to job opportunities. JOFDAV works in concert with many Wounded Warrior Transition Command Centers, DVOPs, LVERs and multiple military organizations to support Veterans in their job search for employment.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Marine Corps Tuition Assistance Funding Policy**

<http://www.quantico.usmc-mccs.org/inadex.cfm/marine-family/personal-professional-development/voluntary-education-center-vec/tuition-assistance/>

Provides information about the Marine Corps tuition assistance program. Marine Tuition Assistance (TA) is available for all active duty Marines.

**Maryland Department of Labor - Veteran Services**

<http://www.dllr.state.md.us/employment/veteranservices.shtml>

Offers a variety of services to assist Veterans, transitioning military personnel and other qualified individuals in Maryland.

**Military Officers Association of America**

<http://www.moaa.org/>

Provides information and resources for officers and their families at every stage of their career. Membership in the Military Officers Association of America (MOAA) is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses.

**Military One Source**

<https://www.militaryonesource.mil/>

Provides resources and 24/7 support for Service Members and their families including information on education and employment, moving, relocation and deployment tools, taxes and much more.

**Military One Source - Military Spouse Employment Partnership (MSEP)**

<https://msepjobs.militaryonesource.mil/msep/>

Connects military spouses seeking career opportunities with employers who are actively recruiting.

**Military Warriors Support Foundation**

<http://www.militarywarriors.org/programs>

Provides support programs to help combat wounded heroes and Gold Star families transition from the military to civilian life. Military Warriors Support Foundation programs focus on housing and homeownership, recreational activities and transportation assistance, and leadership development.

**National Guard & Military Reserves - Joint Services Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

**National Veterans Transition Services**

<https://www.nvtsti.org/>

Offers a free three-week intensive military-to-civilian transition workshop called REBOOT. The National Veterans Transition Services (NVTSTI) helps Service Members and Veterans transition to civilian life and secure employment by using research-based, outcome-driven methods drawn from best practices in career planning and cognitive-behavioral techniques.



<b>Operation Engage America</b>	<a href="http://www.operation-engage-america.org/">http://www.operation-engage-america.org/</a>	Engages Veterans and their families dealing with post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI) with community-based, state and federal support, resources and education to meet their needs. Operation Engage America hold resource events in Arizona, California, Iowa, Maryland and Nebraska.
<b>Oregon Department of Human Services - Caregiving</b>	<a href="http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx">http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx</a>	Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.
<b>Partnership for Youth Success (PaYS)</b>	<a href="https://www.armypays.com/GENERAL_INFO.html">https://www.armypays.com/GENERAL_INFO.html</a>	Helps soldiers find employment after leaving the Army, by connecting the business community and public sector employers with soldiers.
<b>Semper Fi Fund</b>	<a href="https://semperfifund.org/">https://semperfifund.org/</a>	Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.
<b>Soldier for Life Transition Assistance Program (SFL-TAP)</b>	<a href="https://www.sfl-tap.army.mil">https://www.sfl-tap.army.mil</a>	Helps transitioning Service Members with pre-separation guidance, job assistance, training and interviewing skills



### **Stand Beside Them**

<http://www.standbesidethem.org>

Offers free coaching for Veterans, their family members and caregivers to achieve success at home, at work, and in the New York community. Coaching specialties at Stand Beside Them include career development, executive leadership, life and relationships, health and wellness, and small business development.

### **Still Serving Veterans**

<https://ssv.org/>

Offers a variety of services to help Veterans with employment, accessing their VA benefits and getting connected with the resources they need to build meaningful lives after military service. Still Serving Veterans services are provided at no cost to any Veteran or family member.

### **Student Veterans of America**

<http://www.studentveterans.org/index.php>

Connects Veterans to academic resources and advocates on behalf of student Veterans at the state and national level. Through a network of more than 1,500 on-campus chapters, Student Veterans of America ensures that military students achieve their greatest potential.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



<p><b>The Gold Star Ride Foundation</b></p>	<p><a href="https://www.goldstarride.org/">https://www.goldstarride.org/</a></p>	<p>Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.</p>
<p><b>The Yellow Ribbon Fund</b></p>	<p><a href="https://yellowribbonfund.org/">https://yellowribbonfund.org/</a></p>	<p>Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.</p>
<p><b>Transition Assistance Advisor (TAA)</b></p>	<p><a href="https://warriorcare.dodlive.mil/files/2017/11/TAA_Fact-Sheet.pdf">https://warriorcare.dodlive.mil/files/2017/11/TAA_Fact-Sheet.pdf</a></p>	<p>Assists transitioning Service Members in accessing VA health care services and benefits to meet their needs.</p>
<p><b>Transition Readiness Program - Marines</b></p>	<p><a href="http://www.usmc-mccs.org/services/career/transition-readiness/">http://www.usmc-mccs.org/services/career/transition-readiness/</a></p>	<p>Offers transitioning Marines and their family members programs, tools, education and support needed while preparing for a smooth transition into civilian life.</p>
<p><b>U.S. Special Operations Command (USSOCOM) Warrior Care Program</b></p>	<p><a href="https://www.socom.mil/care-coalition">https://www.socom.mil/care-coalition</a></p>	<p>Supports the rehabilitation and reintegration of Special Operations Command wounded warriors.</p>



---

---

## USA JOBS

<https://www.usajobs.gov/>

Connects job seekers with federal employment opportunities across the United States. Search job listings from the official job site of the U.S. federal government. Federal agencies use USA JOBS to facilitate their hiring processes and match qualified applicants to job openings.

---

---

## United Service Organizations

<http://www.uso.org>

Provides live entertainment, social facilities, and other programs to Service Members, Veterans and their families. United Service Organizations (USO) are located in airports throughout the county offering 24 hour hospitality services to traveling military members.

---

---

## VA - Veterans Opportunity to Work (VOW)

<https://www.benefits.va.gov/vow/>

Offers training and career assistance programs to help with the transition from military to civilian life. The Veterans Opportunity to Work (VOW) program includes Transition Assistance Programs (TAP) and Vocational Rehabilitation and Employment services.

---

---

## VA Careers & Employment

<https://www.va.gov/careers-employment/>

Offers support to Veterans and eligible family members in all stages of job search including returning to work with a service-connected disability, getting more training for new job opportunities, starting or growing a business, and more.



### **VA Innovation Center**

<https://www.innovation.va.gov/>

Focuses on innovation initiatives enabled by MISSION Act, Sec. 152., and exploring opportunities to maximize VA assets. VIC program initiatives are designed to enable MISSION Act implementation.

### **VA Pre-Discharge Claim**

<https://www.va.gov/disability/how-to-file-claim/when-to-file/pre-discharge-claim/>

Provides information about when to file a pre-charge claim. If you have an illness or injury that you believe was caused, or made worse, by your active-duty service, you can file a claim for disability benefits 180 to 90 days before you leave the military.

### **VA Vocational Rehabilitation & Employment**

<https://www.benefits.va.gov/vocrehab/index.asp>

Offers services for Veterans and Service Members to help with job training, employment accommodations, resume development, and coaching for job skills. Vocational Rehabilitation and Employment (VR&E) also provides personalized counseling and support, assistance with starting a businesses, and independent living services for those who are severely disabled and unable to work in traditional employment.

### **Veteran Employment Services Office (VESO)**

<https://www.vaforvets.va.gov/vaforvets/>

Offers employment and training resources that help Veterans launch or advance their civilian careers at VA. The The Veteran Employment Services Office (VESO) provides employment readiness assistance and outreach to transitioning Service Members, Veterans, and eligible military spouses while advocating the use of special hiring authorities, employment programs, and Veteran retention strategies.



---

### **Warrior Gateway**

<http://www.warriorgateway.org>

Offers resources for the military community to locate service organizations that satisfy their needs, identify academic programs they are interested in and find employers seeking their skills. Warrior Gateway is a virtual community center connecting Service Members and Veterans to each other, to their local communities and to a wealth of knowledge.

---

### **Yellow Ribbon Reintegration Program**

<https://www.yellowribbon.mil/>

Connects National Guardsmen, Reservists and their families to benefits, programs and referrals before, during and after deployments.



# Caregiver Support



<b>10 CAN</b>	<a href="http://www.10CAN.us">http://www.10CAN.us</a>	Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.
<b>2-1-1 Central Florida</b>	<a href="https://www.navigateresources.net/211CommunityResources/">https://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>AARP - American Association of Retired Persons</b>	<a href="https://www.aarp.org/">https://www.aarp.org/</a>	Offers information for Veterans and their families on issues like financial security, fraud, VA benefits and caregiving. AARP membership is discounted for Service Members, Veterans and their spouses who are 50+ years of age.
<b>Alabama Head Injury Foundation</b>	<a href="https://www.ahif.org/">https://www.ahif.org/</a>	Works to increase public awareness of Traumatic Brain Injury (TBI) and to stimulate the development of supportive services.



**Alzheimer's Association**

<https://www.alz.org/>

Offers information and resources connecting the Alzheimer's community nationwide to professionals and local support. The Alzheimer's Association advocates to end Alzheimer's and all other dementia through global research, risk reduction and early detection, and quality care and support.

**American Association of Caregiving Youth (AACY)**

<https://www.aacy.org/>

Provides services to students and works to strengthen families from sixth through twelfth grades.

**American Psychological Association**

<http://www.apa.org/>

Promotes mental health and well-being of Service Members, Veterans and their families through advocacy and research. The American Psychological Association advocates for policies that prevent suicide, promoting the use of psychotherapies in the DoD and VA, ensuring mental health is included in the transition from active duty to Veteran status, promoting relevant health research, and protecting integrated care at the VA while opposing its privatization.



---

**American Red Cross**

<https://www.redcross.org/>

Provides disaster relief and support to those in crisis, lifesaving blood at local blood donation centers, health and safety training to prepare for and respond in emergencies, and 24/7 global emergency communication services and other support in military and Veteran health care facilities across the country. The Red Cross, also known as The American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education in the United States.

---

**Arizona Caregiver Coalition**

<https://azcaregiver.org/>

Provides support and advocacy for family caregivers in Arizona. The Arizona Caregiver Coalition was developed through the Governor's Advisory Council on Aging and serves a mandated role as part of the Arizona Lifespan Respite Program.

---

**Armed Services YMCA**

<https://www.asymca.org/>

Provides programs at no or low cost and requires no membership fees to military Service Members and their families, focusing on the resiliency of military families to help navigate military life amidst transfers, deployments, increased child care needs and financial burdens. The Armed Services YMCA (ASYMCA) is an association of the YMCA, specifically dedicated to serving junior-enlisted military Service Members and their families of all five armed services.

---



### **Asian American Health Initiative**

<https://aahiinfo.org/aahi-resources/>

Dedicated to improving the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.

### **Atlas of Caregiving**

<https://atlasofcaregiving.com/>

Offers innovative research, practical solutions, and rich collaborations to transform how we care for ourselves and our communities. Atlas of Caregiving explores the everyday practice of family caregiving applying new methods to collecting, analyzing, and presenting detailed contextual data through tools and programs such as Mapping Ourselves and Atlas CareMap.

### **Bon Secours Hospice Services**

<http://hospicerichmond.com/>

Provides added support and comfort from hospice team members who visit patients and their families regularly to give care, answer questions, teach new caretaking skills, and make each day as meaningful as possible while patients continue to receive care from their own physician. The Bon Secours Hospice program cares for the patient's whole being – body, mind and spirit – and provides support for the patient's family and friends as they accompany their loved one on the end-of-life journey.



**Brain Injury Alliance of Washington**

<https://www.biawa.org/>

Offers resources and support for those affected by brain injury (TBI) in Washington. The services at the Brain Injury Alliance of Washington (BIAWA) are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.

**Brain Injury Alliance of Wisconsin**

<http://biaw.org/>

Provides information about support services for people in Wisconsin living with traumatic brain injury (TBI). The Brain Injury Alliance of Wisconsin offers a list of resources to both educate and help Veterans and/or family members.

**Brain Injury Association of Delaware**

<https://www.biaofde.org/>

Provides a list of support groups and additional resources and links in Delaware for people living with traumatic brain injury (TBI).

**Brain Injury Association of Maryland**

<https://www.biamd.org/>

Provides information, support, and resources for individuals in Maryland with a brain injury. The Brain Injury Association of Maryland offers brain injury advocacy, education, and research.



**Brain Injury  
Association of  
New Hampshire**

<https://www.bianh.org/>

Offers information, support and resources for brain injury Service Members, families and caregivers. The Brain Injury Association of New Hampshire is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education and advocacy for survivors and caregivers.

**Brain Injury  
Association of  
North Carolina**

<https://www.bianc.net/>

Offers information about services and resources for traumatic brain injury (TBI) in North Carolina. The Brain Injury Association of North Carolina offers programs for agencies and civic groups on many different aspects of brain injury.

**Brain Injury  
Association of  
Oklahoma**

<http://www.braininjuryoklahoma.org/>

Provides a list of support groups and additional resources and links in Oklahoma for people living with TBI.

**Brain Injury  
Association of  
Rhode Island**

<https://biari.org/>

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries.

**Brain Injury  
Association of  
South Carolina**

<https://biaofsc.com/>

Provides support and education for South Carolina individuals with traumatic brain injury, their families and professionals. The Brain Injury Association of South Carolina is a chartered affiliate of the Brain Injury Association of America.

**Brain Injury  
Association of  
Tennessee**

<https://braininjurytenn.org/>

Provides a list of support groups and additional resources and links in Tennessee for people living with TBI.



**Brain Injury Association of Virginia**

<https://www.biav.net/>

Offers information and support for individuals, families, and professionals living in Virginia whose lives have been touched by brain injury. The Brain Injury Association of Virginia provides education, outreach, support, awareness and advocacy.

**Brain Injury Services**

<http://www.braininjurysvcs.org/>

Assists individuals and families who have experienced brain injury, stroke, and concussion through core programs, including case management, specialized programs, and multiple support groups. Brain Injury Services extends throughout Northern Virginia, Fredericksburg, Winchester, and surrounding counties.

**Building Better Caregivers**

<https://va.buildingbettercaregivers.org/>

Offers a free 6-week online workshop to help caregivers of Veterans or Veterans who serve as caregivers for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. Either the Veteran whom the caregiver is caring for, or the caregiver must be enrolled in VA Healthcare to qualify for Building Better Caregivers.

**Cape Fear Council of Governments - Full Circle Ministries**

<https://capefearcog.org/resourceguide/full-circle-ministries-2/>

Offers information to families and caregivers in the State of North Carolina including where to turn for support and assistance as well as services for caregivers.



---

**Caregiver Action Network**

<http://caregiveraction.org/>

Provides education, peer support, and resources for family caregivers across the country free of charge. Offers information to help navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers, and from a young couple dealing with a diagnosis of MS to adult children caring for parents with Alzheimer's disease.

---

**Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

---

**Caregiver Support**

<https://www.usa.gov/disability-caregiver>

Helps caregivers find resources and services available to assist people caring for loved ones with special medical needs. Shares information about caregiver eligibility for benefits sponsored by General Services Administration (GSA).

---

**Caregiver of New Jersey**

<https://njcaregivers.org/>

Offers information to families and caregivers in the State of New Jersey including where to turn for support and assistance as well as services for caregivers.



**Caregiverlist**

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

**Caregivers On The Homefront**

<https://caregivers-homefront.org/>

Provides in-person and online support groups, educational workshops, and mental health and wellness restorative weekends. We also advocate for the caregiver at the local, state, and national level.

**Cell Phones for Soldiers**

<https://www.cellphonesforsoldiers.com/>

Offers free calling cards and SPAWAR pins to deployed Service Members.

**Center for the Study of Traumatic Stress**

<https://www.cstsonline.org/>

Lists resources and provides research relating to trauma and coping with traumatic events such as trauma training and education, terrorism preparedness and trauma consultations.

**Center of Excellence for Medical Multimedia (CEMM) - The Caregiver's Journey**

<https://tbi.cemmlibrary.org>

Gives tips to help caregivers understand their role in taking care of a Service Members or Veteran with traumatic brain injury (TBI) during recovery as well as lifelong care. The Center of Excellence for Medical Multimedia (CEMM) offers other helpful resources to caregivers.



---

**Child Care  
in Florida**

<https://www.myflfamilies.com/service-programs/child-care/>

Provides information on child care services in Florida. Find program regulations, licensing information and search for local child care providers.

---

**Colorado  
Department of  
Human Services  
- National Family  
Caregiver Support  
Program**

<https://www.colorado.gov/pacific/cdhs/caregiver-support>

Offers information to families and caregivers in the state of Colorado about available services providing assistance to older adults, as well as grandparents over age 60 raising grandchildren.

---

**Coming Home  
Project**

<https://cominghomeproject.net/>

Offers free confidential psychological counseling and evaluation for Iraq and Afghanistan Veterans and their families in the greater San Francisco Bay Area. Coming Home Project addresses the emotional, social, moral, and spiritual injuries and the family challenges experienced during all stages of deployment, especially reintegration.

---

**Commonwealth  
of Massachusetts  
- National Family  
Caregiver Support  
Program**

<https://www.mass.gov/family-support-program>

Provides resources and information about the Family Caregiver Support Program in the Commonwealth of Massachusetts including eligibility and free training for family caregivers.

---



### **Defense & Veterans Brain Injury Center**

<https://dvbic.dcoe.mil>

Promotes traumatic brain injury (TBI) care from point-of-injury to reintegration. Helps Service Members, Veterans, and their families to prevent and mitigate the consequences of mild to severe TBI. The Defense and Veterans Brain Injury Center (DVVIC) collaborates with the DoD and VA, civilian health partners, local communities, families and individuals with TBI.

### **Developmental Disabilities Institute**

<https://www.ddiny.org/>

Serves children and adults with autism and other developmental disabilities, providing educational, residential, habilitative, vocational, transportation and service coordination support to the Long Island community.

### **Easterseals**

<https://www.easterseals.com/>

Provides disability services, with additional support in areas serving Veterans, military families, seniors, and caregivers. Easterseals offers various affiliate services for Veterans and military caregivers across the U.S. including programs for employment, education and overall wellness.

### **ExtendaTouch**

<https://extendatouch.com/>

Offers a free online service for caregivers to connect with peers on specific topics of interest for discussion and support. ExtendaTouch members can generously provide knowledge, support and assistance reciprocally to the caregiver community.



**FINRA Investor Education Foundation**

<https://www.saveandinvest.org/military>

Provides information to help military Service Members gain access to financial education information that enables them to make prudent saving and investment decisions for themselves and their families.

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

**Family Service Agency of Mid Michigan**

<https://fsamich.org/>

Works with families to provide counseling services, in-home eldercare for seniors, and permanent supportive housing in Michigan.

**FEMA COVID-19 Funeral Assistance**

<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Offers services to support youth, adults, families and communities in San Diego. The Military Family Resource Center (MFRC), located in Murphy Canyon, strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.



**Franklin County  
Pennsylvania - Area  
Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

**Gifting Warriors**

<http://www.giftingwarriors.org/>

Provides assistance and resources to Veterans who are suffering from post-traumatic stress disorder (PTSD). Gifting Warriors is a nonprofit organization assisting returning mentally and physically wounded soldiers in their transition to civilian life.

**Girl Scouts of  
America of the  
Colonial Coast**

<https://www.gscgcc.org/>

Serves more than 11,000 girls throughout southeastern Virginia and northeastern North Carolina offering a wide variety of programs, to include exploring science, technology and the environment to learning about healthy living, anti-bullying and financial literacy.

**Give an Hour**

<https://giveanhour.org/get-help/>

Offers free volunteer professional mental health services to Service Members, Veterans (regardless of discharge status, deployment status, or era of service), and their families. Through a national network of licensed mental health providers, Give an Hour's services complement DoD and VA healthcare delivery by serving Veterans and military families seeking care outside the current system, those no longer eligible for healthcare provided by the DOD or VA, and non-eligible siblings, parents, partners, and other loved ones.



**Global & Regional  
Asperger Syndrome  
Partnership**

<https://grasp.org/>

Provides information on improving the lives of people on the autism spectrum through community outreach, peer support, education and advocacy.

**GreenCare  
for Troops**

<https://projectevergreen.org/greencare-for-troops/>

Connects eligible military families across the nation to complimentary lawn and landscape services.

**Healing  
Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Health In Aging  
Foundation -  
Caregiver Self-  
Assessment  
Questionnaire**

<https://www.healthinaging.org/tools-and-tips/caregiver-self-assessment-questionnaire>

Originally developed and tested by the American Medical Association to help caregivers look at their own behavior and health risks.

**HelpGuide - Mental  
Health and Wellness**

<https://www.helpguide.org/>

Provides information on handling grief and bereavement, including coping with loss, stages of grief and how to find help to cope with grief.



**Ho'ola Farms -  
Veterans Services**

<https://www.hoolafarms.org/>

Serves military Veterans, caregivers, first-responders and their families by providing opportunities to heal, connect, learn, grow and thrive.

**Hope For The  
Warriors**

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

**Hospice &  
Community  
Care - Veterans**

<https://www.hospiceandcommunitycare.org/hospice-care/care-for-veterans/>

Provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness. Hospice care focuses on comfort for individuals of all ages with any serious illness who have weeks or months rather than years to live.

**Institute on Aging -  
Support Services &  
Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.



---

**Intergenerational Center at Temple University - Family Friends**

<https://education.temple.edu/igc/programs/family-friends>

Offers a community outreach program that serves eligible, formal/informal kinship households and additional families who have special needs. Family Friends is a program of the Intergenerational Center at Temple University which focuses on long-term relationships with families and mentors seeking to decrease caregiver stress and isolation.

---

**Legacy Corps for Veterans and Military Families**

<https://theseniorsource.org/legacy-corps/>

Offers military and Veteran caregivers support services to help them maintain a healthy and balanced life while caring for their loved one. Legacy Corps' community-based support programs include: respite care, transportation services, community resources and social events.

---

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

---

**Marine Parents**

<https://www.marineparents.com/>

Provides support, information, and services to Marines and their family members, and create opportunities for the public to support our troops through the organization's outreach programs.

---





**Mental Health  
America of Hawaii**

<http://mentalhealthamericaofhawaii38.cloverpad.org/>

Promotes mental wellness through education, advocacy, and service and strives to reduce the stigma of mental illness and improve the overall care, treatment and empowerment of Hawaii's children, adults, elders or their family members with mental illnesses.

**Mental Health  
Association of  
Oklahoma**

<https://mhaok.org/>

Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.

**Mental Health  
Association of  
Rhode Island**

<https://mhari.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness.

**Mercy Medical  
Angels**

<https://mercymedical.org/>

Offers cost-effective charitable transportation for patients, based on the distance they need to travel, their medical requirements, the location they need to reach, and the availability of different modes of travel as related to their specific departure and destination requirements.



---

---

**Military Health System**

<http://www.health.mil/>

Provides health care, medical education, public health, private sector partnerships, and cutting edge medical research and development. The Military Health System (MHS) is a federated system of uniformed, civilian and contract personnel and additional civilian partners at all levels of the DoD and beyond.

---

**Military One Source**

<https://www.militaryonesource.mil/>

Provides resources and 24/7 support for Service Members and their families including information on education and employment, moving, relocation and deployment tools, taxes and much more.

---

**Mission Adult Care Services**

<https://www.mssconnections.org/>

Provides information on the Mission Center Adult Day Service in Midland, Texas, that provides quality health care and activity programs for elderly adults and disabled individuals in a safe, enriching environment that offers caregiver respite and family support.

---

**National Adult Day Services Association**

<https://www.nadsa.org/>

Provides information about locating adult day care centers in your state and resources for caregivers and families, including information on regulations for adult day care centers and selecting quality providers.

---



**National Alliance  
For Caregiving**

<http://www.caregiving.org/>

Provides information and resources to help caregivers maintain the well-being of those in their care. The National Alliance for Caregiving (NAC) conducts research, does policy analysis, develops national best-practice programs, and helps increase public awareness of family caregiving issues.

**National Alliance  
on Mental  
Illness - Alaska**

<https://www.namialaska.org/>

Provides advocacy, education, support and public awareness so that all Alaska individuals and their families affected by mental illness can build and live better lives.

**National Alliance  
on Mental Illness  
- Rhode Island**

<http://www.namirhodeisland.org/>

Provides support to people in Rhode Island with mental illness and their family members and friends, educates professionals and the public about mental illness and advocates for improved services for all people with mental illness.

**National Alliance  
on Mental Illness  
- South Carolina**

<http://www.namisc.org>

Works to improve the quality of life and treatment for people in South Carolina with mental illness and their families through education, support and advocacy.

**National Alliance  
on Mental Illness  
- Wyoming**

<https://www.facebook.com/NAMIWyoming307/>

Provides advocacy, research, support, and education about serious mental illness for consumers, families and friends of people living with mental illnesses in Wyoming.



**National Association of American Veterans**

<https://www.naavets.org/>

Assists the severely wounded warriors, especially single parent service members, military caregivers, disabled veterans and their families by helping them access their benefits, improving communications and coordination for Veterans and collaborating among health agencies, medical professional, organizations, educational organization and the general public.

**National Guard & Military Reserves - Joint Services Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

**National Military Family Association**

<http://www.militaryfamily.org/>

Provides education and information regarding rights, benefits, and services for military families. NMFA also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, and resilience strengthening.

**Next Step in Care - Family Caregivers**

[https://www.nextstepincare.org/Caregiver\\_Home](https://www.nextstepincare.org/Caregiver_Home)

Offers nine practical first steps new caregivers should take and advice for pacing oneself for the long term; intended for both new and experienced caregivers. Next Step in Care Family Caregivers covers topics such as hospital stays, rehabilitation and home care.



<p><b>Open Caregiving</b></p>	<p><a href="https://www.opencaregiving.com/">https://www.opencaregiving.com/</a></p>	<p>Provides caregiving resources, stories, and support from a community that cares. Open Caregiving offers stories written by real caregivers who want to give back and share their experiences with others.</p>
<p><b>Operation Homefront</b></p>	<p><a href="https://www.operationhomefront.org/">https://www.operationhomefront.org/</a></p>	<p>Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.</p>
<p><b>Operation Showers of Appreciation</b></p>	<p><a href="http://osoamil.org/">http://osoamil.org/</a></p>	<p>Supports family services such as baby showers, diaper programs and baby supply packages for active-duty military, Veterans, reservists, wounded warriors, first responders and their families living across the United States and in Southern California.</p>
<p><b>Operation: Love Reunited</b></p>	<p><a href="https://oplove.org/">https://oplove.org/</a></p>	<p>Holds free photo sessions for Service Members and family before, during and after deployments to combat zones.</p>
<p><b>Oregon Department of Human Services - Caregiving</b></p>	<p><a href="http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx">http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx</a></p>	<p>Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.</p>



**Paralyzed Veterans of America - Keystone Chapter**

<http://kpva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Mid-South Chapter**

<https://www.midsouth-pva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Nevada Chapter**

<https://nevadapva.org/>

Works to maximize the quality of life for Veterans with spinal cord injuries in Nevada.

**Paralyzed Veterans of America - Southeastern Chapter**

<http://www.southeasternpva.org/>

Supports Veterans with spinal cord injury and disease by advocating for health care, research, education, benefits and sports programs.

**Patient Access Network Foundation**

<https://www.panfoundation.org/>

Helps underinsured people with life-threatening, chronic and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability.

**Powerful Tools For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

**R.A.I.N. Total Care**

<https://www.raininc.org/>

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities.



**RAICES - Senior Centers**

<https://www.raices.us/>

Responds to the unmet needs of the Latino, African-American and low-income community and seeks to improve their quality of life through advocacy and the direct provision of targeted services with work across the generations and a particular emphasis on the needs of older adults.

**Real Warriors Campaign**

<http://realwarriors.net>

Offers psychological health resources for Service Members, Veterans and their families. The Real Warriors Campaign is a multimedia public awareness campaign through the Psychological Health Center of Excellence (PHCoE) to support the promotion of psychological health, reduce stigma of psychological health concerns and encourage help seeking behavior.

**Resounding Joy - Music Therapy**

<https://resoundingjoyinc.org/>

Offers music therapy to help Service Members and Veterans combat stress and trauma. Resounding Joy's team of music therapists use a variety of music based interventions including interactive music making, songwriting, therapeutic instrument instruction, lyric analysis, guided relaxation to music, and improvisation.

**Rosalynn Carter Institute for Caregiving**

<http://www.rosalynncarter.org/>

Provides caregivers with effective supports to promote caregiver health, skills and resilience. The Rosalynn Carter Institute for Caregiving programs support professional and family caregivers through community advocacy, education, research and other services as needed.



### **Share The Caregiving**

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### **Social Advocates For Youth San Diego**

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

Offers services to support youth, adults, families and communities in San Diego. The Military Family Resource Center (MFRC), located in Murphy Canyon, strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.

### **Soldiers Angels**

<https://soldiersangels.org/>

Provides aid and comfort to Service Members, their families, and through a hunger relief program that hosts Veteran mobile food distributions in a growing number of cities. Soldiers' Angels Team angels send care packages and letters, bake homemade treats, create unique handmade items, and more.



**Stand Beside Them**

<http://www.standbesidethem.org>

Offers free coaching for Veterans, their family members and caregivers to achieve success at home, at work, and in the New York community. Coaching specialties at Stand Beside Them include career development, executive leadership, life and relationships, health and wellness, and small business development.

**Substance Abuse & Mental Health Services Administration**

<https://www.samhsa.gov/>

Helps reduce the impact of substance abuse and mental illness on America's communities. The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

**Tennessee Commission on Aging & Disability**

<https://www.tn.gov/aging/resources/community-resource-guide/helping-family-caregivers.html>

Offers information to Tennessee family caregivers (fathers, mothers, sisters, brothers, spouses) who provide care for a loved one on a regular basis without financial compensation. The National Family Caregiving Support Program (NFCSP) provides services that include counseling and support groups, caregiver training, respite care, personal care, homemaker and adult daycare.



---

### **The American Legion**

<http://www.legion.org/>

Helps Veterans and families understand and apply for VA benefits; U.S. war Veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge, with information, referrals and resources on education, employment and business, death benefits and other important topics to Veterans and their families.

---

### **The Caregiver Foundation**

<https://thecaregiverfoundation.org/>

Provides practical and emotional support to seniors, disabled adults and their caregivers.

---

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---



**Traumatic Brain Injury Center of Excellence**

<https://nrd.gov/resource/detail/19751087/Traumatic+Brain+Injury+Center+of+Excellence>

Promotes state-of-the-science care from point-of-injury to reintegration for service members, veterans, and their families to prevent and mitigate consequences of mild to severe TBI.

**University of Oklahoma - Support & Family Education (SAFE) Program**

<https://www.ouhsc.edu/safeprogram/>

Presents 18-session family education modules for people who care for someone living with mental illness or post-traumatic stress disorder (PTSD). The Support and Family Education (SAFE Program) was originally developed in a VA medical center setting.

**Utah Caregiver Support**

<https://daas.utah.gov/seniors/>

Offers in-home services that support family caregivers of individuals with health, mobility, neurological or functional limitations in hopes of enabling them to care for their loved one as long as possible and delay facility placement.

**VA Caregiver Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.

**VA Coaching Into Care**

<https://www.mirecc.va.gov/coaching/>

Provides a national telephone service to educate, support, and empower family members and friends who are seeking mental health care or services for a Veteran. The VA has launched a telephone service, Coaching into Care, to provide assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues.



---

**VA Vet Centers  
Readjustment  
Counseling**

[https://www.vetcenter.  
va.gov/index.asp](https://www.vetcenter.va.gov/index.asp)

Offers free and confidential counseling to eligible Veterans, Service Members and their families. Vet Centers, located across the US and surrounding territories, provide readjustment counseling to help transition from military to civilian life or after a traumatic event experienced in the military.

---

**VA Veteran Health  
Care Eligibility  
& Enrollment**

[https://www.va.gov/  
health-care/eligibility/](https://www.va.gov/health-care/eligibility/)

Provides eligibility and enrollment requirements for Veterans to receive VA health care benefits and services.

---

**Veterans  
Campground on  
Big Marine Lake**

<https://vetscampmn.org/>

Offers a family campground on Big Marine Lake with 24 cabins, 167 RV sites, 15 tent sites, cabin rentals, boat rentals, golf cart rentals, boat launch, marina, swimming beach, and more; Open to all honorably discharged and serving Veterans.

---

**Veterans Crisis Line**

[https://www.  
veteranscrisisline.net/](https://www.veteranscrisisline.net/)

Connects Veterans in crisis with caring, qualified responders from the VA, many of whom are Veterans themselves. The Veterans Crisis Line is a free, confidential resource that's available 24/7 to anyone, even if you're not registered with the VA or enrolled in VA health care.

---



**Veterans Restorative Project**

<https://veteransrestorativeproject.org/>

Offers free iRest mindfulness meditation programs for qualified Veterans and family members in over 50 VA or military settings across the United States. VRP iRest programs help Veterans restore resilience to relax deeply, sleep better, lower stress and anxiety, relieve pain, handle thoughts and emotions, and respond appropriately to each life circumstance.

**Virginia Department for the Aging - Caregiving Information**

<https://vda.virginia.gov/familycaregiversupport.htm>

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

**Virginia Office for Aging Services of the Division for Community Living**

<https://vda.virginia.gov/>

Helps older Virginians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**VirginiaNavigator**

<https://virginianavigator.org/>

Provides free information about health, aging, disability and post-military resources available in Virginia; Helps people with disabilities, Veterans, older Virginians, caregivers and their families access local resources, such as transportation, caregiver support, respite care, recreation, rehabilitation, in-home assistance, benefit assistance and more.



**Visual Education Center for Family Caregivers**

<http://www.videocaregiving.org/caregiving.php>

Offers visual documentaries showing real caregivers facing real challenges in real life scenarios.

**Washington Aging & Disability Services - Caregiving Information**

<https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>

Offers practical caregiving information and help finding local resources/services for families and caregivers in the State of Washington.

**Washington County New York - Caregiver Support Services**

<https://washingtoncountyny.gov/149/Caregiver-Support-Services>

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks.

**Washington State - Aging and Long-Term Support Administration**

<http://www.aasa.dshs.wa.gov/>

Oversees programs designed to help Seniors and people with disabilities to live with good health, independence, dignity and control over decisions that affect their lives.

**Well Spouse Association**

<http://www.wellspouse.org>

Provides support for spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. Advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

**Wisconsin Family Caregiver Support Program**

<https://www.dhs.wisconsin.gov/aging/caregiver.htm>

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.



**Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.

**Wounded Warriors Family Support**

<http://www.wvfs.org/>

Provides both financial and psychological support to the families of Service Members who have been wounded, injured or killed during combat operations. Includes caregiver respite, Veteran training, family retreats, custom outfitted vehicles, Veteran baskets, a residence providing long term care for Veterans with spinal cord and traumatic brain injuries, and more.

**[afterdeployment.org](https://www.afterdeployment.org)**

<https://www.afterdeployment.org>

Provides a variety of behavioral health information for Service Members, Veterans and military families.





# Caregiver Helplines



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Air Force Wounded Warrior (AFW2) Program

<http://www.woundedwarrior.af.mil/>

Supports Air Force combat wounded, ill and injured airmen and their families providing personalized services, regular communication and non-medical matters. For more information and 24-hour assistance call 1-800-581-9437.

## American Red Cross

<https://www.redcross.org/>

Provides disaster relief and support to those in crisis, lifesaving blood at local blood donation centers, health and safety training to prepare for and respond in emergencies, and 24/7 global emergency communication services and other support in military and Veteran health care facilities across the country. The Red Cross, also known as The American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education in the United States.



### **Army Medical Command - Wounded Soldier & Family Hotline**

<https://armymedicine.health.mil/Wounded-Soldier-and-Family-Hotline>

Provides support to wounded soldiers assigned to a Warrior Transition Unit (WTU) and and their families. The Wounded Soldier and Family Hotline (WSFH) is a multi-purposed call center operating 24 hours a day, 7 days a week serving as an avenue to gather information about medical care and suggest ways to improve medical support systems impacting soldiers and their families.

### **Army Reserve Fort Family Outreach & Support Center**

<https://www.usar.army.mil/Portals/98/Documents/Ambassadors/Army%20Reserve%20Fort%20Family%20Resource%20Guide.pdf>

Develops an individualized recovery plan to qualified Service Members and their family needing assistance finding resources to meet their health care needs. Individuals and families must be referred by a member of your multi-disciplinary team, your commander, recovering warrior program, or through self-referral to the Army Reserve Fort Family Outreach & Support Center.

### **Army Wounded Warrior Program (AW2)**

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Wounded-Warrior-Program-\(AW2\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Wounded-Warrior-Program-(AW2))

Evaluates and treats Army wounded warriors through a comprehensive process of medical care, rehabilitation and professional development. Army Wounded Warrior Program (AW2) provides assistance to wounded, injured, or ill Service Members, Veterans, their families and caregivers throughout the recovery and transition process.



### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### Family Caregiver Alliance

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



---

**Federal Recovery Consultant Office**

<https://www.va.gov/VADODHEALTH/FRCP.asp>

Develops recovery plans for severely injured, ill or wounded Service Members and Veterans. The Federal Recovery Consultant Office (FRCO) connects caregivers, Recovery Care Coordinators (RCC), and Care Management Teams (CMTs) to assist in rehabilitation and reintegration during recovery.

---

**FEMA COVID-19 Funeral Assistance**

<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Offers services to support youth, adults, families and communities in San Diego. The Military Family Resource Center (MFRC), located in Murphy Canyon, strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.



**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Marine Corps Community Services (MCCS) - DSTRESS Line**

<https://www.usmc-mccs.org/services/support/dstress-line/>

Counsels Marine Corps community through relationship issues, financial problems and other personal crisis and suicidal episodes. Service is available 24 hours a day, 7 days a week by the DSTRESS phone line or SKYPE.



---

### **Marine Corps Wounded Warrior Regiment**

<https://www.woundedwarrior.marines.mil/>

Supports recovery and success of Marines and their families who are wounded, ill or injured, whether they are assigned to the regiment, remain with a parent unit, or have already transitioned to civilian life. Contact the Sergeant Merlin German Wounded Warrior Call Center to get information about Wounded Warrior Battalion East or Wounded Warrior Battalion West.

---

### **Military Health System**

<http://www.health.mil/>

Provides health care, medical education, public health, private sector partnerships, and cutting edge medical research and development. The Military Health System (MHS) is a federated system of uniformed, civilian and contract personnel and additional civilian partners at all levels of the DoD and beyond.

---

### **Military One Source - Specialty Consultations**

<https://www.militaryonesource.mil/confidential-help/specialty-consultations>

Provides specialty consultations, resources and 24/7 support for Service Members and their families including information on adoption, adult disability, building health relationships, education, elder care, health and wellness, new parent, peer-to-peer, special needs, relocation and transition, transitioning veterans and wounded warriors.

---

### **My HealtheVet (MHV)**

<https://www.myhealth.va.gov/index.html>

Manage VA health care through the online portal. My HealtheVet can help Veterans access VA medical records, organize personal health information, and schedule health care appointments.



### **National Domestic Violence Hotline**

<http://www.ndvh.org>

Offers help to anyone experiencing domestic violence, seeking resources or information or questioning unhealthy aspects of their relationship. The National Domestic Violence Hotline provides survivor support 24 hours a day, 7 days a week.

### **National Suicide Prevention Lifeline**

<http://www.suicidepreventionlifeline.org/>

Call the 24-hour, toll-free suicide prevention service if you feel you are in crisis and need to talk to someone immediately. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### **Navy Wounded Warrior - Safe Harbor**

<http://www.navywoundedwarrior.com/>

Assists seriously wounded, ill, and injured Navy Service Members and their families throughout their recovery, rehabilitation, and reintegration.

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



**Rape, Abuse & Incest National Network**

<https://www.rainn.org/>

Provides programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice. RAINN (Rape, Abuse and Incest National Network), the nation's largest anti-sexual violence organization, operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

**TRICARE - Tobacco Cessation**

<https://tricare.mil/tobaccocessation>

Offers information on tobacco cessation services covered under TRICARE, including health conditions, health care benefits and more. Find help to quit smoking through TRICARE's 24-hour support line.

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.





**U.S. Special Operations Command (USSOCOM) Warrior Care Program**

<https://www.socom.mil/care-coalition>

Supports the rehabilitation and reintegration of Special Operations Command wounded warriors.

**VA - InTransition Mental Health Coaching**

<https://www.pdhealth.mil/resources/intransition>

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

**VA Caregiver Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.

**VA Coaching Into Care**

<https://www.mirecc.va.gov/coaching/>

Provides a national telephone service to educate, support, and empower family members and friends who are seeking mental health care or services for a Veteran. The VA has launched a telephone service, Coaching into Care, to provide assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues.

**VA Vet Call Center**

<https://www.vetcenter.va.gov/media/call-center-psa.asp>

Offers a 24/7 confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life.

**Veterans Crisis Line**

<https://www.veteranscrisisline.net/>

Connects Veterans in crisis with caring, qualified responders from the VA, many of whom are Veterans themselves. The Veterans Crisis Line is a free, confidential resource that's available 24/7 to anyone, even if you're not registered with the VA or enrolled in VA health care.

**Washington Aging & Disability Services - Caregiving Information**

<https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>

Offers practical caregiving information and help finding local resources/services for families and caregivers in the State of Washington.

**Women Veterans Call Center**

<http://www.womenshealth.va.gov/ProgramOverview/wvcc.asp>

Receives and responds to questions from women Veterans, their families and caregivers across the nation about available VA services and resources.

**Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.

# Caregiver Mental Health & Wellbeing



<p><b>10 CAN</b></p>	<p><a href="http://www.10CAN.us">http://www.10CAN.us</a></p>	<p>Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.</p>
<p><b>2-1-1 Central Florida</b></p>	<p><a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a></p>	<p>Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.</p>
<p><b>2-1-1 Orange County</b></p>	<p><a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a></p>	<p>Provides community services and information on employment, healthcare, transportation, homelessness and more.</p>
<p><b>Asian American Health Initiative</b></p>	<p><a href="https://aahiinfo.org/aahi-resources/">https://aahiinfo.org/aahi-resources/</a></p>	<p>Dedicated to improving the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.</p>
<p><b>Caregiver Resource Directory</b></p>	<p><a href="http://warriorcare.dodlive.mil/caregiver-resources/">http://warriorcare.dodlive.mil/caregiver-resources/</a></p>	<p>Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.</p>



### Caregiver of New Jersey

<https://njcaregivers.org/>

Offers information to families and caregivers in the State of New Jersey including where to turn for support and assistance as well as services for caregivers.

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### Family Caregiver Alliance

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### Foundation For Senior Living

<https://www.fsl.org/community-action-programs/>

Provides affordable group homes and senior housing, nutritious meals for needy families, community services including adult day health, home care and home health care services, and education for clients and caregivers. FSL is a nonprofit organization in the state of Arizona whose mission is to provide home and community services and develop energy efficient, affordable housing to promote health, independence and dignity for all.



**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

**Global & Regional Asperger Syndrome Partnership**

<https://grasp.org/>

Provides information on improving the lives of people on the autism spectrum through community outreach, peer support, education and advocacy.

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Ho'ola Farms - Veterans Services**

<https://www.hoolafarms.org/>

Serves military Veterans, caregivers, first-responders and their families by providing opportunities to heal, connect, learn, grow and thrive.

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.



---

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**New York City Parks - Resources For Seniors**

<https://www.nycgovparks.org/seniors>

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. From sports to nature walks, from dancing under the stars to laps in the pool, older adults can continue to lead physically active lives through sports, fitness, and outdoor adventure.

**Open Caregiving**

<https://www.opencaregiving.com/>

Provides caregiving resources, stories, and support from a community that cares. Open Caregiving offers stories written by real caregivers who want to give back and share their experiences with others.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Powerful Tools For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

---



### **Self-Management Resource Center**

<https://www.selfmanagementresource.com/>

Provides self-management programs that help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives. Building Better Caregivers was originally designed as an online program for the VA, and adapted by the Self-Management Resource Center for use in face-to-face groups.

### **The Caregiver Foundation**

<https://thecaregiverfoundation.org/>

Provides practical and emotional support to seniors, disabled adults and their caregivers.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

“When a service member becomes wounded, ill, or injured, their **military caregiver begins performing the vital service of caring for their loved one**. Caregivers are a significant part of the healthcare team and we’ve seen many instances of caregivers being integral to positive outcomes for their service member.

It’s imperative that we support our caregivers to bolster their strength, provide opportunities to connect with peers, and offer guidance and resources to help them care for their service member and themselves. **The Caregiver Resource Directory is an invaluable tool that aids caregivers** as they advocate for their service member.

Today, there are approximately **15,000 military caregivers** who are actively caring for Service members, a number we expect to hold steady for the foreseeable future. There are also more than one (1) million caregivers providing support to post-September 11 veterans. The requirement to support this community of caregivers is enduring.

Caregivers dedicate much of their lives and resources to caring for their wounded, ill, or injured service member. Through the Caregiver Resource Directory and other caregiver-specific programs and resources, the Department of Defense is committed to providing proactive support to **ensure caregivers are able to care for their Service members, their families, and themselves.**”

— *Defense Health Agency Recovery Coordination Program*



# Caregiving Knowledge & Skills



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>Aging Commission of the Mid-South</b>	<a href="https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South">https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South</a>	Provides funding to a variety of community programs that support healthy aging.
<b>Assistance for Caregivers - Delaware</b>	<a href="https://www.dhss.delaware.gov/dhss/dsaapd/caregivers_assistance.html">https://www.dhss.delaware.gov/dhss/dsaapd/caregivers_assistance.html</a>	Provides support for family members or caregivers of people with disabilities or the elderly in Delaware.
<b>Caregiver Resource Directory</b>	<a href="http://warriorcare.dodlive.mil/caregiver-resources/">http://warriorcare.dodlive.mil/caregiver-resources/</a>	Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.
<b>Caregiver of New Jersey</b>	<a href="https://njcaregivers.org/">https://njcaregivers.org/</a>	Offers information to families and caregivers in the State of New Jersey including where to turn for support and assistance as well as services for caregivers.



---

## Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

## Centers For Disease Control - Tips for Caregivers

<https://www.cdc.gov/healthliteracy/developmaterials/audiences/olderadults/tipsforcaregivers.html>

Provides information for caregivers on special precautions to take when caring for a sick person at home, especially if the person is an infant or child.

---

## Family Caregiver Alliance

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---



### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

### **Powerful Tools For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.



---

**The Central  
& Southern  
Ohio Region of  
the American  
Red Cross**

[https://www.redcross.org/  
local/ohio/buckeye.html](https://www.redcross.org/local/ohio/buckeye.html)

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---

**The Gold Star  
Ride Foundation**

[https://www.goldstarride.  
org/](https://www.goldstarride.org/)

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

# Caring for Injured Service Members



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Kern County</b>	<a href="https://www.211kerncounty.org/">https://www.211kerncounty.org/</a>	Provides information and referral services that link Kern County residents to community health and human services support.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>About Face</b>	<a href="https://www.ptsd.va.gov/apps/AboutFace/">https://www.ptsd.va.gov/apps/AboutFace/</a>	Offers videos with real stories and interviews about post-traumatic stress disorder (PTSD) from Veterans who have experienced PTSD, their family members, and VA clinicians. On AboutFace, you can learn about PTSD and treatment from people who have been there.
<b>Aging Commission of the Mid-South</b>	<a href="https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South">https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South</a>	Provides funding to a variety of community programs that support healthy aging.
<b>Alabama Head Injury Foundation</b>	<a href="https://www.ahif.org/">https://www.ahif.org/</a>	Works to increase public awareness of Traumatic Brain Injury (TBI) and to stimulate the development of supportive services.
<b>Alaska Brain Injury Network</b>	<a href="https://alaskabraininjury.net">https://alaskabraininjury.net</a>	Promotes wellness and provides resources for individuals with brain injuries living in Alaska.



**Alaska Division of Senior & Disabilities Services**

<http://dhss.alaska.gov/dsds/Pages/default.aspx>

Offers information to families and caregivers in the State of Alaska including where to turn for support and assistance as well as services for caregivers.

**American Diabetes Association**

<http://www.diabetes.org/>

Promotes research, awareness, education and training to prevent and cure diabetes and to improve the lives of those affected by diabetes.

**American Psychological Association**

<http://www.apa.org/>

Promotes mental health and well-being of Service Members, Veterans and their families through advocacy and research. The American Psychological Association advocates for policies that prevent suicide, promoting the use of psychotherapies in the DoD and VA, ensuring mental health is included in the transition from active duty to Veteran status, promoting relevant health research, and protecting integrated care at the VA while opposing its privatization.

**Area Agency on Aging Region IV**

<http://www.AreaAgencyonAging.org>

Offers information, options, and services for older adults and younger persons with disabilities in Berrien, Cass, and Van Buren counties. Call the info line for aging and disability to access resources, services, and programs for older adults and adults with disabilities in southwest Michigan.



**Arizona Department of Economic Security - Home & Community Living Supports**

<https://des.az.gov/services/older-adults/home-community-based-services>

Connects to services from the Arizona Department of Aging & Adult Services to encourage and assist those with a disability or senior citizens to live independently.

**Army Fisher Houses**

<https://armyfisherhouses.org/>

Provides free temporary housing for families of Veterans or Service Members receiving medical care at major military and VA medical centers.

**Army OneSource**

<http://www.myarmyonesource.com/default.aspx>

Provides a network of services to support Service Members and their families regardless of their component or geographical location. Army OneSource offers information on topics including family programs and services, health care, housing, education, and more.

**Army Wounded Warrior Program (AW2)**

[https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Wounded-Warrior-Program-\(AW2\)](https://myarmybenefits.us.army.mil/Benefit-Library/Federal-Benefits/Army-Wounded-Warrior-Program-(AW2))

Evaluates and treats Army wounded warriors through a comprehensive process of medical care, rehabilitation and professional development. Army Wounded Warrior Program (AW2) provides assistance to wounded, injured, or ill Service Members, Veterans, their families and caregivers throughout the recovery and transition process.

**Asian American Health Initiative**

<https://aahiinfo.org/aahi-resources/>

Dedicated to improving the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.



**Bay Pines VA  
Healthcare  
System - Bay Pines  
Fisher House**

<https://www.baypines.va.gov/services/fisherhouse.asp>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in Florida.

**Blue Star  
SeniorTech**

<https://bluestarseniortech.com/>

Offers technologies, including senior technology and 24/7 monitoring and support, to help Americans be safe, healthy, and connected in their homes. Blue Star SeniorTech, certified by the VA as a service disabled small business, is a Veteran owned company with a full suite of aging at-home solutions to help Veterans stay home longer, safer, and more independent.

**Brain Injury  
Alliance of Idaho**

<http://www.biaid.org/>

Promotes awareness, understanding and prevention of brain injury through support, advocacy and education based on the expressed needs of persons affected by brain injury in Idaho.

**Brain Injury Alliance  
of Washington**

<https://www.biawa.org/>

Offers resources and support for those affected by brain injury (TBI) in Washington. The services at the Brain Injury Alliance of Washington (BIAWA) are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.





**Brain Injury Alliance of Wisconsin**

<http://biaw.org/>

Provides information about support services for people in Wisconsin living with traumatic brain injury (TBI). The Brain Injury Alliance of Wisconsin offers a list of resources to both educate and help Veterans and/or family members.

**Brain Injury Association of America**

<http://www.biausa.org/>

Offers a nationwide network of chartered state affiliates providing support and advocacy for individuals living with brain injury, their friends and family, professionals and the general public. The Brain Injury Association of America provides the latest brain injury research, treatment options, resources, and information on local support services.

**Brain Injury Association of Arizona**

<https://www.biaaz.org/>

Provides a list of support groups and additional resources and links in Arizona for people living with Traumatic Brain Injury (TBI).

**Brain Injury Association of California**

<https://www.biocal.org/>

Works to advance awareness, research, treatment and education to improve the quality of life for all Californian's affected by brain injury.

**Brain Injury Association of Connecticut**

<http://www.biact.org/>

Provides a list of support groups and additional resources and links in Connecticut for people living with traumatic brain injury.

**Brain Injury Association of Georgia**

<https://braininjurygeorgia.org/>

Provides a list of support groups and additional resources and links in Georgia for people living with traumatic brain injury (TBI).



**Brain Injury Association of Illinois**

<https://www.biaill.com>

Provides a list of support groups and additional resources and links in Illinois for people living with traumatic brain injury (TBI).

**Brain Injury Association of Kentucky**

<https://biak.us>

Provides a list of support groups and additional resources and links in Kentucky for people living with TBI.

**Brain Injury Association of Maryland**

<https://www.biamd.org/>

Provides information, support, and resources for individuals in Maryland with a brain injury. The Brain Injury Association of Maryland offers brain injury advocacy, education, and research.

**Brain Injury Association of Michigan**

<https://www.biami.org/>

Provides a list of support groups and additional resources and links in Michigan for people living with brain injury.

**Brain Injury Association of New Hampshire**

<https://www.bianh.org/>

Offers information, support and resources for brain injury Service Members, families and caregivers. The Brain Injury Association of New Hampshire is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education and advocacy for survivors and caregivers.

**Brain Injury Association of North Carolina**

<https://www.bianc.net/>

Offers information about services and resources for traumatic brain injury (TBI) in North Carolina. The Brain Injury Association of North Carolina offers programs for agencies and civic groups on many different aspects of brain injury.



**Brain Injury Association of Oklahoma**

<http://www.braininjuryoklahoma.org/>

Provides a list of support groups and additional resources and links in Oklahoma for people living with TBI.

**Brain Injury Association of Rhode Island**

<https://biari.org/>

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries.

**Brain Injury Association of South Carolina**

<https://biaofsc.com/>

Provides support and education for South Carolina individuals with traumatic brain injury, their families and professionals. The Brain Injury Association of South Carolina is a chartered affiliate of the Brain Injury Association of America.

**Brain Injury Association of Tennessee**

<https://braininjurytenn.org/>

Provides a list of support groups and additional resources and links in Tennessee for people living with TBI.

**Brain Injury Association of Utah**

<https://biau.org/>

Provides information on support groups and additional resources and links in Utah for people living with TBI.

**Brain Injury Association of Vermont**

<https://www.biavt.org/>

Provides a list of support groups and additional resources and links in Vermont for people living with TBI.

**Brain Injury Association of Virginia**

<https://www.biav.net/>

Offers information and support for individuals, families, and professionals living in Virginia whose lives have been touched by brain injury. The Brain Injury Association of Virginia provides education, outreach, support, awareness and advocacy.



**Brain Injury Association of Wyoming**

<http://www.wybia.org/>

Provides a list of support groups and additional resources and links in Wyoming for people living with TBI.

**Brain Injury Services**

<http://www.braininjurysvcs.org/>

Assists individuals and families who have experienced brain injury, stroke, and concussion through core programs, including case management, specialized programs, and multiple support groups. Brain Injury Services extends throughout Northern Virginia, Fredericksburg, Winchester, and surrounding counties.

**Bronx Independent Living Services**

<http://bils.org/>

Dedicated to empower all people with disabilities to understand and exercise their civil and human rights in order to live fully integrated lives in mainstream society. BILS assists individuals by providing them the necessary tools to make informed decisions about their own lives through access to education, skills development, and access to the appropriate resources.

**Building Better Caregivers**

<https://va.buildingbettercaregivers.org/>

Offers a free 6-week online workshop to help caregivers of Veterans or Veterans who serve as caregivers for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. Either the Veteran whom the caregiver is caring for, or the caregiver must be enrolled in VA Healthcare to qualify for Building Better Caregivers.



### **California Department of Aging**

<http://www.aging.ca.gov/>

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) contracts with a network of local agencies who directly manage a wide array of federal and state funded services that provide meals, help finding employment and other supportive services to assist older individuals as well as younger adults with disabilities.

### **Caregiver Action Network**

<http://caregiveraction.org/>

Provides education, peer support, and resources for family caregivers across the country free of charge.

Caregiver Action Network offers information to help navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers, and from a young couple dealing with a diagnosis of MS to adult children caring for parents with Alzheimer's disease.

### **Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.



---

### Caregiver's Guide to the Comprehensive Transition Plan

[https://wct.army.mil/documents/policies/WTC\\_CTP\\_Policy\\_Guidance\\_1DEC11.pdf](https://wct.army.mil/documents/policies/WTC_CTP_Policy_Guidance_1DEC11.pdf)

Learn about the process to help wounded, ill or injured soldier's return to active duty or transition to Veteran status.

---

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

### Caring For Our Hidden Heroes

<https://hiddenheroes.org/>

Helps raise awareness of the issues military caregivers confront. Hidden Heroes encourages military caregivers to register with their national registry connecting them to helpful resources and support.

---

### Caring From a Distance

<http://www.cfad.org/>

Connects caregivers to information and local resources when caring for an aging parent or other loved one who lives in a far away location, including basic information on what to do and decision making tools for difficult choices. Caring From a Distance offers a free online searchable directory of eldercare information and also has referral experts available for phone consultations.

---



### CaringBridge

<https://www.caringbridge.org/>

Offers a CaringBridge free website to stay connected through social support with family, friends and peers during a health crisis, treatment and recovery. Sites are easy to create, personalize, no data is shared, and they are secure.

### Centers For Disease Control - Tips for Caregivers

<https://www.cdc.gov/healthliteracy/developmaterials/audiences/olderadults/tipsforcaregivers.html>

Provides information for caregivers on special precautions to take when caring for a sick person at home, especially if the person is an infant or child.

### Children's Home & Aid

<https://www.childrenshomeandaid.org/>

Provides services for children and families in Illinois, including adoption, foster care, counseling and treatment programs, parenting, and child care and education. More than 100 children annually are adopted through Children's Home and Aid programs.

### Chippewa County Veterans Services

<http://www.co.chippewa.mn.us/217/Veterans-Services>

Provides guidance and assistance to Veterans, their dependents and survivors in applying for benefits provided by the state of Minnesota and the VA. Caregiver support services are offered on a monthly, and as needed basis in three locations in Chippewa County.

### Cleveland Clinic - Lou Ruvo Center for Brain Health

<https://my.clevelandclinic.org/locations/directions/205-cleveland-clinic-lou-ruvo-center-for-brain-health--las-vegas>

Provides diagnosis and ongoing treatment for patients with cognitive disorders and support services for family members who care for them in Ohio, Nevada and Florida.



**Community Access Unlimited - Community Home Care Solutions**

<https://www.caunj.org/who-we-serve/seniors-veterans/community-home-care-solutions/>

Works to achieve independence and community integration for New Jersey individuals with special needs.

**DayBreak Adult Care Centers - Individuals & Caregivers**

<http://daybreakcenters.org/individuals-caregivers/>

Helps families taking care of senior adults with disabilities live comfortably at home by providing health services and therapeutic activities.

**Delaware - Division of Services for Aging & Adults with Physical Disabilities**

<https://www.dhss.delaware.gov/dsaapd/>

Helps older residents of Delaware to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Delaware Division of Services for Aging and Adults with Physical Disabilities**

<https://dhss.delaware.gov/dhss/dsaapd/services.html>

Provides a broad range of services to support older persons, persons with disabilities, and caregivers.

**Department of Human & Social Services - Samoa**

<http://dhss.as>

Provides a variety of social work and human services such as counseling, client protection and advocacy, family preservation, child care, nutrition counseling and education, assistance in vocational rehabilitation, substance abuse awareness and education and nutrition assistance for at-risk community members in American Samoa.





### **DoD Recovery Coordination Program**

<http://warriorcare.dodlive.mil/carecoordination/recovery-coordination/>

Provides the support of Recovery Care Coordinators (RCCs) to wounded, ill and injured Service Members to develop a comprehensive recovery plan (CRP) getting the non-medical support they need to create the life they want. Service Members may self refer or be referred by medical or administrative personnel, military service wounded, ill, and injured program staff or a family member.

### **Easterseals New York**

<https://www.easterseals.com/newyork/>

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs that help Service Members and Veterans reintegrate into the civilian workforce, including programs for homeless Veterans.

### **Edward Hines Jr. VA Hospital - Hines Fisher House**

<http://www.hines.va.gov/fisherhouse/index.asp>

Provides free temporary housing for families of wounded Service Members and other military or Veteran patients receiving medical treatment at Hines VA hospital.

### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



**Family Service Agency of Mid Michigan**

<https://fsamich.org/>

Works with families to provide counseling services, in-home eldercare for seniors, and permanent supportive housing in Michigan.

**Fedcap Rehabilitation Services - Home Health Care**

<http://www.fedcap.org/home-health-care/>

Provides an array of services to youth and adults helping thousands each year graduate from high school, obtain vocational certification or a college degree, become work ready, obtain meaningful employment and achieve long term economic well-being.

**Federal Recovery Consultant Office**

<https://www.va.gov/VADODHEALTH/FRCP.asp>

Develops recovery plans for severely injured, ill or wounded Service Members and Veterans. The Federal Recovery Consultant Office (FRCO) connects caregivers, Recovery Care Coordinators (RCC), and Care Management Teams (CMTs) to assist in rehabilitation and reintegration during recovery.

**Fire Safety for People with Disabilities**

<https://www.usfa.fema.gov/prevention/outreach/disabilities.html>

Offers information about fire safety for individuals with disabilities and their families and caregivers.

**Fisher House Comfort Homes - VA Palo Alto Health Care System**

<https://www.paloalto.va.gov/features/fisherhouse.asp>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in the Palo Alto, California area.

**Fisher House Comfort Homes - Charlie Norwood VA Medical Center**

[https://www.augusta.va.gov/Fisher\\_House.asp](https://www.augusta.va.gov/Fisher_House.asp)

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in the Augusta, Georgia area.



**Fisher House  
Comfort Homes  
- Cincinnati VA  
Medical Center**

[https://www.cincinnati.va.gov/services/Fisher\\_House.asp](https://www.cincinnati.va.gov/services/Fisher_House.asp)

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in Ohio.

**Fisher House  
Comfort Homes  
- Stratton VA  
Medical Center**

<https://www.albany.va.gov/visitors/fisherhouse.asp>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in New York.

**Fisher House  
Foundation**

<https://www.fisherhouse.org/>

Provides a network of comfort homes, near medical centers across the nation, where families of Service Members and Veterans can stay free of charge while their loved one is getting medical care. Fisher House Foundation also operates programs offering donated frequent flyer miles and hotel points to family members.

**Fisher House  
for Families of  
the Fallen**

<http://www.mortuary.af.mil/About-Us/Fisher-House/>

Provides free temporary housing for families of fallen Service Members who attend dignified transfers, returning their loved one to American soil at Dover Air Force Base.



---

---

**Fisher House  
in St. Louis**

<http://www.fisherhouseinstl.org/>

Offers lodging for families of Veterans receiving care at the St. Louis VA Medical Center and families of active duty personnel who have loved ones in other area facilities. The Fisher House in St. Louis provides a free “home away from home” environment offering a warm, caring, comfortable, and convenient lodging for family members and caregivers coming to the St. Louis area with their loved ones that are undergoing extensive treatment and/or rehabilitation.

---

---

**Fisher House  
of Alaska**

<http://www.akfisherhouse.org/>

Provides a warm and compassionate environment for families to heal and support each other while receiving medical care in the Anchorage area. The Alaska Fisher House is located on Joint Base Elemendorf-Richardson, near Anchorage, Alaska.

---

---

**Fisher House of  
the Emerald Coast**

<http://www.fisherhouseemeraldcoast.org/>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in Northwest Florida.

---

---

**Fisher Nightingale  
Houses at  
Wright-Patterson  
Medical Center I  
& II, & Dayton VA  
Medical Center**

<https://www.facebook.com/FisherNightingale/>

Offers physical and emotional support to Service Members, providing the opportunity for military families to stay together and support each other when a loved one is undergoing medical treatment in Ohio. There are two Fisher Houses at Wright-Patterson AFB Medical Center and one at the Dayton VA Medical Center.



**Florence County Disability & Special Needs Board**

<http://www.fcdsn.org/>

Provides services throughout Florence County for people with intellectual disabilities, autism and head and spinal cord injuries, including day services, employment opportunities, residential services, leisure activities and family support services. Florence County Disabilities and Special Needs Board (FCDSNB) services are located in the communities of Florence, Lake City, Timmonsville, Johnsonville, Olanta and Pamplico.

**Focus on Ability - Interacting with People with Disabilities**

[https://www.nasa.gov/pdf/375090main\\_disabilityetiquette.pdf](https://www.nasa.gov/pdf/375090main_disabilityetiquette.pdf)

Provides information on ways to promote effective communication between people with and without specific disabilities.

**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

**Friends Of Parkinsons**

<https://friendsofparkinsons.org/>

Supports healing, care, and lifestyle management to Veterans and civilians with various forms of mental illnesses and the families, friends, and communities that support them.

**Gateway to Post-Traumatic Stress Disorder Information**

<http://www.ptsdinfo.org/>

Provides information, articles, guides, web links, mini-courses, 800 phone access and other resources on PTSD.



**Genesee County  
Department of  
Social Services  
- New York**

<http://www.co.genesee.ny.us/departments/socialservices/index.html>

Helps New York individuals and families receive financial assistance, food stamps, child care and other social services to meet their needs.

**GetCareSC Program**

<https://www.getcaresc.com/>

Helps citizens of South Carolina connect to local resources in their communities.

**Gold Coast Blue  
Star Mothers  
- Florida**

<http://www.goldcoastbsma.com/>

Provides support for active duty service personnel, promotes patriotism, assists Veterans organizations, and are available to assist in volunteer efforts to help others in Florida.

**Goodwill Easter  
Seals Miami  
Valley - Veterans  
& Employers  
Connection**

<https://gesmv.org/community-programs/job-readiness/veteran-employers-connection/>

Assists Veterans in Ohio who have a wide variety of experiences, challenges and employment needs ranging from entry level work to those seeking professional, skilled trades or managerial positions.

**Greater Los  
Angeles (GLA)  
Fisher House**

<https://www.greaterlafisherhouse.org/>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in Los Angeles, California area.

**Guam - Department  
of Integrated  
Services for  
Individuals with  
Disabilities**

<http://disid.guam.gov/>

Helps eligible individuals with disabilities, especially individuals with significant disabilities, to achieve employment and community independence through the provision of quality vocational rehabilitation services.



**Guam Get Care Program - Family Caregiver Support**

[https://www.guamgetcare.org/consumer/explore/caregiver\\_resources/caregiver\\_support.php](https://www.guamgetcare.org/consumer/explore/caregiver_resources/caregiver_support.php)

Provides information, assistance and resources to family caregivers in Guam.

**HOPE Network - Veterans Services**

<https://hopenetwork.org/about-corporate/veterans-services/>

Offers services to Veterans including adult day services, neuro rehabilitation, housing and transportation. Hope Network helps Veterans overcome challenges and become independent.

**Hawaii Executive Office on Aging**

<http://health.hawaii.gov/eoa/>

Provides information on how to access Hawaii aging and caregiver support services, so older adults may live independently in their own homes.

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Health In Aging Foundation - Caregiver Self-Assessment Questionnaire**

<https://www.healthinaging.org/tools-and-tips/caregiver-self-assessment-questionnaire>

Originally developed and tested by the American Medical Association to help caregivers look at their own behavior and health risks.



### **Heartland Senior Services**

<https://www.heartland seniorservices.com/>

Provides a variety of programs and services for people with disabilities and older Americans living in Ames, IA. Heartland Senior Services provides holistic services to the elderly to keep them engaged in the community.

### **Helping Hands Outreach**

<https://holdingfordhelpinghands.org>

Serves seniors and adults in Minnesota with disabilities by providing transportation, light housekeeping, health and wellness education and respite care for caregivers.

### **Ho'ola Farms - Veterans Services**

<https://www.hoolafarms.org/>

Serves military Veterans, caregivers, first-responders and their families by providing opportunities to heal, connect, learn, grow and thrive.

### **Hospice & Community Care - Veterans**

<https://www.hospiceandcommunitycare.org/hospice-care/care-for-veterans/>

Provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness. Hospice care focuses on comfort for individuals of all ages with any serious illness who have weeks or months rather than years to live.

### **Hospice of Marion County - Veterans Care**

<https://www.hospiceofmarion.com/veteran-services/>

Delivers comfort care and support to those with advanced illness in the final days of life. Hospice of Marion County is dedicated to helping family members and caregivers through the end-of-life transition of their loved one.

### **Idaho - National Family Caregiver Support Program**

<https://aging.idaho.gov/caregiver/>

Offers information to Idaho families and caregivers on where to go for support and assistance.





### **Impact A Hero**

<http://www.impactahero.org/>

Provides ongoing emotional support and help build lasting relationships by connecting injured Veterans, families and caregivers to one another through events and mentorship. Impact A Hero funds and facilitates the personal and professional growth of Veterans and their families.

### **Informal Caregiving - Compassion in Action**

<http://aspe.hhs.gov/daltcp/reports/Carebro2.pdf>

Provides a booklet containing detailed information about informal caregiving, unpaid care given voluntarily to ill or disabled persons by their families and friends.

### **Innovations in Aging Collaborative - Colorado**

<https://innovationsinaging.org/>

Works with the community to promote creative approaches that address the challenges and opportunities of aging.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **Jewish Association Serving The Aging**

<https://www.jasa.org/>

Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

### **Lackland Fisher House - Texas**

<http://www.fisherhouseinc.org/>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in the San Antonio, Texas area.



---

**Lean On Me - Canes for Veterans**

<https://www.miwoodcarvers.com/cane-project>

Carves and provides sturdy canes with service emblems for injured Veterans.

---

**Louisiana State Office for the Aging**

<http://www.dhh.louisiana.gov/index.cfm/subhome/12>

Helps older Louisiana residents to be independent through advocacy, development and delivery of policies, programs and services.

---

**Love Our Vets**

<https://www.loveourvets.org/>

Provides resources for understanding post-traumatic stress disorder (PTSD). Love Our Vets, a book and blog on PTSD and Veterans, offers hope, encouragement, practical help, and connection for all loved ones of those who serve or have served in the military, especially those who battle PTSD.

---

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

---

**Madre Bay Consulting & Psychological Services**

<https://www.madre-bay.com/veteran-care-services.html>

Provides specialized psychological and mental health services, including evaluations and direct clinical treatment for substance abuse and addictions. Madre Bay Consulting and Psychological Services (MBCPS) offers services to Veterans by addressing disparities in care, consultation and care coordination with other providers, and providing education on Veteran care in the community.

---



**Marine Corps  
Wounded Warrior  
Regiment**

<https://www.woundedwarrior.marines.mil/>

Supports recovery and success of Marines and their families who are wounded, ill or injured, whether they are assigned to the regiment, remain with a parent unit, or have already transitioned to civilian life. Contact the Sergeant Merlin German Wounded Warrior Call Center to get information about Wounded Warrior Battalion East or Wounded Warrior Battalion West.

**Mary's Center  
- Health Care  
Services**

<https://maryscenter.org/>

Embraces all communities and provides high-quality healthcare, education, and social services to build better futures.

**Maryland  
Department of  
Aging - Family  
Caregiver Support  
Program**

<http://aging.maryland.gov/Pages/National-Family-Caregiver-Support.aspx>

Helps Maryland family and informal caregivers through a variety of services designed to reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

**McDowell Senior  
Center - Veterans  
Services**

<https://www.mcdowellseniorcenter.org/veterans.html>

Assists military Service Members, Veterans and their families in Marion, NC.

**Mental Health  
America Of  
Colorado**

<https://www.mentalhealthcolorado.org/>

Provides information to help individuals in Colorado dealing with mental illness and substance abuse find resources and services.



**Mental Health  
America of Palm  
Beach County**

<https://mentalhealthpbc.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services for Florida residents dealing with mental health issues.

**Mental Health  
Association In  
New Jersey**

<https://www.mhanj.org/>

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services.

**Mental Health  
Association of  
Oklahoma**

<https://mhaok.org/>

Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.

**Mental Health  
Association of  
Rhode Island**

<https://mhari.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness.

**Miami VA  
Healthcare System  
- Fisher House**

<http://www.miami.va.gov/giving/fisherhouse.asp>

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers in South Florida.

**Michael E. DeBakey  
VA Medical Center  
- VA Fisher House**

[http://www.houston.va.gov/services/Fisher\\_House.asp](http://www.houston.va.gov/services/Fisher_House.asp)

Provides free temporary housing for families of Veterans being treated for long-term illnesses at Michael E. DeBakey VA Medical Center in Houston, Texas.



### **Military & Veteran Caregiver Network**

<https://milvetcaregivernetwork.org/>

Offers peer support and services to connect caregivers with resources and mentors. The Military and Veteran Caregiver Network (MVCN) provides military and Veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

### **Military Health System**

<http://www.health.mil/>

Provides health care, medical education, public health, private sector partnerships, and cutting edge medical research and development. The Military Health System (MHS) is a federated system of uniformed, civilian and contract personnel and additional civilian partners at all levels of the DoD and beyond.

### **Military with Post-Traumatic Stress Disorder (PTSD)**

<http://www.militarywithptsd.org>

Educates Veterans, caregivers, family members and others about the effects of PTSD on the Veterans, their families and on the community as a whole.

### **Minnesota Department of Human Services**

<https://mn.gov/dhs/>

Provides essential services to Minnesota's most vulnerable residents. The Minnesota Department of Human Services offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more.



---

**Mission Adult  
Care Services**

<https://www.mssconnections.org/>

Provides information on the Mission Center Adult Day Service in Midland, Texas, that provides quality health care and activity programs for elderly adults and disabled individuals in a safe, enriching environment that offers caregiver respite and family support.

---

**Mountain Valley  
Hospice &  
Palliative Care**

<https://www.mtnvalleyhospice.org/we-honor-veterans>

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness. Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that Veterans and their families may face at the end of life.

---

**My HealtheVet  
- Caregiver  
Assistance**

<https://www.myhealth.va.gov/mhv-portal-web/make-room-for-mom-tips-for-new-caregivers>

Offers tips for new caregivers. Caregivers are inclined to overlook their own health and well-being.

---

**National Adult  
Day Services  
Association**

<https://www.nadsa.org/>

Provides information about locating adult day care centers in your state and resources for caregivers and families, including information on regulations for adult day care centers and selecting quality providers.

---



**National Alliance For Caregiving**

<http://www.caregiving.org/>

Provides information and resources to help caregivers maintain the well-being of those in their care. The National Alliance for Caregiving (NAC) conducts research, does policy analysis, develops national best-practice programs, and helps increase public awareness of family caregiving issues.

**National Alliance on Mental Illness - Rhode Island**

<http://www.namirhodeisland.org/>

Provides support to people in Rhode Island with mental illness and their family members and friends, educates professionals and the public about mental illness and advocates for improved services for all people with mental illness.

**National Alliance on Mental Illness - South Carolina**

<http://www.namisc.org>

Works to improve the quality of life and treatment for people in South Carolina with mental illness and their families through education, support and advocacy.

**National Association of American Veterans**

<https://www.naavets.org/>

Assists the severely wounded warriors, especially single parent service members, military caregivers, disabled veterans and their families by helping them access their benefits, improving communications and coordination for Veterans and collaborating among health agencies, medical professional, organizations, educational organization and the general public.

**National Family Caregiver Support Program - Florida**

[http://elderaffairs.state.fl.us/doea/caregiver\\_support.php](http://elderaffairs.state.fl.us/doea/caregiver_support.php)

Offers information to Florida families and caregivers on where to go for support and assistance.



**National Hospice & Palliative Care Organization**

<https://www.nhpc.org/>

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

**National Institute on Aging**

<https://www.nia.nih.gov/>

Offers health information, research and funding on the biomedical, social, and behavioral aspects of the aging process, the prevention of age related diseases and disabilities, and the promotion of a better quality of life for all older Americans. The National Institute on Aging (NIA), one of the 27 institutes and centers of the National Institutes of Health, is the primary federal agency supporting and conducting Alzheimer's disease research.

**National Spinal Association Connecticut Chapter**

<http://www.sciact.org/>

Supports individuals with spinal related injuries or diseases and their families by advocating for their rights. The Connecticut Spinal Cord Injury Association (SCIACT) serves as a resource to its members and the general public.

**Navy & Marine Corps Public Health Center - Intimacy & Relationships**

<https://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/intimacy-relationships.aspx>

Addresses issues impacting relationships, intimacy and the sexual health of those who have been wounded, ill or injured.





**New Hampshire  
Bureau of Elderly  
& Adult Services**

<https://www.dhhs.nh.gov/dcbcs/beas/index.htm>

Helps elderly and disabled New Hampshire residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services which provide support for the individuals and their families.

**New Jersey -  
Division of Aging  
& Community  
Services**

<https://www.state.nj.us/humanservices/doas/home/>

Helps elderly New Jersey residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**New York City  
Parks - Resources  
For Seniors**

<https://www.nycgovparks.org/seniors>

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. From sports to nature walks, from dancing under the stars to laps in the pool, older adults can continue to lead physically active lives through sports, fitness, and outdoor adventure.

**Northern  
Virginia Veterans  
Association**

<https://www.novavets.org/>

"Coordinates and case manages through a continuum of services, offer warm hand-offs and provide follow-up until all needs are satisfied. Northern Virginia Veterans Association serves elderly, disabled, health-challenged and underserved Veterans.



### **Operation Family Caregiver**

<http://www.operationfamilycaregiver.org/>

Provides free and confidential support to the families of returning Service Members and Veterans with a personalized program that teaches them how best to navigate their challenges. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.

### **Operation Helping Hand of Tampa**

<http://www.operationhelpinghandtampa.com>

Provides assistance and support to the wounded active duty military patients and their families during their recovery at the James A. Haley Veterans Hospital. Operation Helping Hand presents welcome kits to the wounded/injured and their families upon arrival at the hospital and they receive gift bags and flowers at the monthly dinners at the American Heroes Café.

### **Operation Military Embrace**

<https://www.operationmilitaryembrace.com>

Provides financial and morale support to injured and/or seriously ill Service Members and/or their families and Veterans for up to ten years after honorable separation. Operation Military Embrace offers daily essentials for families caring for an injured Service Member at a domestic military hospital, assistance to caregivers with mortgage and living expenses, and help to Service Members who are medically separated but have a gap in VA disability payments.



### **Operation Never Forgotten**

<http://www.operationneverforgotten.org/>

Creates public service announcement billboards to honor post-9/11 fallen heroes. Operation Never Forgotten (ONF) also offers transition workshops, therapeutic outdoor retreats, and suicide prevention first aid training for Veterans and caregivers struggling with the effects of war.

### **Operation TBI Freedom**

<https://craighospital.org/programs/operation-tbi-freedom>

Assists Veterans and active-duty military personnel with service-related traumatic brain injuries (TBI) that occurred on, or after, September 11, 2001.

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

### **PVA Cal-Diego Chapter**

<http://www.caldiegopva.org/>

Provides free, comprehensive benefits assistance and advocacy to paralyzed Veterans, their families, and disabled Veterans. The PVA Cal-Diego Chapter works through a national network of National Service Offices to provide services ranging from bedside visits to guidance in the VA claims process to legal representation for appealing denied claims.



---

**Paralyzed Veterans of America**

<https://www.pva.org/>

Provides resources and professional services to catastrophically disabled Veterans, their caregivers, and their families. Paralyzed Veterans of America advocates for quality health care, spinal cord research, VA benefits and civil rights for Veterans and all people with disabilities.

---

**Paralyzed Veterans of America - Northwest Chapter**

<https://www.nwpva.org/>

Works to maximize the quality of life for people with spinal cord injury and disease in Washington, Idaho, Alaska and Montana.

---

**Paralyzed Veterans of America (PVA) - Iowa Chapter**

<http://www.iowapva.org/>

Assists Veterans and their families dealing with spinal cord injury or dysfunction. Iowa Paralyzed Veterans of America (PVA) advocates for paralyzed Veterans health care, research, education, disability benefits and civil rights.

---

**Paralyzed Veterans of America - Arizona Chapter**

<http://www.azpva.org/>

Provides a variety of services to Veterans in Arizona, including help with filing VA claims for disability compensation.

---

**Paralyzed Veterans of America - Bayou Gulf-States Chapter**

<http://bayou-pva.org.moonfruit.com/>

Provides contact information for PVA chapters in Mississippi which work to maximize the quality of life for people in the state with spinal cord injury and disease.

---



**Paralyzed Veterans of America -  
Buckeye Chapter**

<http://www.buckeyepva.org/>

Assists Ohio Veterans with spinal cord injuries or disease, including Multiple Sclerosis and ALS (Amyotrophic Lateral Sclerosis, better known as Lou Gehrig's Disease). The Buckeye Chapter sports programs include TASC in Columbus, Three Trackers in Cleveland and Toledo, and Wright State University in Dayton.

**Paralyzed Veterans of America - Central  
Florida Chapter**

<https://pvacf.org/>

Provides a variety of services for Florida Veterans, including help with filing VA claims for disability compensation.

**Paralyzed Veterans of America -  
Colonial Chapter**

<http://www.colonialpva.org/>

Provides a variety of services to Delaware Veterans, including help with filing VA claims for disability compensation.

**Paralyzed Veterans of America - Florida  
Gulf Coast Chapter**

<http://www.floridagulfcoastpva.org/>

Provides a variety of services to Veterans in Florida, including help with filing VA claims for disability compensation.

**Paralyzed Veterans of America -  
Keystone Chapter**

<http://kpva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Lone  
Star Chapter**

<http://www.mylspva.org/>

Works to maximize the quality of life for people with spinal cord injury and disease in Texas. Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.



**Paralyzed Veterans of America - Michigan Chapter**

<https://www.michiganpva.org/>

Provides a variety of services to Veterans, including help filing a claim with the VA or for a disability compensation rating adjustment. Advocates for healthcare, research, education, VA benefits, Veterans rights and more.

**Paralyzed Veterans of America - Mid-America Chapter**

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Mid-Atlantic Chapter**

<https://www.pvamidatlantic.org/>

Advocates for Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights. The Mid-Atlantic Chapter of Paralyzed Veterans of America is located in Chesterfield County, Virginia.

**Paralyzed Veterans of America - Mid-South Chapter**

<https://www.midsouth-pva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Minnesota Chapter**

<http://www.mnpva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights in Minnesota.

**Paralyzed Veterans of America - Nevada Chapter**

<https://nevadapva.org/>

Works to maximize the quality of life for Veterans with spinal cord injuries in Nevada.



**Paralyzed Veterans of America - North Central Chapter**

<http://www.ncpva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Southeastern Chapter**

<http://www.southeasternpva.org/>

Supports Veterans with spinal cord injury and disease by advocating for health care, research, education, benefits and sports programs.

**Paralyzed Veterans of America - West Virginia Chapter**

<http://www.wvpva.org/>

Works to maximize the quality of life and advocate for people with spinal cord injury and disease in West Virginia.

**Paralyzed Veterans of America - Wisconsin Chapter**

<http://wisconsinpva.org/>

Provides a variety of services to Veterans in Wisconsin, including help with filing VA claims for disability compensation.

**Paralyzed Veterans of America California Chapter**

<https://pvacaliforniachapter.org/>

Offers support to California Veterans and their families through employment services, legal services, assistance with benefits and more. Paralyzed Veterans of America California chapter, based in Long Beach, CA, works to change lives and build brighter futures for our seriously injured heroes by advocating for the best healthcare and providing opportunities to improve quality of life.



---

**Paralyzed Veterans  
of America  
Florida Chapter**

<https://pvafloida.org>

Provides services for Veterans with a spinal cord injury or dysfunction (SCI/D) and other persons with disabilities ensuring quality health care, providing a wide range of wheelchair sports and recreation activities, advocating and educating the public on all issues encompassed in the Americans with Disabilities Act (ADA), and research and education addressing SCI/D. The Paralyzed Veterans of America Florida Chapter is based in the Fort Lauderdale Area and is serving South FL to Port St. Lucie.

---

**Patient Access  
Network Foundation**

<https://www.panfoundation.org/>

Helps underinsured people with life-threatening, chronic and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability.

---

**Patriot Hospice &  
Palliative Care**

<http://www.patriotcares.com/>

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides Veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

---





**Pennsylvania  
Department  
of Aging**

<http://www.aging.state.pa.us/>

Helps older Pennsylvanians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**Powerful Tools  
For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

**PsychArmor**

<https://psycharmor.org/>

Provides a library of online education courses providing information, resources, and strategies on how to manage the demands and stress involved with caregiving. PsychArmor offers online training courses at no cost and other resources to support military Service Members, Veterans, and their families.

**R.A.I.N. Total Care**

<https://www.raininc.org/>

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities.

**Recovery  
Coordination  
Program - Caregiver  
Resources**

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

Provides caregiver resources for individuals caring for disabled, sick or wounded Service Members or Veterans.



---

**Richmond  
Fisher House &  
Foundation**

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

Provides cost-free living quarters for patient families of Veterans receiving care at the Hunter Holmes McGuire VA Medical Center. The Richmond Fisher House, located on the medical center campus, consists of between 21 suites with private bedrooms and baths.

---

**Rosalynn Carter  
Institute for  
Caregiving**

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

Provides caregivers with effective supports to promote caregiver health, skills and resilience. The Rosalynn Carter Institute for Caregiving programs support professional and family caregivers through community advocacy, education, research and other services as needed.

---

**Rural Caregivers**

[https://engineering.  
purdue.edu/~bng/  
Caregiving/index.html](https://engineering.purdue.edu/~bng/Caregiving/index.html)

Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region. Rural Caregivers offers links to other sites and care resources that can be downloaded.

---

**San Diego  
Fisher House**

[https://www.  
sandiegofisherhouse.org/](https://www.sandiegofisherhouse.org/)

Provides free temporary housing for families of patients receiving medical care at military and VA medical centers in the San Diego, California area. Located on the grounds of Navy Medical Center San Diego, the Fisher House provides two homes for the families of military undergoing medical crisis.

---



### **Self-Management Resource Center**

<https://www.selfmanagementresource.com/>

Provides self-management programs that help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives. Building Better Caregivers was originally designed as an online program for the VA, and adapted by the Self-Management Resource Center for use in face-to-face groups.

### **Soldiers Angels**

<https://soldiersangels.org/>

Provides aid and comfort to Service Members, their families, and through a hunger relief program that hosts Veteran mobile food distributions in a growing number of cities. Soldiers' Angels Team angels send care packages and letters, bake homemade treats, create unique handmade items, and more.

### **Spartan Alliance**

<https://www.spartanweekend.org>

Helps restore injured and ill American Veteran's independence, freedom, and dignity by building relationships and helping them become productive.

### **Tennessee Fisher House**

<http://www.tennesseefisherhouse.org/>

Provides free temporary housing for families of patients receiving medical care at Alvin C. York VA Medical Center in the Tennessee area.



---

**Texas Chapter  
Paralyzed Veterans  
of America**

<http://www.texaspva.org/>

Helps Texas Veterans and all people with disabilities with accessibility issues, civil rights, VA benefits, transportation issues, and new laws to enhance the lives of people with disabilities. Texas Chapter Paralyzed Veterans of America (Texas PVA) also advocates for Veterans and individuals suffering from spinal cord injury or disease in order to assist them in integrating into mainstream society and to open avenues towards living life to its fullest.

---

**The Central  
& Southern  
Ohio Region of  
the American  
Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---

**The Elizabeth  
Dole Foundation**

<http://elizabethdolefoundation.org/>

Offers support to military and Veteran caregivers at the local, state, and national levels. The Elizabeth Dole Foundation and the VA created the Campaign for Inclusive Care, a national initiative to integrate military and Veteran caregivers into their Veteran's care team from day one of the care process.

---



**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**The RAND Military Caregivers Study**

<https://www.rand.org/health/projects/military-caregivers.html>

Provides research findings focused on caregivers of wounded, ill, and injured military Service Members and Veterans. Funded by the Elizabeth Dole Foundation, the RAND Military Caregivers Study aims to quantify military caregivers' needs and examine existing policies and programs for meeting them.

**Todd Baird Lindsey Foundation**

<http://www.tbl.dreamhosters.com/>

Helps qualifying indigent, elderly individuals remain in independent living situations. The Todd Baird Lindsey Foundation offers direct financial support responding to each individual's medical, nutritional, housing, social and psychological needs.

**Travis Mills Foundation - Retreats for Wounded Warriors**

<https://travismillsfoundation.org/our-retreat#about-the-retreat>

Offers a retreat center for wounded veterans and their families. Travis Mills Foundation helps Veterans and their families overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.



**Traumatic Brain Injury Center of Excellence**

<https://nrd.gov/resource/detail/19751087/Traumatic+Brain+Injury+Center+of+Excellence>

Promotes state-of-the-science care from point-of-injury to reintegration for service members, veterans, and their families to prevent and mitigate consequences of mild to severe TBI.

**U.S. Special Operations Command (USSOCOM) Warrior Care Program**

<https://www.socom.mil/care-coalition>

Supports the rehabilitation and reintegration of Special Operations Command wounded warriors.

**United States Veterans Chamber of Commerce**

<http://www.usvcc.org/>

Supports transitioning wounded, ill, and injured Service Members, their families, and caregivers through recovery care coordination, military caregiver support, resiliency, and adaptive sports programs. The United States Veterans Chamber of Commerce (USVCC) support areas include education, employment, wellness, business, and family.

**VA Ann Arbor Healthcare System - Medical Foster Home Program**

<http://www.annarbor.va.gov/services/medicalfosterhome.asp>

Offers an affordable option for long-term care and an alternative to nursing home placement for Veterans who have a chronic disabling illness or condition, are unable to safely live alone and have limited social support or access to the care they need.



### VA App Store

<https://mobile.va.gov/appstore>

Provides access to dozens of apps, including those created specifically for Veterans and their health care professionals. The VA App Store features the VA Video Connect app to secure video visits with your VA care team from anywhere, the Rx Refill app to request, refill and track VA prescriptions, the VA Health Chat app for online access to chat with VA staff, the Virtual Care Manager app to create, view and join video visits, and many more.

### VA Fisher House

[http://www.tampa.va.gov/services/Fisher\\_House.asp](http://www.tampa.va.gov/services/Fisher_House.asp)

Provides free temporary housing for families of patients receiving medical care at James A. Haley Veterans Hospital.

### VA North Texas Health Care System - Fisher House

[https://www.northtexas.va.gov/services/fisher\\_house.asp](https://www.northtexas.va.gov/services/fisher_house.asp)

Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers near Dallas, Texas.

### VA Pittsburgh Fisher House

<http://www.pittsburghfisherhouse.org/>

Provides free temporary housing for families/caregivers of Veterans and Service Members who are hospitalized at VA Pittsburgh Healthcare System. The VA Pittsburgh Fisher House, located on the VA Oakland campus, allows families to be near their loved one while enjoying a place of peace and respite for themselves.

### VA Services for Family Caregivers of Post-Sept.11 Veterans

[https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

Explains additional VA services available to seriously injured post-9/11 Veterans and their family caregivers through the new Comprehensive Assistance for Family Caregivers Program.



---

**Vaughan Paralyzed Veterans of America**

Advocates for for Veterans with spinal cord injury and disease (SCI/D) and their spouses. Located in VA facilities in the Chicago area, Paralyzed Veterans of America National Service Officers (NSO) who are highly trained in VA law, benefits, and healthcare, help to ensure that Veterans receive every benefit to which they are entitled.

---

**Vermont Center For Independence Living**

<http://www.vcil.org/>

Works to promote the dignity, independence and civil rights of Vermonters with disabilities.

---

**Vermont Developmental Disabilities Services Division**

<https://ddsd.vermont.gov/>

Helps older Vermont residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

---

**Virginia Easy Access**

<http://www.easyaccess.virginia.gov/>

Connects older adults, individuals with disabilities, Veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

---

**Virginia Office for Aging Services of the Division for Community Living**

<https://vda.virginia.gov/>

Helps older Virginians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

---





**Visual Education Center for Family Caregivers**

<http://www.videocaregiving.org/caregiving.php>

Offers visual documentaries showing real caregivers facing real challenges in real life scenarios.

**Washington Aging & Disability Services - Caregiving Information**

<https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>

Offers practical caregiving information and help finding local resources/services for families and caregivers in the State of Washington.

**Well Spouse Association**

<http://www.wellspouse.org>

Provides support for spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

**West Texas Counseling & Guidance - Veterans Services**

<https://www.sanangelocounseling.org/veterans-services>

Offers outreach services to Veterans regardless of their ability to pay including peer support, benefits coordination, case management, support groups, individual therapy, couples counseling, family counseling, and more. Veterans Outreach Services of West Texas Counseling & Guidance services are available for any individual who has ever been in the U.S. Armed Services (active, reserves, national guard) regardless of branch, time served, or character of discharge.



**West Virginia  
Bureau of Senior  
Services**

<http://www.wseniorservices.gov/>

Helps older residents of West Virginia to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services that support and empower the elderly and their families.

**Wisconsin Family  
Caregiver Support  
Program**

<https://www.dhs.wisconsin.gov/aging/caregiver.htm>

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.

**Wounded Warrior  
Support Network**

<https://woundedwarrior.supportnetwork.org>

Assists active duty Service Members and Veterans from hospital to home through events, fundraising, and community support.

# Children's Needs



<p><b>2-1-1 Central Florida</b></p>	<p><a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a></p>	<p>Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.</p>
<p><b>2-1-1 Orange County</b></p>	<p><a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a></p>	<p>Provides community services and information on employment, healthcare, transportation, homelessness and more.</p>
<p><b>4-H Military Partnerships</b></p>	<p><a href="http://4-hmilitarypartnerships.org/">http://4-hmilitarypartnerships.org/</a></p>	<p>Provides information about youth development educational programs for military children offered through formal 4-H military partnerships with Army Child, Youth and School Services, Air Force Airman and Family Services, and Navy Family Readiness.</p>
<p><b>AASA Toolkit - Supporting the Military Child</b></p>	<p><a href="http://www.aasa.org/MilitaryChild.aspx">http://www.aasa.org/MilitaryChild.aspx</a></p>	<p>Provides guidance for school leaders on meeting the unique educational needs of children whose parents are deployed or in transition.</p>
<p><b>American Association of Caregiving Youth (AACY)</b></p>	<p><a href="https://www.aacy.org/">https://www.aacy.org/</a></p>	<p>Provides services to students and works to strengthen families from sixth through twelfth grades.</p>
<p><b>Army OneSource</b></p>	<p><a href="http://www.myarmyonesource.com/default.aspx">http://www.myarmyonesource.com/default.aspx</a></p>	<p>Provides a network of services to support Service Members and their families regardless of their component or geographical location. Army OneSource offers information on topics including family programs and services, health care, housing, education, and more.</p>



---

### **Blue Star Families**

<http://www.bluestarfam.org/>

Serves as a bridge between the families of Servicemen and women and housing, emergency, education and other support services.

---

### **Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

---

### **Caregiverlist**

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

### **Child Care in Florida**

<https://www.myflfamilies.com/service-programs/child-care/>

Provides information on child care services in Florida. Find program regulations, licensing information and search for local child care providers.

---

### **Developmental Disabilities Institute**

<https://www.ddiny.org/>

Serves children and adults with autism and other developmental disabilities, providing educational, residential, habilitative, vocational, transportation and service coordination support to the Long Island community.

---



### **FOCUS Program**

<https://www.focusproject.org/>

Provides family resilience services to military families, children and couples. Located at designated Navy, Marine Corps, Army, and Air Force installations, FOCUS (Families OverComing Under Stress) teaches practical skills to help families and couples overcome common challenges related to military life.

### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **Global & Regional Asperger Syndrome Partnership**

<https://grasp.org/>

Provides information on improving the lives of people on the autism spectrum through community outreach, peer support, education and advocacy.

### **Global Hydranencephaly Foundation**

<https://www.hydranencephalyfoundation.org/>

Provides a resource network focusing on sharing information and care management strategies for children diagnosed with hydranencephaly.



### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Horses4Heroes**

<http://horses4heroes.org/>

Offers low-cost horseback riding programs and activities for local Service Members, Veterans, first responders and their families, including camps, lessons, birthday parties, field trips, and corporate outings. The Horses4Heroes Family Equestrian Center is located off Lone Mountain near Buffalo, NV.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **K2 Adventures Foundation**

<https://www.k2adventures.org>

Provides services, support and funds to be used for educational and medical enrichment to care for children, adults and families with special needs and or life-changing medical and financial circumstances. K2 Adventures works with Arizona's disabled individuals on a case-by-case basis through an application process.



### Little Patriots Embraced

<https://www.littlepatriotsembraced.org/>

Enhances the well-being of Service Members and their families by reducing the emotional and psychological stress they experience due to deployments, family relocation or the death of a loved one.

### Lutheran Social Service of Minnesota - Respite Care

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

### Military Child Education Coalition

<http://www.militarychild.org/professionals>

Helps military children cope with being transferred from school to school around the world. The Military Child Education Coalition offers webinars that train military parents about how to react to tragedies, dealing with Common Core and working through tough situations at school.

### Military Kids Connect

<https://health.mil/MKCHome>

Provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life. Military Kids Connect is an online community for military children ages 6-17.

### Military One Source - Exceptional Family Member Program

<https://www.militaryonesource.mil/family-relationships/special-needs/exceptional-family-member/exceptional-family-member-program-the-essentials>

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



**Military One Source  
- Military & Family  
Life Counseling  
Program**

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/military-and-family-life-counseling-the-essentials>

Counsels individuals and families on non medical issues they may be facing such as relationships, stress management, adjustment difficulties, parenting and grief or loss. The Military & Family Life Counseling Program is available to active-duty Service Members and their family members, and designated Department of Defense (DoD) expeditionary civilians and their family members, and survivors.

**Military One  
Source - Parenting**

[https://www.militaryonesource.mil/leaders-service-providers/parenting?content\\_%20id=266691](https://www.militaryonesource.mil/leaders-service-providers/parenting?content_%20id=266691)

Helps parents and expectant parents develop skills needed to provide a nurturing environment and healthy family. Military OneSource offers free online parenting information, resources and tips.

**National Guard &  
Military Reserves  
- Joint Services  
Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

**Navy Exceptional  
Family Member  
Program**

<https://www.public.navy.mil/bupers-npc/support/efm/Pages/default.aspx>

Assists Service Members and their families by addressing the special needs of their exceptional family members through assistance with the assignment process, healthcare, developmental or educational needs, accessibility, adaptive equipment or assistive technology.





### Operation Homefront

<https://www.operationhomefront.org/>

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

### Operation Second Chance

<http://www.operationsecondchance.org/>

Provides financial and community support for wounded, injured or ill Veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping Veterans transition back into civilian life, reconnect with family, and build a network of peers.

### Oregon Department of Human Services - Caregiving

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

### Our Military Kids

<http://www.ourmilitarykids.org/>

Supports children (ages 5 - 12th grade) of deployed National Guard & Reserve service members and wounded Veterans from all branches, with grants that provide up to \$300 for a chosen activity. Participation in activities helps military children cope with stress, build self-confidence while their parents are recovering or serving overseas.



---

**Partnerships for Action & Voices for Empowerment**

<https://wapave.org/>

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers Specialized Training of Military Parents (STOMP), one and two-day in-person workshops and one-hour webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

---

**PenFed Foundation**

<https://penfedfoundation.org/>

Provides financial support to Veterans, active duty Service Members, families and caregivers through programs to build a business, prevent a crisis and have a home. The PenFed Foundation for Military Heroes is a nonprofit with a mission to empower military Service Members, Veterans and their communities with the skills and resources to realize financial stability and opportunity.

---

**Semper Fi Fund**

<https://semperfifund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

---



### **Sesame Street for Military Families**

<https://sesamestreetformilitaryfamilies.org/>

Offers support and education to help military kids. The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

### **The American Legion**

<http://www.legion.org/>

Helps Veterans and families understand and apply for VA benefits. The American Legion is a U.S. war Veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge, with information, referrals and resources on education, employment and business, death benefits and other important topics to Veterans and their families.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



---

### **The Comfort Crew**

<http://www.comfortcrew.org/fallenheroes.html>

Provides customized in-person live experiences, animated DVD's, guided journals, and an online web-portal to help kids through the unique situations they experience as a military kid such as dealing with deployment, handling loss, and being a kid of an injured hero. The Comfort Crew for Military Kids delivers resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

---

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---

### **The Yellow Ribbon Fund**

<https://yellowribbonfund.org/>

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.

---



### United Through Reading

<https://unitedthroughreading.org/>

Provides an online tool so a deployed parent can record themselves reading a book, then send the recording home. With United Through Reading, military families can still read together even when they are apart.

### VA - Moving Forward

<https://www.veterantraining.va.gov/movingforward/index.asp>

Offers free online life coaching program to Service Members, Veterans and their families overcome life challenges such as: stress, relationship problems, financial difficulties, personal injuries, family life and adjustment issues.

### VA Veteran Training

<https://www.veterantraining.va.gov/index.asp>

Offers free online courses designed specifically for Veterans, Service Members, and their families. Veteran Training courses teach skills and tools to help users move forward and enhance different aspects of their lives.

### Yellow Ribbon Foundation

<http://www.yellowribbonfoundation.com/index.html>

Helps fulfill the unmet needs, (food, shelter, clothing, medical and education), of Veterans who served in the United States military. The Yellow Ribbon Foundation provides a prepaid Visa card through the request center devoted solely to fulfill specific help requests to Veterans in need.



## Zero to Three

<https://www.zerotothree.org/parenting/military-and-veteran-families-support>

Provides resources designed for military and Veteran families and the professionals who serve them, including tools for parents to use as they navigate the many transitions that are a part of military life. Zero to Three supports military families by increasing awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families.

# Education & Training



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>AMVETS</b>	<a href="http://www.amvets.org">http://www.amvets.org</a>	Provides a network of trained national service officers (NSOs) that help Veterans with compensation claims at no charge. AMVETS annually awards scholarships to deserving high school seniors, J/ROTC students, Veterans, and Service Members pursuing a higher education.
<b>Air Force Aid Society</b>	<a href="http://www.afas.org">http://www.afas.org</a>	Provides emergency assistance and education support to help eligible Air Force personnel and their dependents. The Air Force Aid Society (AFAS), located at Air Force bases around the world, is the official charity of the Air Force.
<b>Air Force Association</b>	<a href="https://www.afa.org/">https://www.afa.org/</a>	Supports the Airman for Life family while advocating and educating the public on the need for aerospace power and a technically superior workforce. The Air Force Association (AFA) awards grants to educators, scholarships to help students pursue higher education, and more.



### **Alzheimer's Association**

<https://www.alz.org/>

Offers information and resources connecting the Alzheimer's community nationwide to professionals and local support. The Alzheimer's Association advocates to end Alzheimer's and all other dementia through global research, risk reduction and early detection, and quality care and support.

### **American Red Cross**

<https://www.redcross.org/>

Provides disaster relief and support to those in crisis, lifesaving blood at local blood donation centers, health and safety training to prepare for and respond in emergencies, and 24/7 global emergency communication services and other support in military and Veteran health care facilities across the country. The Red Cross, also known as The American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education in the United States.

### **Blue Star Families**

<http://www.bluestarfam.org/>

Serves as a bridge between the families of Servicemen and women and housing, emergency, education and other support services.

### **Building Better Caregivers**

<https://va.buildingbettercaregivers.org/>

Offers a free 6-week online workshop to help caregivers of Veterans or Veterans who serve as caregivers for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. Either the Veteran whom the caregiver is caring for, or the caregiver must be enrolled in VA Healthcare to qualify.





### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### Colorado Technical University (CTU) Patriot Scholarship

<https://www.coloradotech.edu/military/CTUPatriot>

Awards annual scholarships for full tuition to attend an online degree or a program at one of the campuses in Colorado Springs or Aurora to eligible wounded service members, their spouses, non-medical attendant or caregiver, and dependents; Must be an active service member or honorably discharged veteran, and received or be receiving medical treatment for service connected disabilities with a disability rating at or over 30%.



---

## **DoD Operation Warfighter**

<http://warriorcare.dodlive.mil/wounded-warrior-resources/operation-warfighter/>

Assists Service Members with reintegration to duty or transition into the civilian work environment. Operation Warfighter (OWF) is a DoD internship program that matches qualified wounded, ill and injured Service Members with non-funded federal internships in order for them to gain valuable work experience during their recovery and rehabilitation.

---

## **Education & Employment Initiative**

<http://warriorcare.dodlive.mil/carecoordination/e2i/>

Provides regional coordinators, located throughout the United States, that establish and maintain relationships with private, public, and nonprofit sector employers interested in helping place wounded, ill, and injured Service Members into new careers. The Education and Employment Initiative (E2I) is a Department of Defense (DoD) program that assists wounded, ill and injured Service Members early in their recovery process to identify their skills and match them with the education and career opportunities that will help them successfully transition to civilian life.

---

## **Fallen Patriots Foundation**

<https://www.fallenpatriots.org/>

Provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. Children of Fallen Patriots is dedicated to serving the families of Service Members from all branches of the armed forces who have died as a result of combat casualties, military training accidents, service-related illnesses, suicide, as well as other duty-related deaths as ruled by the VA.



**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

**Federal Student Aid**

<https://studentaid.ed.gov/sa/>

Access education and career development information and resources from the U.S. government. Includes links to help plan and pay for your education, including college search directories, financial student aid and scholarship resources, online education, internships and more.

**First Care Provider**

<https://firstcareprovider.org/>

Serves the public by raising awareness of the need for civilian response to disaster, and to create an integrated network of Veterans, first responders and communities.

**Fisher House Foundation**

<https://www.fisherhouse.org/>

Provides a network of comfort homes, near medical centers across the nation, where families of Service Members and Veterans can stay free of charge while their loved one is getting medical care. Fisher House Foundation also operates programs offering donated frequent flyer miles and hotel points to family members.



### **Folds of Honor Foundation**

<http://www.foldsofhonor.org/scholarships>

Provides educational scholarships for dependents and spouses of Service Members who were either killed or disabled while serving and defending our nation. Folds of Honor Foundation awards scholarships up to 5K for a first bachelors degree or for private school grades K through 12.

### **Foundation For Senior Living**

<https://www.fsl.org/community-action-programs/>

Provides affordable group homes and senior housing, nutritious meals for needy families, community services including adult day health, home care and home health care services, and education for clients and caregivers. Foundation For Senior Living (FSL) is a nonprofit organization in the state of Arizona whose mission is to provide home and community services and develop energy efficient, affordable housing to promote health, independence and dignity for all.

### **Freedom Alliance**

<http://freedomalliance.org/>

Provides charitable support for America's military including wounded troops and families of the fallen and promotes public policy initiatives which protect American sovereignty and strengthen our national security. Freedom Alliance awards scholarships to eligible children of a military fallen hero.



**Girl Scouts of America of the Colonial Coast**

<https://www.gsccc.org/>

Serves more than 11,000 girls throughout southeastern Virginia and northeastern North Carolina offering a wide variety of programs, to include exploring science, technology and the environment to learning about healthy living, anti-bullying and financial literacy.

**Green Beret Foundation**

<http://www.greenberetfoundation.org/>

Offer valuable case by case assistance to Green Beret families including help with transitioning to life after service, in whatever ways are needed. The Green Beret Foundation provides direct and continuous support to the Green Beret community by connecting them with the right resources to prosper and thrive during and after military service.

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.



### **Hope For The Warriors**

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

### **Institute for Veterans & Military Families**

<https://ivmf.syracuse.edu>

Offers Veteran and military connected programs and services for transitioning Service Members, Veterans or military spouses looking for career training, inspiring entrepreneurship, helping communities, and furthering their education. The Institute for Veterans and Military Families (IVMF) is a research institution housed at Syracuse University.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Marine Corps Scholarship Foundation**

<http://www.mcsf.org/>

Provides scholarships for post-high school education to eligible children of active duty, retired, or honorably discharged Marines and Navy Corpsmen. The Marine Corps Scholarship Foundation honors Marines by educating their children.

**Military Benefits**

<https://militarybenefits.info/military-spouse-career-advancement-accounts-mycaa/>

Provides information about GI Bill benefits, VA loans, news and services for military Veterans and is not connected with any government agency. Military Benefits offers information about military discounts, military pay charts, basic allowance for housing rates, VA loan limits by county, and more.

**Military Officers Association of America**

<http://www.moaa.org/>

Provides information and resources for officers and their families at every stage of their career. Membership in the Military Officers Association of America (MOAA) is open to active duty, former, retired, and National Guard and Reserve commissioned and warrant officers of the uniformed services and their surviving spouses.

**Military Order of the Purple Heart of the USA**

<https://www.purpleheart.org/>

Offers support to all Veterans and their families through a myriad of nation-wide programs by chapters and national service officers. The Military Order of the Purple Heart is a Veterans organization chartered by Congress for combat wounded Veterans who have been awarded the Purple Heart medal.



**Military Warriors Support Foundation**

<http://www.militarywarriors.org/programs>

Provides support programs to help combat wounded heroes and Gold Star families transition from the military to civilian life. Military Warriors Support Foundation programs focus on housing and homeownership, recreational activities and transportation assistance, and leadership development.

**National Military Family Association**

<http://www.militaryfamily.org/>

Provides education and information regarding rights, benefits, and services for military families. The National Military Family Association (NMFA) also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, resilience strengthening experiences, and healing adventures.

**Navy-Marine Corps Relief Society**

<https://www.nmcrcs.org/>

Assists Service Members and their families with urgent financial needs including interest-free loans and confidential financial counseling. Call or visit an Navy-Marine Corps Relief Society (NMCRCRS) office near you for financial resources and assistance.

**No Greater Sacrifice**

<http://www.nogreatersacrifice.org/who-we-help>

Offers scholarships to the children of our nation's fallen and wounded Service Members (post 9/11/01) to improve their quality of life through the pursuit of higher education; Honors the sacrifices of Service Members by investing in their children's education for a bachelor's degree or associate's degree from an approved institution or certificate from a trade school.





**Operation  
Welcome Home**

<https://welcomehomewv.com/>

Offers employment assistance for Veterans seeking jobs and skilled workers for businesses/ organizations in the Morgantown or Greater North Central WV area. Operation Welcome Home is a nonprofit job placement organization dedicated to helping Veterans and their families overcome barriers to employment and providing them with the knowledge and resources needed to secure a fulfilling position in the civilian workforce.

**Oregon Department  
of Human Services  
- Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Paralyzed Veterans  
of America**

<https://www.pva.org/>

Provides resources and professional services to catastrophically disabled Veterans, their caregivers, and their families. Paralyzed Veterans of America advocates for quality health care, spinal cord research, VA benefits and civil rights for Veterans and all people with disabilities.

**Partnerships for  
Action & Voices  
for Empowerment  
(PAVE)**

<https://wapave.org/>

Provides resources for early intervention services for children from birth to age three in the state of Washington. PAVE offers Specialized Training of Military Parents (STOMP), one and two-day in-person workshops and one-hour webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.



---

**Pat Tillman Foundation**

<https://pattillmanfoundation.org/>

Provides academic scholarships, leadership development opportunities, and access to a national network of high-performing peers, mentors and industry leaders. The Tillman Scholar program is the premier academic fellowship for military Service Members, Veterans and spouses.

---

**Powerful Tools For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

---

**Rosalynn Carter Institute for Caregiving**

<http://www.rosalynncarter.org/>

Provides caregivers with effective supports to promote caregiver health, skills and resilience. The Rosalynn Carter Institute for Caregiving programs support professional and family caregivers through community advocacy, education, research and other services as needed.

---

**Self-Management Resource Center**

<https://www.selfmanagementresource.com/>

Provides self-management programs that help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives. Building Better Caregivers was originally designed as an online program for the VA, and adapted by the Self-Management Resource Center for use in face-to-face groups.

---



### **Semper Fi Fund**

<https://semperfund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

### **ThanksUSA Scholarship Program**

<https://www.thanksusa.org/scholarships.html>

Awards college scholarships to the spouses and dependent children, age 24 and under, of active-duty Service Members. ThanksUSA accepts online scholarship applications each year between April 1 and May 15.

### **The American Legion**

<http://www.legion.org/>

Helps Veterans and families understand and apply for VA benefits. The American Legion is a U.S. war Veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge, with information, referrals and resources on education, employment and business, death benefits and other important topics to Veterans and their families.

### **The Caregiver Foundation**

<https://thecaregiverfoundation.org/>

Provides practical and emotional support to seniors, disabled adults and their caregivers.



**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**The Enlisted Association**

<https://trea.org/>

Advocates for the rights and interests of enlisted Veterans. The Enlisted Association (TREA) is a charter member organization for uniformed services enlisted personnel, their families and survivors with active chapters throughout the US.

**Troops to Teachers**

<https://www.proudtoserveagain.com/>

Assists transitioning Service Members and Veterans with state specific information about starting a new career as a K-12 school teacher in a public, charter, or Bureau of Indian Affairs school. Troops to Teachers provides counseling and referral services to help participants meet education and licensing requirements to teach in each state across the nation, and subsequently helping to secure a teaching position.



**U.S. Department of Education**

<https://www.ed.gov/>

Provides information about education policy including student loans, forgiveness, college accreditation, Every Student Succeeds Act (ESSA), FERPA, FAFSA, 1098, tax forms, and more. The US Department of Education, headquartered in Washington, D.C., promotes student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.

**USO & Georgetown University - Franchise Course**

<https://portal.scs.georgetown.edu/public/category/programStream.do?method=load&selectedProgramAreaId=10299&selectedProgramStreamId=10009063>

Provides free guidance on navigating the challenges of small business management and identifies franchise opportunities to USO, Service Members, and Veterans.

**VA - Veterans Opportunity to Work (VOW)**

<https://www.benefits.va.gov/vow/>

Offers training and career assistance programs to help with the transition from military to civilian life. The Veterans Opportunity to Work (VOW) program includes Transition Assistance Programs (TAP) and Vocational Rehabilitation and Employment services.

**VA Education & Training Benefits**

<https://www.benefits.va.gov/gibill/>

Offers information on how to apply for and manage the VA education and training benefits you've earned. VA education benefits help Veterans, Service Members, and their qualified family members with needs like paying college tuition, finding the right school or training program, and getting career counseling.



**Veterans of  
Foreign Wars of  
the United States**

<https://www.vfw.org/>

Assists Veterans with benefits including compensation, pension, health care, vocational rehabilitation and employment, education and training, home loans, life insurance and dependency and indemnity compensation.

# Financial & Legal Resources



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## AMVETS

<http://www.amvets.org>

Provides a network of trained national service officers (NSOs) that help Veterans with compensation claims at no charge. AMVETS annually awards scholarships to deserving high school seniors, J/ROTC students, Veterans, and Service Members pursuing a higher education.

## Air Force Aid Society

<http://www.afas.org>

Provides emergency assistance and education support to help eligible Air Force personnel and their dependents. The Air Force Aid Society (AFAS), located at Air Force bases around the world, is the official charity of the Air Force.

## Alaska Division of Senior & Disabilities Services

<http://dhss.alaska.gov/dsds/Pages/default.aspx>

Offers information to families and caregivers in the State of Alaska including where to turn for support and assistance as well as services for caregivers.

## American Civil Liberties Union of Pennsylvania

<https://www.aclupa.org/>

Protects individual rights and personal freedoms through advocacy, education and litigation.



---

### **American Red Cross**

<https://www.redcross.org/>

Provides disaster relief and support to those in crisis, lifesaving blood at local blood donation centers, health and safety training to prepare for and respond in emergencies, and 24/7 global emergency communication services and other support in military and Veteran health care facilities across the country. The Red Cross, also known as The American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education in the United States.

---

### **Armed Services YMCA**

<https://www.asymca.org/>

Provides programs at no or low cost and requires no membership fees to military Service Members and their families, focusing on the resiliency of military families to help navigate military life amidst transfers, deployments, increased child care needs and financial burdens. The Armed Services YMCA (ASYMCA) is an association of the YMCA, specifically dedicated to serving junior-enlisted military Service Members and their families of all five armed services.

---

### **Army OneSource**

<http://www.myarmyonesource.com/default.aspx>

Provides a network of services to support Service Members and their families regardless of their component or geographical location. Army OneSource offers information on topics including family programs and services, health care, housing, education, and more.

---





**California Department of Aging**

<http://www.aging.ca.gov/>

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) contracts with a network of local agencies who directly manage a wide array of federal and state funded services that provide meals, help finding employment and other supportive services to assist older individuals as well as younger adults with disabilities.

**Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

**Cell Phones for Soldiers**

<https://www.cellphonesforsoldiers.com/>

Offers free calling cards and SPAWAR pins to deployed Service Members.

**Certified Financial Planner**

<https://www.letsmakeaplan.org>

Provides a search function to find individuals who are currently authorized by the Certified Financial Planner Board of Standards to use the CFP certification marks, who have indicated they currently provide financial planning services. From planning for retirement to saving for college, CFP professionals are trained to help you develop a comprehensive strategy to reach your short- and long-term financial goals.



### **Coalition to Salute America's Heroes**

<https://saluteheroes.org/>

Provides direct financial aid and support services to help eligible Veterans and their families rebuild their lives by paying overdue bills, connecting them with other Veterans facing the same challenges, accessing an online course to continue their education, or getting them a better job. The mission of the Coalition to Salute America's Heroes is to help severely wounded Veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn recover from their injuries and illnesses, and to inspire other organizations and the general public to participate in this effort.

### **Coast Guard Mutual Assistance**

<http://www.cgmahq.org/>

Provides financial assistance for emergency, short-term situations to everyone associated with the U.S. Coast Guard. A Coast Guard Mutual Assistance representative, located throughout the Coast Guard, is the person to contact when you need assistance.

### **Delaware - Division of Services for Aging & Adults with Physical Disabilities**

<https://www.dhss.delaware.gov/dsaapd/>

Helps older residents of Delaware to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.



## Disabled American Veterans

<https://www.dav.org/>

Offers nationwide support services to Veterans and their families helping connect them with healthcare, disability, employment, education, transportation and other financial benefits. Disabled American Veterans (DAV)'s National Veteran Service Officers (VSO)s provide free, professional assistance to Veterans and their families in obtaining benefits and services earned through military service and provided by the VA and other government agencies.

## DoD Recovery Coordination Program

<http://warriorcare.dodlive.mil/carecoordination/recovery-coordination/>

Provides the support of Recovery Care Coordinators (RCCs) to wounded, ill and injured Service Members to develop a comprehensive recovery plan (CRP) getting the non-medical support they need to create the life they want. Service Members may self refer or be referred by medical or administrative personnel, military service wounded, ill, and injured program staff or a family member.

## DoD Special Compensation for Assistance with Activities of Daily Living

<http://warriorcare.dodlive.mil/benefits/scaadl/>

Provides monthly compensation to eligible catastrophically injured or ill Service Members who require assistance with activities of daily living or who are at a high risk for personal safety and cannot live independently in the community without caregiver support. The amount of compensation a Service Member receives through the Special Compensation for Assistance with Activities of Daily Living (SCAADL) program is based on a three-tier system.



**DoD Transition Assistance Program**

<https://www.dodtap.mil/>

Provides service specific transition assistance for Service Members transitioning to civilian life. The Department of Defense (DoD) Transition Assistance Program (TAP) is an outcome-based program offering resources, tools, services and skill building training needed to meet career readiness standards (CRS).

**Employer Support of the Guard & Reserve**

<https://www.esgr.mil>

Provides assistance in resolving conflicts between Service Members and their employers by offering free, neutral mediation and information on what the law requires. Local Employer Support of the Guard and Reserve (ESGR) representatives are available on the state and local contacts pages.

**FINRA Investor Education Foundation**

<https://www.saveandinvest.org/military>

Provides information to help military Service Members gain access to financial education information that enables them to make prudent saving and investment decisions for themselves and their families.

**Fallen Patriots Foundation**

<https://www.fallenpatriots.org/>

Provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. Children of Fallen Patriots is dedicated to serving the families of Service Members from all branches of the armed forces who have died as a result of combat casualties, military training accidents, service-related illnesses, suicide, as well as other duty-related deaths as ruled by the VA.



### **Family & Medical Leave Act**

<https://www.dol.gov/whd/fmla/index.htm>

Provides 26 workweeks of leave during a single 12-month period to care for a covered Service Member with a serious injury or illness if the eligible employee is the Service Member's spouse, son, daughter, parent, or next of kin (military caregiver leave). The Family and Medical Leave Act (FMLA) entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.

### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **Fisher House Foundation**

<https://www.fisherhouse.org/>

Provides a network of comfort homes, near medical centers across the nation, where families of Service Members and Veterans can stay free of charge while their loved one is getting medical care. Fisher House Foundation also operates programs offering donated frequent flyer miles and hotel points to family members.



---

**Franklin County  
Pennsylvania - Area  
Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

---

**Gifting Warriors**

<http://www.giftingwarriors.org/>

Provides assistance and resources to Veterans who are suffering from post-traumatic stress disorder (PTSD). Gifting Warriors is a nonprofit organization assisting returning mentally and physically wounded soldiers in their transition to civilian life.

---

**Healing  
Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---

**Help Hope Live**

<https://helpholive.org/>

Support community-based fundraising for people with unmet medical and related expenses due to cell and organ transplants or catastrophic injuries and illnesses. After fundraising for Help Hope Live, you are eligible to submit Fund Request Forms to cover unmet medical needs.

---



### **Hope For The Warriors**

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **Lead The Way Fund**

<http://www.leadthewayfund.org/>

Provides Ranger assistance programs to support the needs of Rangers and their families beyond what the government can offer. Lead the Way Fund, Inc. is a nonprofit organization established to raise funds in support of disabled U.S. Army Rangers and the families of Rangers who have died, have been injured or are currently serving in harm's way around the world.

### **Luke's Wings**

<https://lukeswings.org/>

Gives complimentary airfare to wounded, ill and injured service members throughout their recovery and Veterans in hospice care.

### **Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.



### **MHN Government Services**

<https://www.mhnngs.com/app/home.content>

Offers behavioral health services to Veterans, Service Members and their families by licensed behavioral health practitioners who specialize in counseling for a comprehensive range of military family life issues including domestic violence, crisis response and post-traumatic stress. MHN Government Services is a behavioral health and wellness expert and contractor to the U.S. government.

### **Mercy Medical Angels**

<https://mercymedical.org/>

Offers cost-effective charitable transportation for patients, based on the distance they need to travel, their medical requirements, the location they need to reach, and the availability of different modes of travel as related to their specific departure and destination requirements.

### **Military One Source**

<https://www.militaryonesource.mil/>

Provides resources and 24/7 support for Service Members and their families including information on education and employment, moving, relocation and deployment tools, taxes and much more.

### **Military One Source - Financial Counseling**

<https://www.militaryonesource.mil/confidential-help/interactive-tools-services/financial-counseling>

Offers counseling with certified financial planners to assist Service Members and Veterans with debt management, saving for college and retirement planning to meet their needs. Military OneSource financial counseling is available in-person, by phone or video.





**Military Warriors Support Foundation**

<http://www.militarywarriors.org/programs>

Provides support programs to help combat wounded heroes and Gold Star families transition from the military to civilian life. Military Warriors Support Foundation programs focus on housing and homeownership, recreational activities and transportation assistance, and leadership development.

**Minnesota Department of Human Services**

<https://mn.gov/dhs/>

Provides essential services to Minnesota's most vulnerable residents. The Minnesota Department of Human Services offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more.

**Mission Critical Veteran Relief Fund**

<http://www.missioncriticalveteranrelief.org/>

Assists disabled Service Members, Veterans and their families needing financial assistance and build stability. The Mission Critical Veteran Relief Fund helps with rent and mortgage, utilities, medical expenses and transportation accommodations for combat-wounded or injured.



---

**Modest Needs Foundation**

<https://www.modestneeds.org/index.asp>

Provides financial grants to Veterans who have recently returned home from military service and cannot receive assistance from conventional agencies. Modest Needs is a national nonprofit empowering members of the general public to make small, emergency grants to low-income workers who are at risk of slipping into poverty.

---

**National Alliance For Caregiving**

<http://www.caregiving.org/>

Provides information and resources to help caregivers maintain the well-being of those in their care. The National Alliance for Caregiving (NAC) conducts research, does policy analysis, develops national best-practice programs, and helps increase public awareness of family caregiving issues.

---

**National Family Caregiver Support Program - Florida**

[http://elderaffairs.state.fl.us/does/caregiver\\_support.php](http://elderaffairs.state.fl.us/does/caregiver_support.php)

Offers information to Florida families and caregivers on where to go for support and assistance.

---

**National Guard & Military Reserves - Joint Services Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

---



**National Hospice & Palliative Care Organization**

<https://www.nhpco.org/>

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

**National Veterans Legal Services Program (NVLSP)**

<https://www.nvlsp.org/>

Helps Veterans obtain disability benefits to which they are entitled because of disabilities resulting from their military service. The National Veterans Legal Services Program (NVLSP)'s Lawyers Serving Warriors program offers pro bono legal help.

**Navy-Marine Corps Relief Society**

<https://www.nmcrcs.org/>

Assists Service Members and their families with urgent financial needs including interest-free loans and confidential financial counseling. Call or visit an Navy-Marine Corps Relief Society (NMCRCs) office near you for financial resources and assistance.

**Nebraska Department of Health & Human Services - State Unit on Aging**

<http://dhhs.ne.gov/Pages/aging.aspx>

Provides services to promote health, safety and long-term independence for older adults, persons with disabilities and caregivers in Nebraska. The State Unit on Aging offers helpful guides, information about legal services and elder rights, provider resources, Alzheimer's and dementia support, senior employment programs, and more.



**New Jersey -  
Division of Aging  
& Community  
Services**

<https://www.state.nj.us/humanservices/doas/home/>

Helps elderly New Jersey residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**Ohio Department of  
Aging - Caregiver  
Support**

<http://aging.ohio.gov/caregiversupport>

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.

**Operation  
Finally Home**

<http://operationfinallyhome.org/>

Provides custom built, mortgage free homes to Service Members who have become wounded, ill, or injured as a result of their service in the defense of our country, regardless of the campaign in which they served. The Veteran selection process for Operation Finally Home begins when a builder is found who is willing to build a home in a particular region.

**Operation First  
Response**

<https://www.operationfirstresponse.org/>

Provides personal and financial services for wounded military and their families from the onset of injury throughout their recovery period and along their journey from military service to civilian life. Financial aid services offered by Operation First Response varies as each case is based on individual needs ranging from rent, utilities, vehicle payments, groceries, clothing, and travel expenses.



**Operation Homefront**

<https://www.operationhomefront.org/>

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

**Operation One Voice**

<https://www.operationonevoice.org>

Helps with the financial needs of children and families of wounded and fallen Special Operation Forces. Operation One Voice offers volunteer opportunities.

**Operation Second Chance**

<http://www.operationsecondchance.org/>

Provides financial and community support for wounded, injured or ill Veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping Veterans transition back into civilian life, reconnect with family, and build a network of peers.

**Operation: Love Reunited**

<https://oplove.org/>

Holds free photo sessions for Service Members and family before, during and after deployments to combat zones.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



**Patient Access  
Network Foundation**

<https://www.panfoundation.org/>

Helps underinsured people with life-threatening, chronic and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability.

**PenFed Foundation**

<https://penfedfoundation.org/>

Provides financial support to Veterans, active duty Service Members, families and caregivers through programs to build a business, prevent a crisis and have a home. The PenFed Foundation for Military Heroes is a nonprofit with a mission to empower military Service Members, Veterans and their communities with the skills and resources to realize financial stability and opportunity.

**Pennsylvania  
Department  
of Aging**

<http://www.aging.state.pa.us/>

Helps older Pennsylvanians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**Rebuild Hope  
Program**

<http://rebuildhope.org/>

Provides emergency grants and no-interest loans to pay for essential needs, and helps Veterans identify additional sources of financial assistance. Rebuild Hope is a national nonprofit helping disabled Iraq and Afghanistan Veterans and their families overcome financial hardships, improve the financial management of their households, and escape unexpected poverty as they transition to civilian life.



### **Self-Management Resource Center**

<https://www.selfmanagementresource.com/>

Provides self-management programs that help people and their caregivers control their symptoms, better manage their health problems, and lead fuller lives. Building Better Caregivers was originally designed as an online program for the VA, and adapted by the Self-Management Resource Center for use in face-to-face groups.

### **Semper Fi Fund**

<https://semperfifund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

### **Share The Caregiving**

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.



---

**Special Operations  
Warrior Foundation**

<https://specialops.org>

Provides full college funding to every surviving child of a special operator who loses their life in the line of duty. The Special Operations Warrior Foundation offers full financial assistance for post-secondary education from an accredited two or four-year college, university, technical or trade school, as well as educational counseling, preschool grants, and tutoring to the surviving children of Special Operations personnel who lose their lives in the line-of-duty and offers immediate financial grants to severely combat wounded and hospitalized Special Operations personnel and their families.

---

**The American  
Legion**

<http://www.legion.org/>

Helps Veterans and families understand and apply for VA benefits. The American Legion is a U.S. war Veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge, with information, referrals and resources on education, employment and business, death benefits and other important topics to Veterans and their families.





**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**The Veterans Consortium**

<https://www.vetsprobono.org/>

Provides free attorneys to Veterans and family members who need assistance with discharge upgrades or filing an appeal to the U.S. Court of Appeals for Veterans Claims. The Veterans Consortium volunteer attorneys work with volunteer law students to interview Veterans and triage cases, offering an excellent opportunity to mentor future lawyers.



### **The Yellow Ribbon Fund**

<https://yellowribbonfund.org/>

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.

### **Thrift Savings Plan**

<http://www.tsp.gov>

Provides information and tools to manage your retirement savings plan, learn about fund options, fund performance, use your savings, and manage life changes. The Thrift Savings Plan (TSP) is a retirement savings and investment plan for federal employees and members of the uniformed services, including the Ready Reserve.

### **Thurston County Washington - Veterans Assistance Fund**

<https://www.co.thurston.wa.us/health/ssveteran/index.html>

Provides information about applying for emergency financial assistance and other Veteran Benefits in Washington State.

### **USA Cares**

<https://usacares.org>

Provides emergency financial assistance and post service skills training for post-9/11 military Veterans, Service Members and their families. USA Cares, located in Louisville, KY, offers services that improve the quality of life, create long-term stability, and reduce potential factors that may contribute to Veteran suicide.



### **VA Home Loans**

<http://www.homeloans.va.gov/>

Provides information about the benefits, eligibility and application details of VA home loans that feature a guarantee enabling the lender to provide you with more favorable terms. VA helps Service Members, Veterans, and eligible surviving spouses to buy, build, repair, retain, or adapt a home.

### **VA Services for Family Caregivers of Post-Sept.11 Veterans**

[https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

Explains additional VA services available to seriously injured post-9/11 Veterans and their family caregivers through the new Comprehensive Assistance for Family Caregivers Program.

### **Veterans Airlift Command**

<http://www.veteransairlift.org>

Offers free air transportation for wounded warriors, Veterans and their families for medical and other compassionate purposes. The Veterans Airlift Command is a national network of volunteer aircraft owners and pilots who perform a valuable service while maintaining their proficiency.

### **Veterans of Foreign Wars of the United States**

<https://www.vfw.org/>

Assists Veterans with benefits including compensation, pension, health care, vocational rehabilitation and employment, education and training, home loans, life insurance and dependency and indemnity compensation.



### **Well Spouse Association**

<http://www.wellspouse.org>

Provides support for spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

### **Women's Institute For A Secure Retirement**

<http://www.wiserwomen.org/index.php?id=96&page=Caregiving>

Offers financial information and resources for all women, including caregivers who provide unpaid care for family members. The Women's Institute for a Secure Retirement (WISER) is a nonprofit organization that works to help women, educators and policymakers understand the important issues surrounding women's retirement income.

### **Wounded Heroes Foundation**

<http://www.woundedheroesfund.net/>

Assists severely injured Service Members, Veterans and their families with physical, emotional and financial support including mortgage payments, purchasing accessible vans, building or remodeling homes, securing a new mortgage at a lower interest rate and more.

# Health Care Needs



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## ABCT - Find a Therapist

<https://www.findcbt.org/FAT/>

Offers a directory to help you find a cognitive behavior therapist using your postal zip code, state or with a specific specialty. The Association for Behavioral and Cognitive Therapies (ABCT) also offers guidelines that might be useful in selecting a cognitive behavior therapist.

## Aging Commission of the Mid-South

<https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South>

Provides funding to a variety of community programs that support healthy aging.

## Asian American Health Initiative

<https://aahiinfo.org/aahi-resources/>

Dedicated to improving the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.



**Brain Injury Association of America**

<http://www.biausa.org/>

Offers a nationwide network of chartered state affiliates providing support and advocacy for individuals living with brain injury, their friends and family, professionals and the general public; Provides the latest brain injury research, treatment options, resources, and information on local support services.

**BrainLine**

<https://www.brainline.org/index.php>

Offers a traumatic brain injury resource for social workers. BrainLine is an educational tool to assist social workers in their clinical interactions with brain injury clients by increasing their knowledge about TBI, outlining useful skills to work with TBI clients, and highlighting useful resources for TBI clients and their family members.

**Cape Fear Council of Governments - Full Circle Ministries**

<https://capefearcog.org/resourceguide/full-circle-ministries-2/>

Offers information to families and caregivers in the State of North Carolina including where to turn for support and assistance as well as services for caregivers.

**Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.



### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care; Offers state-specific training courses and certification for caregivers.

### Cell Phones for Soldiers

<https://www.cellphonesforsoldiers.com/>

Offers free calling cards and SPAWAR pins to deployed Service Members.

### Center for American Military Music Opportunities

<https://www.cammomusic.org/>

Provides opportunities to wounded warriors and Veterans to heal through music. Connects Service Members with industry talent development specialists, offers training and education, and presents performances, concerts and workshops.

### Center for the Study of Traumatic Stress

<https://www.cstsonline.org/>

Lists resources and provides research relating to trauma and coping with traumatic events such as trauma training and education, terrorism preparedness and trauma consultations.

### Center of Excellence for Medical Multimedia (CEMM) - The Caregiver's Journey

<https://tbi.cemmlibrary.org>

Gives tips to help caregivers understand their role in taking care of a Service Members or Veteran with traumatic brain injury (TBI) during recovery as well as lifelong care. The Center of Excellence for Medical Multimedia (CEMM) offers other helpful resources to caregivers.



### **Child Care in Florida**

<https://www.myffamilies.com/service-programs/child-care/>

Provides information on child care services in Florida. Find program regulations, licensing information and search for local child care providers.

### **Civilian Health & Medical Program of the Department of Veterans Affairs (CHAMPVA) Benefits**

<https://www.va.gov/health-care/family-caregiver-benefits/champva/>

Find out if you qualify for CHAMPVA and how to apply. If you don't qualify for TRICARE (the DoD's health care program for active-duty and retired Service Members and their families), you may be able to get health insurance through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA).

### **Defense & Veterans Brain Injury Center**

<https://dvbic.dcoe.mil>

Promotes traumatic brain injury (TBI) care from point-of-injury to reintegration. Helps Service Members, Veterans, and their families to prevent and mitigate the consequences of mild to severe TBI. The Defense and Veterans Brain Injury Center (DVBIC) collaborates with the DoD and VA, civilian health partners, local communities, families and individuals with TBI.

### **Delta Dental - Federal Employees Dental Program**

<https://feds.deltadentalins.com/fedvip/index.php>

Manages Delta Dental benefit plans created by Congress for military retirees and their families.

### **Department of Defense - Hearing Center of Excellence (HCE)**

<https://hearing.health.mil>

Offers information about how to prevent, diagnosis, mitigation, treatment, rehabilitation and research of hearing loss and auditory injury in Service Members and Veterans.





### Disabled American Veterans

<https://www.dav.org/>

Offers nationwide support services to Veterans and their families helping connect them with healthcare, disability, employment, education, transportation and other financial benefits. Disabled American Veterans (DAV)'s National Veteran Service Officers (VSO) s provide free, professional assistance to Veterans and their families in obtaining benefits and services earned through military service and provided by the VA and other government agencies.

### Everyday Health

<https://www.everydayhealth.com/coronavirus/>

Provides information about everyday health for mobile-first millennials, desktop boomers, multitasking parents, concerned caregivers, wellness-conscious warriors, and symptom solvers for whom health decisions are multifaceted. From the latest headlines about the global coronavirus crisis to practical advice on how you can protect yourself and your loved ones at home, Everyday Health makes sure that all the medical professionals on the front-line share advice to help inspire and enable self-care during the pandemic.

### Express Scripts

<https://express-scripts.com/>

Offers online pharmacy services to eligible TRICARE members to manage there prescriptions.



---

## Family & Medical Leave Act

<https://www.dol.gov/whd/fmla/index.htm>

Provides 26 workweeks of leave during a single 12-month period to care for a covered Service Member with a serious injury or illness if the eligible employee is the Service Member's spouse, son, daughter, parent, or next of kin (military caregiver leave). Entitles eligible employees of covered employers to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under the same terms and conditions as if the employee had not taken leave.

---

## Family Caregiver Alliance

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment; Helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



**FEMA COVID-19  
Funeral Assistance**

<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Offers services to support youth, adults, families and communities in San Diego. The Military Family Resource Center (MFRC), located in Murphy Canyon, strengthens families and communities by offering connections to resources such as food, housing, counseling, financial assistance, parenting classes and support groups, and more.

**Foundation For  
Senior Living (FSL)**

<https://www.fsl.org/community-action-programs/>

Provides affordable group homes and senior housing, nutritious meals for needy families, community services including adult day health, home care and home health care services, and education for clients and caregivers. FSL is a nonprofit organization in the state of Arizona whose mission is to provide home and community services and develop energy efficient, affordable housing to promote health, independence and dignity for all.



---

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans; Offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---

**Health Journeys**

<https://www.healthjourneys.com/audio-library/military>

Offers guided meditation tools that assist veterans and other members of the military with symptoms of traumatic brain injury, military sexual trauma and military PTSD.

---

**HelpGuide - Mental Health and Wellness**

<https://www.helpguide.org/>

Provides information on handling grief and bereavement, including coping with loss, stages of grief and how to find help to cope with grief.

---

**Humana Military - Continued Health Care Benefits Program (CHCBP)**

<https://www.humanamilitary.com/beneficiary/benefit-guidance/special-programs/chcbp/>

Renders temporary transitional military health care coverage to qualified beneficiaries after TRICARE eligibility ends. Continued Health Care Benefits Program (CHCBP) is not a TRICARE program, but it does offer similar coverage, benefits, providers and program rules.

---

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

---



**Intrepid Fallen  
Heroes Fund**

<https://www.fallenheroesfund.org/>

Offers facilities for treating wounded heroes suffering from traumatic brain injuries (TBI). The Intrepid Fallen Heroes Fund (IFHF) has ten treatment facilities, Intrepid Spirit Centers, on military bases across the nation.

**Jewish Association  
Serving The Aging**

<https://www.jasa.org/>

Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

**Lutheran Social  
Service of  
Minnesota -  
Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**MedlinePlus**

<https://medlineplus.gov/>

Learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. MedlinePlus links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

**Mental Health  
America**

<https://mhanational.org/>

Provides mental health resources and information including where to get help in your community. Mental Health America (MHA)'s national office in Alexandria, VA, and its affiliates and associates around the country offer programs and initiatives to promote mental health and prevent mental illness through advocacy, education, research and services.



---

**Mission Adult Care Services**

<https://www.msscconnections.org/>

Provides information on the Mission Center Adult Day Service in Midland, Texas, that provides quality health care and activity programs for elderly adults and disabled individuals in a safe, enriching environment that offers caregiver respite and family support.

---

**My HealtheVet (MHV)**

<https://www.myhealth.va.gov/index.html>

Manage VA health care through the online portal. My HealtheVet can help Veterans access VA medical records, organize personal health information, and schedule health care appointments.

---

**National Alliance on Mental Illness**

<https://www.nami.org/>

Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. The National Alliance on Mental Illness (NAMI) is a mental health association of local affiliates working to raise community awareness and provide support and education about mental illness.

---

**National Intrepid Center of Excellence**

[https://tricare.mil/mtf/WalterReed/Health-Services/M\\_S/NICoE](https://tricare.mil/mtf/WalterReed/Health-Services/M_S/NICoE)

Provides evaluation, treatment planning, research and education dedicated to providing care to Service Members and families dealing with traumatic brain injuries and psychological health conditions. The National Intrepid Center of Excellence (NICoE) offers therapy sessions for individuals and families.

---



**Navy Reserve - Psychological Health Outreach Program**

<https://www.public.navy.mil/nrh/Pages/PHOP.aspx>

Ensures Marine Corps and Navy reservists and their families have access to psychological health care services. Psychological Health Outreach Program (PHOP) services are free and confidential but is not an emergency or first responder service.

**Nevada Department of Health & Human Services - Aging & Disability Services Division**

<http://adsd.nv.gov/Programs/Physical/Physical/>

Offers programs and services that help Nevada residents with disabilities go to work or care for themselves or be cared for in their homes and community rather than in a care facility. The Aging and Disability Services Division (ADSD) in the state of Nevada, Department of Health and Human Services, represents Nevada's elders, children and adults with disabilities or special health care needs.

**New Hampshire Bureau of Elderly & Adult Services**

<https://www.dhhs.nh.gov/dcbcs/beas/index.htm>

Helps elderly and disabled New Hampshire residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services which provide support for the individuals and their families.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



---

---

**Patient Access  
Network Foundation**

<https://www.panfoundation.org/>

Helps underinsured people with life-threatening, chronic and rare diseases get the medications and treatments they need by assisting with their out-of-pocket costs and advocating for improved access and affordability.

---

---

**Rebuilding  
America's Warriors**

<https://www.rebuildingamericaswarriors.com/>

Provides free reconstructive surgery to wounded and disfigured active duty warriors and Veterans of all wars post 2001. Rebuilding America's Warriors (RAW) offers board certified surgeons in all major specialties including dental.

---

---

**Semper Fi Fund**

<https://semperfifund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

---

---

**Steven A. Cohen  
Military Family  
Clinic at the  
University of  
Pennsylvania**

<https://www.med.upenn.edu/mfc/>

Provides high quality mental health care at no cost for Veterans and Service Members. The Steven A. Cohen Military Family Clinic at the University of Pennsylvania offers early morning and evening hours, transportation assistance, and telehealth to help military families easily access the care they deserve.





**Substance Abuse & Mental Health Services Administration**

<https://www.samhsa.gov/>

Helps reduce the impact of substance abuse and mental illness on America's communities. The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

**Traumatic Brain Injury Center of Excellence**

<https://nrd.gov/resource/detail/19751087/Traumatic+Brain+Injury+Center+of+Excellence>

Promotes state-of-the-science care from point-of-injury to reintegration for service members, veterans, and their families to prevent and mitigate consequences of mild to severe TBI.

**TRICARE**

<https://www.tricare.mil/>

Provides comprehensive coverage to all eligible TRICARE beneficiaries including health plans, special programs, prescriptions and dental plans. TRICARE, a government managed health insurance, is the health care program for uniformed Service Members, retirees, and their families.

**TRICARE - Injured on Active Duty**

<https://www.tricare.mil/wii>

Explains TRICARE health care programs and benefits for Service Members who are injured on active duty.

**TRICARE - Publications**

<https://www.tricare.mil/smart>

Provides resources for TRICARE including online materials that are available to view, print, or download.



### **TRICARE - Tobacco Cessation**

<https://tricare.mil/tobaccocessation>

Offers information on tobacco cessation services covered under TRICARE, including health conditions, health care benefits and more. Find help to quit smoking through TRICARE's 24-hour support line.

### **TRICARE - Transitional Assistance Management Program (TAMP)**

<https://tricare.mil/tamp>

Provides transitioning Service Members and eligible family members 180 days of transitional health care benefits after regular TRICARE benefits ends. TAMP eligibility is determined by the Services and documented in the Defense Enrollment Eligibility Reporting System (DEERS). You need to register in DEERS.

### **TRICARE Overseas Program**

<http://www.tricare-overseas.com/>

Provides health coverage to military members living abroad.

### **That All May Read**

<https://www.loc.gov/programs/national-library-service-for-the-blind-and-print-disabled/about-this-service/>

Offers a free braille and talking book library service for people with temporary or permanent low vision, blindness, or a physical disability that prevents them from reading or holding the printed page.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**VA - Home Telehealth Services**

<https://telehealth.va.gov/type/home>

Get information on how the VA uses technologies that allows medical teams to check older Veterans health conditions through telephone, cellular modem and cell phones.

**VA - Moving Forward**

<https://www.veterantraining.va.gov/movingforward/index.asp>

Offers free online life coaching program to Service Members, Veterans and their families overcome life challenges such as: stress, relationship problems, financial difficulties, personal injuries, family life and adjustment issues.

**VA - Spinal Cord Injuries & Disorders System of Care**

<http://www.sci.va.gov/>

Offers a coordinated life-long continuum of services for Veterans with a spinal cord injury or disorder.

**VA Blind Rehabilitation Services**

<https://www.rehab.va.gov/blindrehab/>

Supports blind and low vision Veterans and active duty Servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.

**VA Caregiver Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.



### **VA Foreign Medical Program**

<https://www.va.gov/COMMUNITYCARE/programs/veterans/fmp/index.asp>

Get information on the VA's Foreign Medical Program that is designed to manage the health care benefits program for Veterans who are residing or traveling abroad and have VA-rated, service-connected disabilities.

### **VA National Center for PTSD**

<https://www.ptsd.va.gov/index.asp>

Provides information and tools for providers to help with the assessment and treatment of post-traumatic stress disorder (PTSD). The National Center for PTSD also offers resources and support to help families and friends understand and manage the symptoms of PTSD.

### **VA Office of Community Care**

<https://www.va.gov/communitycare/>

Provides information on situations where Veterans may need to receive care from a local community care provider that is paid for by the VA.

### **VA PTSD Program**

<https://www.va.gov/directory/guide/PTSD.asp>

Provides a directory of all VA medical centers that offer post-traumatic stress disorder (PTSD) treatment, even if there is no specific PTSD program. Many Vet Centers and VA Community Based Outpatient Clinics also offer PTSD treatment.

### **VA Polytrauma & TBI System of Care**

<https://www.polytrauma.va.gov/index.asp>

Offers an integrated network of specialized rehabilitation programs dedicated to serving Veterans and Service Members with both combat and civilian related traumatic brain injury (TBI) and polytrauma. Polytrauma network sites (PNS) are located in each Veterans Integrated Service Network (VISN) throughout the United States.



### **VA Vet Centers Readjustment Counseling**

[https://www.vetcenter.  
va.gov/index.asp](https://www.vetcenter.va.gov/index.asp)

Offers free and confidential counseling to eligible Veterans, Service Members and their families. Vet Centers, located across the US and surrounding territories, provide readjustment counseling to help transition from military to civilian life or after a traumatic event experienced in the military.

### **VA War Related Illness & Injury Study Center**

[https://www.  
warrelatedillness.va.gov/](https://www.warrelatedillness.va.gov/)

Provides post-deployment health expertise to Veterans and their health care providers through clinical care, research, education, and risk communication. The War Related Illness and Injury Study Center (WRIISC) is a national program dedicated to Veterans' post-deployment health concerns and unique health care needs.

### **Virginia Department for the Aging - Caregiving Information**

[https://vda.virginia.gov/  
familycaregiversupport.  
htm](https://vda.virginia.gov/familycaregiversupport.htm)

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

### **Vision Center of Excellence**

<https://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. Vision Center of Excellence strives to improve vision health of Service Members and Veterans.

### **Warrior Canine Connection**

[https://  
warriorcanineconnection.  
org/](https://warriorcanineconnection.org/)

Utilizes Service Members and Veterans with combat stress in the critical mission of training service dogs for fellow Wounded Warriors.



---

**YouCanQuit2 -  
Tobacco Cessation  
Campaign**

<https://www.ycq2.org/>

Offers tools and information from the Department of Defense to help quit smoking.

---

**afterdeployment.org**

<https://www.afterdeployment.org>

Provides a variety of behavioral health information for Service Members, Veterans and military families.

---

# Hospice



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Aging Commission of the Mid-South

<https://shelbycountyn.gov/3433/Aging-Commission-of-the-Mid-South>

Provides funding to a variety of community programs that support healthy aging.

## Alaska Division of Senior & Disabilities Services

<http://dhss.alaska.gov/dsds/Pages/default.aspx>

Offers information to families and caregivers in the State of Alaska including where to turn for support and assistance as well as services for caregivers.

## Arizona Department of Economic Security - Home & Community Living Supports

<https://des.az.gov/services/older-adults/home-community-based-services>

Connects to services from the Arizona Department of Aging & Adult Services to encourage and assist those with a disability or senior citizens to live independently.

## Arkansas Department of Veterans Affairs - Fayetteville Veterans Home

<http://www.veterans.arkansas.gov/homes/ASVH-F>

Provides residential, nursing, hospital and rehabilitative care for Arkansas Veterans, their spouses and Gold Star parents.



---

**Bon Secours  
Hospice Services**

<http://hospicerichmond.com/>

Provides added support and comfort from hospice team members who visit patients and their families regularly to give care, answer questions, teach new caretaking skills, and make each day as meaningful as possible while patients continue to receive care from their own physician. The Bon Secours Hospice program cares for the patient's whole being – body, mind and spirit – and provides support for the patient's family and friends as they accompany their loved one on the end-of-life journey.

---

**California  
Department  
of Aging**

<http://www.aging.ca.gov/>

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) contracts with a network of local agencies who directly manage a wide array of federal and state funded services that provide meals, help finding employment and other supportive services to assist older individuals as well as younger adults with disabilities.

---

**Caregiver Resource  
Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

---





<b>Caregiverlist</b>	<a href="http://www.caregiverlist.com/">http://www.caregiverlist.com/</a>	Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.
<b>Centennial Adultcare Center</b>	<a href="http://centennialadultcare.com/">http://centennialadultcare.com/</a>	Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimer's and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.
<b>Commonwealth of Pennsylvania Department of Health</b>	<a href="https://www.health.pa.gov">https://www.health.pa.gov</a>	Provides programs and services that benefit the health, safety and well-being of all Pennsylvanians. The Bureau of Community Health Systems, through the six health districts, operates a network of state health centers and supports public health programs throughout the commonwealth.
<b>Delaware - Division of Services for Aging &amp; Adults with Physical Disabilities</b>	<a href="https://www.dhss.delaware.gov/dsaapd/">https://www.dhss.delaware.gov/dsaapd/</a>	Helps older residents of Delaware to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.



**Delaware Division of Services for Aging and Adults with Physical Disabilities**

<https://dhss.delaware.gov/dhss/dsaapd/services.html>

Provides a broad range of services to support older persons, persons with disabilities, and caregivers.

**District of Columbia Office on Aging**

<https://dcoa.dc.gov/>

Helps older Washington, DC residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Encompass Health**

<https://www.encompasshealth.com/>

Supports patients and caregivers with compassionate end-of-life hospice care. Encompass Health provides inpatient and home health care at locations across the U.S.

**Fedcap Rehabilitation Services - Home Health Care**

<http://www.fedcap.org/home-health-care/>

Provides an array of services to youth and adults helping thousands each year graduate from high school, obtain vocational certification or a college degree, become work ready, obtain meaningful employment and achieve long term economic well-being.



### Haven Hospice

<http://www.havenhospice.com>

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

### Healing Household 6

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### Heartland Hospice Care

<https://www.heartlandhospice.com/>

Provides hospice care and supportive services during an advanced illness in communities and neighborhoods across the country. Heartland offers both patient services and family support to help with pain and symptom management, equipment and supplies, bereavement services and more.



---

**Hearts Home Healthcare**

<https://www.heartshomehealthcare.com/>

Provides health care services for those residing in Sacramento County, Yolo County, Placer County and El Dorado county.

---

**Horizon Health**

<https://www.horizonhealthservices.org/>

Provides assisted care for any age in Morrison County and the City of Brainerd including elderly and adults living with disabilities, essential home care services, remote patient monitoring and hospice. Horizon Health offers a variety of senior housing options with lodging for Veterans or men with disabilities.

---

**Hospice & Community Care - Veterans**

<https://www.hospiceandcommunitycare.org/hospice-care/care-for-veterans/>

Provides medical, emotional and spiritual support for individuals and families who are coping with a life-limiting illness. Hospice care focuses on comfort for individuals of all ages with any serious illness who have weeks or months rather than years to live.

---

**Hospice Foundation of America**

<https://hospicefoundation.org/>

Educates the public and health care professionals about death, dying and grief. Hospice Foundation of America informs people of their options when they are facing a life-limiting illness, how hospice can help make the journey easier, and how to cope with grief.

---

**Hospice of Marion County - Veterans Care**

<https://www.hospiceofmarion.com/veteran-services/>

Delivers comfort care and support to those with advanced illness in the final days of life. Hospice of Marion County is dedicated to helping family members and caregivers through the end-of-life transition of their loved one.

---



<b>InnovAge</b>	<a href="https://www.myinnovage.com">https://www.myinnovage.com</a>	Provides customized healthcare and social engagement to keep seniors independent and living at home, primarily through the Program of All-inclusive Care for the Elderly, or PACE. Headquartered in Denver, InnovAge offers PACE in Colorado, California, New Mexico, Pennsylvania, and Virginia.
<b>Institute on Aging - Support Services &amp; Caregiver Training</b>	<a href="https://www.ioaging.org/">https://www.ioaging.org/</a>	Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.
<b>Jewish Association Serving The Aging</b>	<a href="https://www.jasa.org/">https://www.jasa.org/</a>	Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.
<b>Kokua Kalihi Valley Comprehensive Family Services - Hawaii</b>	<a href="https://www.kkv.net/">https://www.kkv.net/</a>	Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.
<b>Lutheran Social Service of Minnesota - Respite Care</b>	<a href="https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care">https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care</a>	Supports Minnesota caregivers through counseling, support groups and education to meet their needs.



---

**Minnesota  
Department of  
Human Services**

<https://mn.gov/dhs/>

Provides essential services to Minnesota's most vulnerable residents. The Minnesota Department of Human Services offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more.

---

**Mountain Valley  
Hospice &  
Palliative Care**

<https://www.mtnvalleyhospice.org/we-honor-veterans>

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness. Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that Veterans and their families may face at the end of life.

---

**National Alliance  
For Caregiving**

<http://www.caregiving.org/>

Provides information and resources to help caregivers maintain the well-being of those in their care. The National Alliance for Caregiving (NAC) conducts research, does policy analysis, develops national best-practice programs, and helps increase public awareness of family caregiving issues.

---



**National Hospice & Palliative Care Organization**

<https://www.nhpco.org/>

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

**National Hospice Foundation**

<https://www.nationalhospicefoundation.org/>

Offers programs and services focused on improving the quality of hospice and palliative care for Veterans and their families in communities across the US. The National Hospice Foundation (NHF) is the fundraising affiliate of the National Hospice and Palliative Care Organization (NHPCO), supporting the development of resources for individuals and their families facing serious and life limiting illness, raising awareness and increasing access to hospice and palliative care, and providing ongoing professional education and skills development to hospice and palliative care professionals.

**New Hampshire Bureau of Elderly & Adult Services**

<https://www.dhhs.nh.gov/dcbcs/beas/index.htm>

Helps elderly and disabled New Hampshire residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services which provide support for the individuals and their families.



---

**New Jersey -  
Division of Aging  
& Community  
Services**

<https://www.state.nj.us/humanservices/doas/home/>

Helps elderly New Jersey residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

---

**Northern  
Virginia Veterans  
Association**

<https://www.novavets.org/>

"Coordinates and case manages through a continuum of services, offer warm hand-offs and

provide follow-up until all needs are satisfied. Northern Virginia Veterans Association serves elderly, disabled, health-challenged and underserved Veterans."

---

**Oregon Department  
of Human Services  
- Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

---

**Patriot Hospice &  
Palliative Care**

<http://www.patriotcares.com/>

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides Veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

---





**Pleasant Hearts  
Private Care &  
Nurse Staffing**

<http://www.pleasanthearts.com>

Provides non-skilled and skilled health care services for people with a disability, senior companion care, live in support, respite care, wounded care, and more. Pleasant Hearts Private Care And Nurse Staffing services Maryland, Washington D.C. and Virginia.

**The Central  
& Southern  
Ohio Region of  
the American  
Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star  
Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**West Virginia  
Bureau of Senior  
Services**

<http://www.wvseniorservices.gov/>

Helps older residents of West Virginia to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services that support and empower the elderly and their families.



# ARMY OneSource

**Army OneSource (AOS)** is a Secretary of the Army Initiative to provide comprehensive community support and service delivery for Service members, their Families, and veterans, regardless of component or geographic location.

Through State Community Support Coordinators (SCSCs), AOS is committed to heightening awareness and developing cohesive community support systems across the country to effectively address and serve the unique challenges of Military life.

## Find information on:

### Family Programs and Services

- Army Family Action Plan
- Army Family Team Building
- Employment Readiness
- Exceptional Family Member Program
- Family Advocacy Program
- Financial Readiness
- Mobilization, Deployment, & Stability Support Ops
- New Parent Support Program
- Soldier and Family Assistance Center
- Survivor Outreach Services
- Victim Advocacy Program

### Child, Youth, and School Services

- Child Development Centers
- Community Partnerships
- Family Child Care Homes
- Instructional Classes
- School Age Services
- School Support
- Sports & Fitness
- Venture Point
- Youth Services

### Education & Careers

- Civilian Employment
- Education Assistance
- Military Spouse Career Support
- Transitioning Assistance

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

# Maintenance & Home Care Assistance



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

## Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.



---

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---

**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

---

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

---



**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**R.A.I.N. Total Care**

<https://www.raininc.org/>

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities.

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.



**Virginia Department  
for the Aging  
- Caregiving  
Information**

[https://vda.virginia.gov/  
familycaregiversupport.  
htm](https://vda.virginia.gov/familycaregiversupport.htm)

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

# Mental Health



<b>10 CAN</b>	<a href="http://www.10CAN.us">http://www.10CAN.us</a>	Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.
<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>Brain Injury Association of Tennessee</b>	<a href="https://braininjurytenn.org/">https://braininjurytenn.org/</a>	Provides a list of support groups and additional resources and links in Tennessee for people living with TBI.
<b>Cape Fear Council of Governments - Full Circle Ministries</b>	<a href="https://capefearcog.org/resourceguide/full-circle-ministries-2/">https://capefearcog.org/resourceguide/full-circle-ministries-2/</a>	Offers information to families and caregivers in the State of North Carolina including where to turn for support and assistance as well as services for caregivers.
<b>Caregiver Resource Directory</b>	<a href="http://warriorcare.dodlive.mil/caregiver-resources/">http://warriorcare.dodlive.mil/caregiver-resources/</a>	Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.



---

**Caregiverlist**

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

**Developmental Disabilities Institute**

<https://www.ddiny.org/>

Serves children and adults with autism and other developmental disabilities, providing educational, residential, habilitative, vocational, transportation and service coordination support to the Long Island community.

---

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---





**GI Go Fund  
Veterans Center**

<https://www.gigo.org/>

Provides assistance to all military Veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings corporate, educational, and nonprofit partners together in support of giving Veterans from throughout the country every tool and benefit they need to thrive.

**Healing  
Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Institute on Aging -  
Support Services &  
Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Kokua Kalihi Valley  
Comprehensive  
Family Services  
- Hawaii**

<https://www.kkv.net/>

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.



**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Mary's Center - Health Care Services**

<https://maryscenter.org/>

Embraces all communities and provides high-quality healthcare, education, and social services to build better futures.

**Mental Health America of Hawaii**

<http://mentalhealthamericaofhawaii38.cloverpad.org/>

Promotes mental wellness through education, advocacy, and service and strives to reduce the stigma of mental illness and improve the overall care, treatment and empowerment of Hawaii's children, adults, elders or their family members with mental illnesses.

**Mental Health America of Palm Beach County**

<https://mentalhealthpbc.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services for Florida residents dealing with mental health issues.

**Mental Health Association In New Jersey**

<https://www.mhanj.org/>

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services.

**Mental Health Association of Rhode Island**

<https://mhari.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness.

**NAMI Arizona**

<http://www.namiarizona.org/>

Offers a free monthly meeting of caregivers of individuals with a mental illness where family members can talk frankly about their challenges and help one another through their learned wisdom. NAMI Arizona is a statewide grassroots organization dedicated to improve the quality of life and achieve recovery for mental illness by promoting activities, in partnership with local NAMI affiliates, through education, advocacy, research, and support.

**National Alliance on Mental Illness - Rhode Island**

<http://www.namirhodeisland.org/>

Provides support to people in Rhode Island with mental illness and their family members and friends, educates professionals and the public about mental illness and advocates for improved services for all people with mental illness.

**National Alliance on Mental Illness - South Carolina**

<http://www.namisc.org>

Works to improve the quality of life and treatment for people in South Carolina with mental illness and their families through education, support and advocacy.

**National Alliance on Mental Illness - Wyoming**

<https://www.facebook.com/NAMIWyoming307/>

Provides advocacy, research, support, and education about serious mental illness for consumers, families and friends of people living with mental illnesses in Wyoming.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



---

---

### **Powerful Tools For Caregivers**

[https://www.  
powerfultools  
forcaregivers.org/](https://www.powerfultoolsforcaregivers.org/)

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

---

---

### **RAICES - Senior Centers**

<https://www.raices.us/>

Responds to the unmet needs of the Latino, African-American and low-income community and seeks to improve their quality of life through advocacy and the direct provision of targeted services with work across the generations and a particular emphasis on the needs of older adults.

---

---

### **Resounding Joy - Music Therapy**

[https://resoundingjoyinc.  
org/](https://resoundingjoyinc.org/)

Offers music therapy to help Service Members and Veterans combat stress and trauma. Resounding Joy's team of music therapists use a variety of music based interventions including interactive music making, songwriting, therapeutic instrument instruction, lyric analysis, guided relaxation to music, and improvisation.

---

---

### **The Central & Southern Ohio Region of the American Red Cross**

[https://www.redcross.  
org/local/ohio/buckeye.  
html](https://www.redcross.org/local/ohio/buckeye.html)

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



---

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---

### **The Soldiers Project**

<https://www.thesoldiersproject.org/>

Offers free confidential and unlimited mental health services for post 9/11 Veterans, active duty Service Members and their loved ones, regardless of discharge status, branch of service, or combat experience. The Soldiers Project also provides trainings in best clinical practices to thousands of clinicians via in-person conferences, symposia and online webinars.

---

### **Virginia Department for the Aging - Caregiving Information**

<https://vda.virginia.gov/familycaregiversupport.htm>

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

---



# 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. The Directory assists 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!



### FACEBOOK

@NationalResourceDirectory

### TWITTER

@NRDgov

# Military Caregiver Lifestyle



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

## Catch a Lift Program

<http://www.catchaliftfund.com/>

Offers a year round wellness program for combat injured Veterans to regain mental and physical health and a grant for home equipment or gym membership to eligible Veterans that were combat injured in Iraq and/or Afghanistan with a VA rating of 50% and above. The Catch A Lift Fund enables post 9/11 combat wounded Veterans across the U.S. to recover and rehabilitate through physical fitness, motivation and support.

## Cell Phones for Soldiers

<https://www.cellphonesforsoldiers.com/>

Offers free calling cards and SPAWAR pins to deployed Service Members.



### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Honor Flight Central Florida**

<https://honorflightcentralflorida.org/>

Transports heroes to Washington, D.C. to visit and reflect at their memorials at no cost to them. Top priority is given to senior Veterans - World War II survivors, along with those other veterans who may be terminally ill.





### Horses Healing Heroes

<http://www.horseshealingheroes.org/>

Assists Veterans, police officers, firemen, prison guards, children, anyone suffering from post-traumatic stress disorder (PTSD), through equine assisted psychotherapy (EAP). Horses Healing Heroes (HHH) helps overcome fears and build confidence through working with horses.

### Horses4Heroes

<http://horses4heroes.org/>

Offers low-cost horseback riding programs and activities for local Service Members, Veterans, first responders and their families, including camps, lessons, birthday parties, field trips, and corporate outings. The Horses4Heroes Family Equestrian Center is located off Lone Mountain near Buffalo, NV.

### Institute on Aging - Support Services & Caregiver Training

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### Lutheran Social Service of Minnesota - Respite Care

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

### Military One Source - Parenting

[https://www.militaryonesource.mil/leaders-service-providers/parenting?content\\_%20id=266691](https://www.militaryonesource.mil/leaders-service-providers/parenting?content_%20id=266691)

Helps parents and expectant parents develop skills needed to provide a nurturing environment and healthy family. Military OneSource offers free online parenting information, resources and tips.



---

### **Operation Showers of Appreciation**

<http://osoamil.org/>

Supports family services such as baby showers, diaper programs and baby supply packages for active-duty military, Veterans, reservists, wounded warriors, first responders and their families living across the United States and in Southern California.

---

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

---

### **The Carrying On Project**

<http://www.carryingonproject.org/>

Provides baby carriers to military families that could not get a carrier otherwise or without unnecessary hardship. The Carrying on Project (TCOP) also helps families connect with other military friends through TCOP playdate events.

---

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---



<p><b>The Gold Star Ride Foundation</b></p>	<p><a href="https://www.goldstarride.org/">https://www.goldstarride.org/</a></p>	<p>Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.</p>
<p><b>United Through Reading</b></p>	<p><a href="https://unitedthroughreading.org/">https://unitedthroughreading.org/</a></p>	<p>Provides an online tool so a deployed parent can record themselves reading a book, then send the recording home. With United Through Reading, military families can still read together even when they are apart.</p>
<p><b>Veterans Restorative Project</b></p>	<p><a href="https://veteransrestorativeproject.org/">https://veteransrestorativeproject.org/</a></p>	<p>Offers free iRest mindfulness meditation programs for qualified Veterans and family members in over 50 VA or military settings across the United States. Veterans Restorative Project (VRP) iRest programs help Veterans restore resilience to relax deeply, sleep better, lower stress and anxiety, relieve pain, handle thoughts and emotions, and respond appropriately to each life circumstance.</p>



# Exceptional Family Member (EFMP)

**Managing the care and services for a family member with special needs** — whether it's a spouse, child, or dependent adult — is a lot easier with the right support. The best place to start is to enroll them in the military-wide Exceptional Family Member Program.

**Find out about enrollment in the Exceptional Family Member Program:** Family members need to be enrolled in the Exceptional Family Member Program if they meet the criteria for special medical and/or educational needs. Check out the program and what it provides.

**Contact the Exceptional Family Member Program Family Support office**  
*[www.militaryonesource.mil/efmp](http://www.militaryonesource.mil/efmp)*

# Modifications & Special Equipment



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

## Cell Phones for Soldiers

<https://www.cellphonesforsoldiers.com/>

Offers free calling cards and SPAWAR pins to deployed Service Members.



---

**Computer Accommodations Program**

<https://www.cap.mil/>

Provides assistive technology and accommodations to support individuals with disabilities and wounded, ill and injured Service Members throughout the federal government in accessing information and communication technology. Computer/Electronic Accommodations Program (CAP) technologies can be used to maintain, increase, or improve an individual's job performance and are available to accommodate people with all types of disabilities including both apparent physical disabilities as well as hidden cognitive disabilities.

---

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---

**GreenCare for Troops**

<https://projectevergreen.org/greencare-for-troops/>

Connects eligible military families across the nation to complimentary lawn and landscape services.

---



### Healing Household 6

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### Help Our Military Heroes

<https://www.helpourmilitaryheroes.org>

Provides adaptive minivans to wounded, injured, and ill military heroes. Help Our Military Heroes (HOMH) is a non-profit organization dedicated to providing fully equipped, adaptive minivans to our country's most severely wounded, injured, and ill Service Members who sustained their injuries while on active duty.

### Helping A Hero

<http://www.helpingahero.org/home-program>

Provides specially adapted homes for qualifying Service Members in planned communities where they receive ongoing support from neighbors. Helping a Hero also offers additional support programs such as marriage retreats, caregiver retreats, recreational activities, emotional support, and financial support.



---

**Homes for Our Troops**

<https://www.hfotusa.org/>

Provides specially adapted custom homes nationwide for severely injured post-9/11 Veterans. Homes for Our Troops (HFOT) builds these homes where the Veteran chooses to live, and supports the Veterans after home delivery providing assistance with employment, education, training, health, and other issues.

---

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

---

**Lean On Me - Canes for Veterans**

<https://www.miwoodcarvers.com/cane-project>

Carves and provides sturdy canes with service emblems for injured Veterans.

---

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

---

**Operation Finally Home**

<http://operationfinallyhome.org/>

Provides custom built, mortgage free homes to Service Members who have become wounded, ill, or injured as a result of their service in the defense of our country, regardless of the campaign in which they served. The Veteran selection process for Operation Finally Home begins when a builder is found who is willing to build a home in a particular region.

---





**Oregon Department of Human Services - Caregiving** <http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx> Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Rural Caregivers** <https://engineering.purdue.edu/~bng/Caregiving/index.html> Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region. Rural Caregivers offers links to other sites and care resources that can be downloaded.

**Semper Fi Fund** <https://semperfifund.org/> Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

**Soldiers Angels** <https://soldiersangels.org/> Provides aid and comfort to Service Members, their families, and through a hunger relief program that hosts Veteran mobile food distributions in a growing number of cities. Soldiers' Angels Team angels send care packages and letters, bake homemade treats, create unique handmade items, and more.



**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**VA Automobile Allowance and Adaptive Equipment**

<https://www.benefits.va.gov/compensation/claims-special-auto-allowance.asp>

Get information on the VA program that provides automobile allowances and adaptive equipment for Veterans with certain service-connected disabilities.

**VA Blind Rehabilitation Services**

<https://www.rehab.va.gov/blindrehab/>

Supports blind and low vision Veterans and active duty Servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.



### **VA Clothing Allowance**

[http://www.benefits.va.gov/compensation/claims-special-clothing\\_allowance.asp](http://www.benefits.va.gov/compensation/claims-special-clothing_allowance.asp)

Provides information about a disability compensation benefit known as an annual clothing allowance. If your clothing been damaged by your prosthetic or orthopedic device (such as a wheelchair) or by the medicine you're taking for a skin condition, you may be able to get money each year to help you buy new clothes.

### **VA Home Loans**

<http://www.homeloans.va.gov/>

Provides information about the benefits, eligibility and application details of VA home loans that feature a guarantee enabling the lender to provide you with more favorable terms. VA helps Service Members, Veterans, and eligible surviving spouses to buy, build, repair, retain, or adapt a home.

### **VA Rehabilitation & Prosthetic Services**

<https://www.prosthetics.va.gov/>

Offers VA programs for rehabilitation and prosthetic services supporting Veterans with disabilities. VA's Rehabilitation and Prosthetic Services is responsible for chiropractic, blind, polytrauma/TBI programs, medical rehabilitation, prosthetic and sensory aids services, the amputation system of care, and more.

# VA Grants for Home Modifications

**Specially Adapted Housing (SAH) Grant:** The SAH grant is designed to help provide a barrier-free living environment which 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 \$73,768.

**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 \$14,754. 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 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](http://www.benefits.va.gov/homeloans/adaptedhousing.asp)*

# Online Social Networking



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## BrainLine

<https://www.brainline.org/index.php>

Offers a traumatic brain injury resource for social workers. BrainLine is an educational tool to assist social workers in their clinical interactions with brain injury clients by increasing their knowledge about TBI, outlining useful skills to work with TBI clients, and highlighting useful resources for TBI clients and their family members.

## Caregiver Action Network

<http://caregiveraction.org/>

"Provides education, peer support, and resources for family caregivers across the country free of charge.

## Caregiver Action Network o

## Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.



---

**CaringBridge**

<https://www.caringbridge.org/>

Offers a CaringBridge free website to stay connected through social support with family, friends and peers during a health crisis, treatment and recovery. Sites are easy to create, personalize, no data is shared, and they are secure.

---

**DoD Recovery Coordination Program**

<http://warriorcare.dodlive.mil/carecoordination/recovery-coordination/>

Provides the support of Recovery Care Coordinators (RCCs) to wounded, ill and injured Service Members to develop a comprehensive recovery plan (CRP) getting the non-medical support they need to create the life they want. Service Members may self refer or be referred by medical or administrative personnel, military service wounded, ill, and injured program staff or a family member.

---

**ExtendaTouch**

<https://extendatouch.com/>

Offers a free online service for caregivers to connect with peers on specific topics of interest for discussion and support. ExtendaTouch members can generously provide knowledge, support and assistance reciprocally to the caregiver community.

---



### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **Green Beret Foundation - Steel Mags**

<https://greenberetfoundation.org/steel-mags/>

Offers an elite sisterhood of females who serve to strengthen both the Green Berets they love as well as the Regiment, all while empowering each other. The Steel Mags Sisterhood is a national group established by the Green Beret Foundation, with the goal of addressing the unique needs of qualifying female family members of United States Army Special Forces soldiers.

### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.



---

---

### Hope For The Warriors

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

---

---

### Institute on Aging - Support Services & Caregiver Training

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

---

---

### Love Our Vets

<https://www.loveourvets.org/>

Provides resources for understanding post-traumatic stress disorder (PTSD). Love Our Vets, a book and blog on PTSD and Veterans, offers hope, encouragement, practical help, and connection for all loved ones of those who serve or have served in the military, especially those who battle PTSD.

---

---

### Lutheran Social Service of Minnesota - Respite Care

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

---

---

### Military One Source

<https://www.militaryonesource.mil/>

Provides resources and 24/7 support for Service Members and their families including information on education and employment, moving, relocation and deployment tools, taxes and much more.

---

---





**Military.com - Spouse Buzz**

<https://www.military.com/spousebuzz>

Offers information from military benefits to lifestyle.

**Open Caregiving**

<https://www.opencaregiving.com/>

Provides caregiving resources, stories, and support from a community that cares. Open Caregiving offers stories written by real caregivers who want to give back and share their experiences with others.

**Operation Homefront**

<https://www.operationhomefront.org/>

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Recovery Coordination Program - Caregiver Resources**

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

Provides caregiver resources for individuals caring for disabled, sick or wounded Service Members or Veterans.



---

**Semper Fi Fund**

<https://semperfifund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

---

**Sesame Street for Military Families**

<https://sesamestreetformilitaryfamilies.org/>

Offers support and education to help military kids. The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

---

**Share The Caregiving**

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

---

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



**The Gold Star  
Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**The Yellow  
Ribbon Fund**

<https://yellowribbonfund.org/>

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.

**U.S. Special  
Operations  
Command  
(USSOCOM) Warrior  
Care Program**

<https://www.socom.mil/care-coalition>

Supports the rehabilitation and reintegration of Special Operations Command wounded warriors.

**United Service  
Organizations**

<http://www.uso.org>

Provides live entertainment, social facilities, and other programs to Service Members, Veterans and their families. United Service Organizations (USO) are located in airports throughout the county offering 24 hour hospitality services to traveling military members.

**VA Caregiver  
Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.



### **Veterans Families United Foundation**

<http://www.veteransfamiliesunited.org/>

Offers educational tools and resources, support, peer support and information for Oklahoma Veterans and their families dealing with war-related illness and trauma. Veterans Families United Foundation connect Veterans and their families to resources and services to meet their needs.

### **Vets4Warriors**

<https://www.vets4warriors.com/>

Provides 24/7 access to a peer who understands the military community and the challenges they face, and offers support whenever they confront an issue wherever they are in the world. Vets4Warriors, housed at the Rutgers University Behavioral Health Care national call center in New Jersey, is a peer support network, complementing the government resources available to Service Members and Veterans.

### **Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.

# Peer Support & Mentoring



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>American Red Cross</b>	<a href="https://www.redcross.org/">https://www.redcross.org/</a>	Provides disaster relief and support to those in crisis, lifesaving blood at local blood donation centers, health and safety training to prepare for and respond in emergencies, and 24/7 global emergency communication services and other support in military and Veteran health care facilities across the country. The Red Cross, also known as The American National Red Cross, is a humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education in the United States.
<b>Blue Star Families</b>	<a href="http://www.bluestarfam.org/">http://www.bluestarfam.org/</a>	Serves as a bridge between the families of Servicemen and women and housing, emergency, education and other support services.



---

### Caregiver Action Network

<http://caregiveraction.org/>

"Provides education, peer support, and resources for family caregivers across the country free of charge. Caregiver Action Network offers information to help navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers, and from a young couple dealing with a diagnosis of MS to adult children caring for parents with Alzheimer's disease."

---

### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

---

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---



**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

**Green Beret Foundation**

<http://www.greenberetfoundation.org/>

Offer valuable case by case assistance to Green Beret families including help with transitioning to life after service, in whatever ways are needed. The Green Beret Foundation provides direct and continuous support to the Green Beret community by connecting them with the right resources to prosper and thrive during and after military service.



---

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

---

**Iraq & Afghanistan Veterans of America**

<https://iava.org/>

Provides personalized support and growth opportunity for Iraq and Afghanistan Veterans. Membership in Iraq and Afghanistan Veterans of America (IAVA) is free and helps to connect Veterans with national leaders, industry experts, and peer mentors.

---

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.





### **Make the Connection**

<http://makeetheconnection.net/>

Provides an online resource to connect Veterans, their family members and friends, and other supporters with information, resources, and solutions to issues affecting their lives. In addition to powerful stories about life experiences, MakeTheConnection.net provides information about signs, symptoms, and conditions that are related to mental health and well-being.

### **Marine Parents**

<https://www.marineparents.com/>

Provides support, information, and services to Marines and their family members, and create opportunities for the public to support our troops through the organization's outreach programs.

### **Military & Veteran Caregiver Network**

<https://milvetcaregivernetwork.org/>

Offers peer support and services to connect caregivers with resources and mentors. The Military and Veteran Caregiver Network (MVCN) provides military and Veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

### **Narcotics Anonymous**

<https://www.na.org/meetingsearch/>

Offers a 12-step program and meetings for people who are addicted to non-prescribed narcotics. Narcotics Anonymous (NA) programs are available in major cities throughout the United States.



---

**Open Caregiving**

<https://www.opencaregiving.com/>

Provides caregiving resources, stories, and support from a community that cares. Open Caregiving offers stories written by real caregivers who want to give back and share their experiences with others.

---

**Operation Homefront**

<https://www.operationhomefront.org/>

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

---

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

---

**Paralyzed Veterans of America**

<https://www.pva.org/>

Provides resources and professional services to catastrophically disabled Veterans, their caregivers, and their families. Paralyzed Veterans of America advocates for quality health care, spinal cord research, VA benefits and civil rights for Veterans and all people with disabilities.

---

**Powerful Tools For Caregivers**

<https://www.powerfultoolsforcaregivers.org/>

Offers classes that help caregivers take better care of themselves while caring for a friend or relative.

---



### Share The Caregiving

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### Stand Beside Them

<http://www.standbesidethem.org>

Offers free coaching for Veterans, their family members and caregivers to achieve success at home, at work, and in the New York community. Coaching specialties at Stand Beside Them include career development, executive leadership, life and relationships, health and wellness, and small business development.

### The Central & Southern Ohio Region of the American Red Cross

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



---

### **The Foundation for Exceptional Warriors**

<https://www.exceptionalwarriors.org/>

Offers free adventure activities and events for exceptional warriors (wounded in combat, decorated for valor, Special Operations, prisoners of war) and their Gold Star family members to promote healing and unite peers. The Foundation for Exceptional Warriors (FEW) provides retreats, mentoring, and a support network of other Veterans who are able to connect, accept, and support them.

---

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---

### **The Yellow Ribbon Fund**

<https://yellowribbonfund.org/>

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.

---



### **VA Coaching Into Care**

<https://www.mirecc.va.gov/coaching/>

Provides a national telephone service to educate, support, and empower family members and friends who are seeking mental health care or services for a Veteran. The VA has launched a telephone service, Coaching into Care, to provide assistance to family members and friends trying to encourage their Veteran to seek health care for possible readjustment and mental health issues.

### **VeteranCaregiver.com**

<http://www.veterancaregiver.com/>

Provides online peer support for those who care, through short videos, responses to questions, postings, radio podcasts, meetups, and resources. Caregivers from both the active duty and Veteran community assist in recommending and vetting new online features to best support family caregivers, wounded warriors, and service families for VeteranCaregiver.com, a division of WiseHealth, Inc.

### **Veterans Families United Foundation**

<http://www.veteransfamiliesunited.org/>

Offers educational tools and resources, support, peer support and information for Oklahoma Veterans and their families dealing with war-related illness and trauma. Veterans Families United Foundation connect Veterans and their families to resources and services to meet their needs.



---

**Wounded Warrior Project (WWP)**

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.

---

# Pet & Service Animal Assistance



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>Assistance Dogs International</b>	<a href="https://assistedogsinternational.org/">https://assistedogsinternational.org/</a>	Works to improve the training, placement and utilization of assistance dogs, including guide dogs for people with visual impairments, hearing dogs for people with hearing impairments and service dogs for people with other disabilities.
<b>Caregiver Resource Directory</b>	<a href="http://warriorcare.dodlive.mil/caregiver-resources/">http://warriorcare.dodlive.mil/caregiver-resources/</a>	Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.
<b>Caregiverlist</b>	<a href="http://www.caregiverlist.com/">http://www.caregiverlist.com/</a>	Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.



### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

### **Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.





### **Mutts With A Mission - Service Dog Training**

<https://www.muttswithamission.org/>

Trains Veterans and Wounded Warriors and their dogs as service dog teams in order to return them to the independent living environment they sacrificed as a result of injuries received while serving in the military.

### **Operation Freedom Paws**

<https://operationfreedompaws.org/>

Matches dogs with individuals who have Post Traumatic Stress (PTS), Complex-Post Traumatic Stress (CPTS) and/or Traumatic Brain Injury (TBI) symptoms, or other physical, neurological, psychological or mobility needs.

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

### **Patriot Paws - Service Dogs**

<https://patriotpaws.org/>

Trains service dogs to provide assistance to disabled Veterans.

### **Puppies Behind Bars**

<https://puppiesbehindbars.com/>

Trains prison inmates to raise service dogs for wounded war Veterans and first responders, as well as explosive-detection canines for law enforcement. Dog Tags Service Dogs was established by Puppies Behind Bars (PBB) to provide service dogs to combat Veterans returning home from Iraq (OIF) and Afghanistan (OEF) who have suffered a physical injury, including traumatic brain injury (TBI) or post-traumatic stress disorder (PTSD).



---

**Semper Fi Fund**

<https://semperfund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

**Soldier's Best Friend**

<https://soldiersbestfriend.org/>

Provides military Veterans living with combat-related post-traumatic stress disorder (PTSD) or traumatic brain injury (TBI) with service or therapeutic companion dogs, most of which are rescued from local shelters. Soldier's Best Friend has training locations in Phoenix, Tucson, Prescott, Sierra Vista, and Flagstaff, AZ.

**Southeastern Guide Dogs**

<http://www.guidedogs.org/>

Provides service dogs and a lifetime of follow-up at no cost to Veterans living with post-traumatic stress disorder (PTSD) or other disabilities. Southeastern Guide Dogs, a nonprofit with a national reach, creates elite working dogs and offers life-changing services for people with vision loss, Veterans with disabilities, and children with significant challenges such as vision loss or the loss of a parent in the military.

---



**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**VA Rehabilitation & Prosthetic Services**

<https://www.prosthetics.va.gov/>

Offers VA programs for rehabilitation and prosthetic services supporting Veterans with disabilities. VA's Rehabilitation and Prosthetic Services is responsible for chiropractic, blind, ploytrauma/TBI programs, medical rehabilitation, prosthetic and sensory aids services, the amputation system of care, and more.

**Warrior Canine Connection**

<https://warriorcanineconnection.org/>

Utilizes Service Members and Veterans with combat stress in the critical mission of training service dogs for fellow Wounded Warriors.

# Veterans Service Organization (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 the VA.

A directory of VSOs can be found at: [www.va.gov/VSO](http://www.va.gov/VSO)

# Rest & Relaxation



---

<b>10 CAN</b>	<a href="http://www.10CAN.us">http://www.10CAN.us</a>	Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.
<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>ARCH National Respite Network &amp; Resource Center</b>	<a href="https://archrespice.org/">https://archrespice.org/</a>	Provides information on how to find and choose respite care. The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.
<b>Army Morale, Welfare &amp; Recreation</b>	<a href="https://www.armymwr.com/">https://www.armymwr.com/</a>	Provides support and leisure programs and services for Service Members, their families, civilian employees, and military retirees. Army MWR provides free and discounted recreation to military personnel and their families.

---



### Caregiver Healing Foundation

<https://www.facebook.com/CHFINC/>

Runs self healing retreats and care packages to support military and Veteran caregivers. Caregiver Healing Foundation retreats are located in Southern California.

### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### Coming Home Project

<https://cominghomeproject.net/>

Offers free confidential psychological counseling and evaluation for Iraq and Afghanistan Veterans and their families in the greater San Francisco Bay Area. Coming Home Project addresses the emotional, social, moral, and spiritual injuries and the family challenges experienced during all stages of deployment, especially reintegration.



### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

### **GreenCare for Troops**

<https://projectevergreen.org/greencare-for-troops/>

Connects eligible military families across the nation to complimentary lawn and landscape services.

### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Ho'ola Farms - Veterans Services**

<https://www.hoolafarms.org/>

Serves military Veterans, caregivers, first-responders and their families by providing opportunities to heal, connect, learn, grow and thrive.



**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Lone Survivor Foundation**

<http://www.lonesurvivorfoundation.org>

Provides support to both the Service Members and their families through education, coping skills and reducing symptoms of stress.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**McDowell Senior Center - Veterans Services**

<https://www.mcdowellseniorcenter.org/veterans.html>

Assists military Service Members, Veterans and their families in Marion, NC.

**National Military Family Association**

<http://www.militaryfamily.org/>

Provides education and information regarding rights, benefits, and services for military families. The National Military Family Association (NMFA) also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, resilience strengthening experiences, and healing adventures.





**New York City  
Parks - Resources  
For Seniors**

<https://www.nycgovparks.org/seniors>

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. From sports to nature walks, from dancing under the stars to laps in the pool, older adults can continue to lead physically active lives through sports, fitness, and outdoor adventure.

**Operation  
Homefront**

<https://www.operationhomefront.org/>

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded Veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

**Operation Second  
Chance**

<http://www.operationsecondchance.org/>

Provides financial and community support for wounded, injured or ill Veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping Veterans transition back into civilian life, reconnect with family, and build a network of peers.

**Oregon Department  
of Human Services  
- Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



---

**Project New Hope**

<http://www.projectnewhope.net/>

Offers a wilderness getaway for the whole family to repair family relationships and foster family togetherness. Project New Hope, located in Underwood, MN, provides the family retreats at no cost.

---

**Project Sanctuary - Therapeutic Retreats**

<https://projectsanctuary.us/>

Helps military families thrive with six-day, therapeutic retreats and additional years of family support services. Our evidenced-based program is the only program that treats the entire family, helping veterans, spouses, caregivers, and kids heal together.

---

**Semper Fi Fund**

<https://semperfifund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

---

**Strong Bonds**

<https://www.strongbonds.org/>

Helps Army families re-connect with their spouse and family. Strong Bonds is a Army chaplain sponsored couple and family retreats conducted in an offsite setting.

---

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

---



### **The Foundation for Exceptional Warriors**

<https://www.exceptionalwarriors.org/>

Offers free adventure activities and events for exceptional warriors (wounded in combat, decorated for valor, Special Operations, prisoners of war) and their Gold Star family members to promote healing and unite peers. The Foundation for Exceptional Warriors (FEW) provides retreats, mentoring, and a support network of other Veterans who are able to connect, accept, and support them.

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

### **The Yellow Ribbon Fund**

<https://yellowribbonfund.org/>

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide Veterans and their families with practical support and offer recreational and respite events to caregivers.



---

---

**United Service Organizations**

<http://www.uso.org>

Provides live entertainment, social facilities, and other programs to Service Members, Veterans and their families. United Service Organizations (USO) are located in airports throughout the county offering 24 hour hospitality services to traveling military members.

---

**VA Caregiver Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.

---

**VA Health Care - Respite Care**

[https://www.va.gov/GERIATRICS/pages/Respite\\_Care.asp](https://www.va.gov/GERIATRICS/pages/Respite_Care.asp)

Learn about how to qualify for VA respite care and access an application to apply for respite care benefits.

---

**Veterans Campground on Big Marine Lake**

<https://vetscampmn.org/>

Offers a family campground on Big Marine Lake with 24 cabins, 167 RV sites, 15 tent sites, cabin rentals, boat rentals, golf cart rentals, boat launch, marina, swimming beach, and more. Veterans Campground on Big Marine Lake is open to all honorably discharged and serving Veterans.

---

**Veterans Restorative Project**

<https://veteransrestorativeproject.org/>

Offers free iRest mindfulness meditation programs for qualified Veterans and family members in over 50 VA or military settings across the United States. Veterans Restorative Project (VRP) iRest programs help Veterans restore resilience to relax deeply, sleep better, lower stress and anxiety, relieve pain, handle thoughts and emotions, and respond appropriately to each life circumstance.

---



**Virginia Department  
for the Aging  
- Caregiving  
Information**

[https://vda.virginia.gov/  
familycaregiversupport.  
htm](https://vda.virginia.gov/familycaregiversupport.htm)

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

**Willing Warriors**

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

Provides cost-free retreats and programs that positively impact wounded, ill, or injured Service Members, disabled Veterans, and their families. The Warrior Retreat at Bull Run is the flagship program of Willing Warriors offering a place for warriors to get away from military hospitals in the National Capital Region with their families to relax, enjoy quality time, and reconnect in a comfortable home-like setting.

# Respite Care for Caregivers



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

*For more information: [www.tricare.mil/lifeevents/injuredonAD/benefits](http://www.tricare.mil/lifeevents/injuredonAD/benefits)*

# Respite Care



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## AARP - American Association of Retired Persons

<https://www.aarp.org/>

Offers information for Veterans and their families on issues like financial security, fraud, VA benefits and caregiving. AARP membership is discounted for Service Members, Veterans and their spouses who are 50+ years of age.

## ARCH National Respite Network & Resource Center

<https://archrespite.org/>

Provides information on how to find and choose respite care. The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community.

## Aging Commission of the Mid-South

<https://shelbycountyttn.gov/3433/Aging-Commission-of-the-Mid-South>

Provides funding to a variety of community programs that support healthy aging.

## Aim Oak Personalized Care LLC

<http://www.aimoakhomehealth.com>

Provides personal in-home care to residents in West Tennessee. The staff at Aim Oak Personalized Care works with you and your doctor to develop and manage a personalized home health plan that's most affordable convenient for you.



---

**Alabama Lifespan Respite Resource Network**

<http://www.alabamarespite.org/>

Offers respite services for caregivers in Alabama. The Alabama Lifespan Respite Resource Network helps increase access to and availability of respite resources for all caregivers in Alabama.

---

**Alaska Division of Senior & Disabilities Services**

<http://dhss.alaska.gov/dsds/Pages/default.aspx>

Offers information to families and caregivers in the State of Alaska including where to turn for support and assistance as well as services for caregivers.

---

**Arizona Caregiver Coalition**

<https://azcaregiver.org/>

Provides support and advocacy for family caregivers in Arizona. The Arizona Caregiver Coalition was developed through the Governor's Advisory Council on Aging and serves a mandated role as part of the Arizona Lifespan Respite Program.

---

**Arizona Department of Economic Security - Home & Community Living Supports**

<https://des.az.gov/services/older-adults/home-community-based-services>

Connects to services from the Arizona Department of Aging & Adult Services to encourage and assist those with a disability or senior citizens to live independently.

---

**Believe In Tomorrow Children's Foundation**

<https://believeintomorrow.org/>

Gives military families with priority space and care at hospitals and respite facilities while critically ill children receive treatment at military facilities. Believe In Tomorrow Children's Foundation helps families stay together during a child's medical care at treatment facilities.

---





**Cabarrus County  
Veterans Services**

<https://cabarruscounty.us/departments/veterans-services>

Assists Veterans with navigating VA programs and benefits such as compensation, Veterans pension, survivors pension, appeals, Veterans healthcare, survivor benefits, education options, home loan guaranty, employment, transportation, adult and aging services, and senior resources. The Cabarrus County Veterans Services office provides professional and timely assistance to Veterans and their family members, free of charge.

**California  
Department  
of Aging**

<http://www.aging.ca.gov/>

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) contracts with a network of local agencies who directly manage a wide array of federal and state funded services that provide meals, help finding employment and other supportive services to assist older individuals as well as younger adults with disabilities.

**Cape Fear Council  
of Governments  
- Full Circle  
Ministries**

<https://capefearcog.org/resourceguide/full-circle-ministries-2/>

Offers information to families and caregivers in the State of North Carolina including where to turn for support and assistance as well as services for caregivers.



---

### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

---

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

### Caring From a Distance

<http://www.cfad.org/>

Connects caregivers to information and local resources when caring for an aging parent or other loved one who lives in a far away location, including basic information on what to do and decision making tools for difficult choices. Caring From a Distance offers a free online searchable directory of eldercare information and also has referral experts available for phone consultations.

---



**Centennial  
Adultcare Center**

[http://  
centennialadultcare.com/](http://centennialadultcare.com/)

Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimer's and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.

**Child Care Aware  
of Minnesota -  
Military Families**

[https://www.  
childcareawaremn.org/  
families/military-families/](https://www.childcareawaremn.org/families/military-families/)

Provides links to child care resources for Military personnel in the state of Minnesota.

**Delaware - Division  
of Services for  
Aging & Adults with  
Physical Disabilities**

[https://www.dhss.  
delaware.gov/dsaapd/](https://www.dhss.delaware.gov/dsaapd/)

Helps older residents of Delaware to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Delaware Division  
of Services for  
Aging and Adults  
with Physical  
Disabilities**

[https://dhss.delaware.  
gov/dhss/dsaapd/  
services.html](https://dhss.delaware.gov/dhss/dsaapd/services.html)

Provides a broad range of services to support older persons, persons with disabilities, and caregivers.

**Developmental  
Disabilities Institute**

<https://www.ddiny.org/>

Serves children and adults with autism and other developmental disabilities, providing educational, residential, habilitative, vocational, transportation and service coordination support to the Long Island community.



## **Easterseals**

<https://www.easterseals.com/>

Provides disability services, with additional support in areas serving Veterans, military families, seniors, and caregivers. Easterseals offers various affiliate services for Veterans and military caregivers across the U.S. including programs for employment, education and overall wellness.

## **Easterseals Iowa**

<https://www.easterseals.com/ia/>

Provides support services to promote independence and opportunities for individuals in Iowa with disabilities or special needs. Easterseals Iowa advocates for, connects with and provides support services for military Service Members, Veterans, and their families, as they integrate back into local communities in Iowa.

## **Easterseals New York**

<https://www.easterseals.com/newyork/>

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs that help Service Members and Veterans reintegrate into the civilian workforce, including programs for homeless Veterans.

## **Eldercare Locator - Adult Day Care**

[https://eldercare.acl.gov/Public/Resources/Factsheets/Adult\\_Day\\_Care.aspx](https://eldercare.acl.gov/Public/Resources/Factsheets/Adult_Day_Care.aspx)

Explains what adult day care is, how centers operate and what to look for in an adult day care center.



**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

**Family Voices of Alabama**

<http://www.familyvoicesal.org/>

Promotes health care issues related to children, youths and those with special needs to improve programs and policies. Family Voices of Alabama connects families of special needs kids together for support and empowerment.

**Family Voices of Minnesota**

<http://www.familyvoicesofminnesota.org/>

Promotes health care issues related to children, youths and those with special needs to improve programs and policies in Minnesota. Family Voices of Minnesota connects families of special needs kids together for support and empowerment.

**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.

**GetCareSC**

<https://www.getcaresc.com/>

Helps citizens of South Carolina connect to local resources in their communities. Enter your zip code to find your local agency on aging that can help you find services in your area.



---

**GetCareSC Program**

<https://www.getcaresc.com/>

Helps citizens of South Carolina connect to local resources in their communities.

---

**Guam - Department of Integrated Services for Individuals with Disabilities**

<http://disid.guam.gov/>

Helps eligible individuals with disabilities, especially individuals with significant disabilities, to achieve employment and community independence through the provision of quality vocational rehabilitation services.

---

**Haven Hospice**

<http://www.havenhospice.com>

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

---

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---



### **Heartland Hospice Care**

<https://www.heartlandhospice.com/>

Provides hospice care and supportive services during an advanced illness in communities and neighborhoods across the country. Heartland offers both patient services and family support to help with pain and symptom management, equipment and supplies, bereavement services and more.

### **Helping Hands Outreach**

<https://holdingfordhelpinghands.org>

Serves seniors and adults in Minnesota with disabilities by providing transportation, light housekeeping, health and wellness education and respite care for caregivers.

### **Helping Hands of Vegas Valley - Nevada**

<https://hhovv.org/>

Helps elderly individuals remain independent and healthy through free social services programs available in Nevada such as: transportation assistance, respite care vouchers and food delivery. Helping Hands of Vegas Valley welcomes volunteers to assist with deliveries and working in the pantry.

### **Idaho - National Family Caregiver Support Program**

<https://aging.idaho.gov/caregiver/>

Offers information to Idaho families and caregivers on where to go for support and assistance.

### **Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.



**Intergenerational Center at Temple University - Family Friends**

<https://education.temple.edu/igc/programs/family-friends>

Offers a community outreach program that serves eligible, formal/informal kinship households and additional families who have special needs. Family Friends is a program of the Intergenerational Center at Temple University which focuses on long-term relationships with families and mentors seeking to decrease caregiver stress and isolation.

**Iowa Department on Aging**

<https://www.iowaaging.gov/>

Helps older residents of Iowa to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Jewish Association Serving The Aging**

<https://www.jasa.org/>

Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

**Kansas Lifespan Respite Coalition**

[https://www.kdads.ks.gov/commissions/home-community-based-services-\(hcbs\)/kansas-respite-for-caregivers/kansas-lifespan-respite-coalition](https://www.kdads.ks.gov/commissions/home-community-based-services-(hcbs)/kansas-respite-for-caregivers/kansas-lifespan-respite-coalition)

Supports Kansas caregivers through community awareness, public and political advocacy, education, and collaboration, and by providing a statewide respite care system.

**Kokua Kalihi Valley Comprehensive Family Services - Hawaii**

<https://www.kkv.net/>

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.





**LINK of Hampton Roads**

<http://www.linkhr.org/>

Provides emergency financial assistance, counseling and referral to other agency providers, and other outreach services. LINK of Hampton Roads offers medical respite care for homeless male Veterans during their recovery from mental health and/or addiction, amputations, cancer treatments, surgeries or other serious issues.

**Legacy Corps for Veterans and Military Families**

<https://theseniorsource.org/legacy-corps/>

Offers military and Veteran caregivers support services to help them maintain a healthy and balanced life while caring for their loved one. Legacy Corps' community-based support programs include: respite care, transportation services, community resources and social events.

**Lifespan Respite Program**

<http://dhhs.ne.gov/Pages/Respite.aspx>

Pays someone living in Nebraska to come into the home to take care of an individual with special needs and give the primary caregiver a temporary break. Find by searching for CFS-1400 or Lifespan Respite Subsidy Program Application.

**Lutheran Services Carolinas**

<https://lscarolinas.net/tbi-services/>

Offers programs across North and South Carolina that provide shelter and supportive services to adults with serious and persistent mental illness, developmental disabilities and traumatic brain injury. Lutheran Services Carolinas, a member agency of Lutheran Services in America (LSA), provides health and human services through the Lutheran ministry.



**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Maryland Department of Aging - Family Caregiver Support Program**

<http://aging.maryland.gov/Pages/National-Family-Caregiver-Support.aspx>

Helps Maryland family and informal caregivers through a variety of services designed to reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

**Mental Health America of Rockland County**

<http://www.mharockland.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to those confronting mental health problems and their loved ones.

**Minnesota Department of Human Services**

<https://mn.gov/dhs/>

Provides essential services to Minnesota's most vulnerable residents. The Minnesota Department of Human Services offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more.

**Minnesota Help - Senior Link**

<https://www.minnesotahelp.info/SpecialTopics/Seniors>

Provides statewide resources for Minnesota seniors, their families and caregivers.



**Missouri  
Department of  
Health & Senior  
Services**

<https://health.mo.gov/>

Offers senior and disability services for residents of Missouri including caregiver support, help for independent living, and advocacy for elderly people who are too frail to speak up for themselves.

**National Adult  
Day Services  
Association**

<https://www.nadsa.org/>

Provides information about locating adult day care centers in your state and resources for caregivers and families, including information on regulations for adult day care centers and selecting quality providers.

**National Alliance  
For Caregiving**

<http://www.caregiving.org/>

Provides information and resources to help caregivers maintain the well-being of those in their care. The National Alliance for Caregiving (NAC) conducts research, does policy analysis, develops national best-practice programs, and helps increase public awareness of family caregiving issues.

**National Family  
Caregiver Support  
Program - Florida**

[http://elderaffairs.state.fl.us/does/caregiver\\_support.php](http://elderaffairs.state.fl.us/does/caregiver_support.php)

Offers information to Florida families and caregivers on where to go for support and assistance.

**National Youth  
Advocate Program**

<https://www.nyap.org/>

Advocates for the rights of children, youth and families in Ohio, West Virginia, Indiana, Georgia, South Carolina, Illinois, Florida and Kentucky. The National Youth Advocate Program (NYAP) offers services to help with prevention and intervention including alcohol and other drug treatment and mental health.



**Nebraska Lifespan Respite Network**

<https://nrns.ne.gov/respite/search/>

Provides temporary relief to those who are caring for family members with special needs.

**New Jersey - Division of Aging & Community Services**

<https://www.state.nj.us/humanservices/doas/home/>

Helps elderly New Jersey residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**Niagara County NY - Social Services**

<http://www.niagaracounty.com/socialservices/>

Provides information on local social service programs including: food stamps, cash assistance, medical assistance, medical transportation, child services, nursing homes, adult services, employment services, day care and the Home Energy Assistance Program.

**No Wrong Door Virginia**

<https://www.nowrongdoorvirginia.org/>

Supports older adults, caregivers, individuals with disabilities, Veterans and families through a network of providers, linked through a secure technology system, allowing your information to be shared safely, with your permission, to quickly and easily connect you to services. No Wrong Door Virginia is a virtual network of shared resources and supports across the state of Virginia.

**Ohio Department of Aging - Caregiver Support**

<http://aging.ohio.gov/caregiversupport>

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.



**Oregon Department  
of Human Services  
- Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Patriot Hospice &  
Palliative Care**

<http://www.patriotcares.com/>

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides Veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

**Pleasant Hearts  
Private Care &  
Nurse Staffing**

<http://www.pleasanthearts.com>

Provides non-skilled and skilled health care services for people with a disability, senior companion care, live in support, respite care, wounded care, and more. Pleasant Hearts Private Care And Nurse Staffing services Maryland, Washington D.C. and Virginia.

**Respite Care  
Association of  
Wisconsin**

<https://respitecarewi.org/live/>

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin (RCAW) supports and advocates for quality respite care for Wisconsin families.

**Rosalynn Carter  
Institute for  
Caregiving**

<http://www.rosalynncarter.org/>

Provides caregivers with effective supports to promote caregiver health, skills and resilience. The Rosalynn Carter Institute for Caregiving programs support professional and family caregivers through community advocacy, education, research and other services as needed.



### **Share The Caregiving**

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### **Sittercity**

<https://www.sittercity.com/>

Offers an online sitter app to connect families with sitters for a variety of needs including babysitter, nanny, child care, special needs, companion care and pet sitter.

### **Southwestern Pennsylvania Area Agency on Aging**

<http://www.swpa-aaa.org/>

Provides health programs and social services for older adults in Fayette, Greene, and Washington counties. Southwestern Pennsylvania Area Agency on Aging services include caregiver support, adult day care, home-delivered meals, senior community centers, care management, transportation, and more.

### **TRICARE Respite Care**

<https://tricare.mil/CoveredServices/IsItCovered/RespiteCare>

Explains temporary relief coverage and benefits available to military primary caregivers. Respite care is available to primary caregivers of Service Members who have a serious injury that has resulted in or may result in a physical disability or an extraordinary physical or psychological condition.



**The Center  
for Volunteer  
Caregiving**

[https://  
volunteercaregiving.org/](https://volunteercaregiving.org/)

Offers free services to help older adults and adults with disabilities in Wake County live independently for as long as possible. The Center for Volunteer Caregiving trained volunteers provide friendly visits, light housekeeping, escorted transportation to medical appointments and food stores, shopping services for people who cannot leave their home, telephone check-ins, and caregiver respite.

**The Central  
& Southern  
Ohio Region of  
the American  
Red Cross**

[https://www.redcross.org/  
local/ohio/buckeye.html](https://www.redcross.org/local/ohio/buckeye.html)

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

**The Gold Star  
Ride Foundation**

[https://www.goldstarride.  
org/](https://www.goldstarride.org/)

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

**Travis Mills  
Foundation -  
Retreats for  
Wounded Warriors**

[https://  
travismillsfoundation.org/  
our-retreat#about-the-  
retreat](https://travismillsfoundation.org/our-retreat#about-the-retreat)

Offers a retreat center for wounded veterans and their families. Travis Mills Foundation helps Veterans and their families overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.



**U.S. Special Operations Command (USSOCOM) Warrior Care Program**

<https://www.socom.mil/care-coalition>

Supports the rehabilitation and reintegration of Special Operations Command wounded warriors.

**United States Veterans Chamber of Commerce**

<http://www.usvcc.org/>

Supports transitioning wounded, ill, and injured Service Members, their families, and caregivers through recovery care coordination, military caregiver support, resiliency, and adaptive sports programs. The United States Veterans Chamber of Commerce (USVCC) support areas include education, employment, wellness, business, and family.

**Upper Peninsula Commission for Area Progress Services**

<http://upcap.org/>

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Advocates for those with low to moderate income levels, disabilities, Veterans and the homeless.

**VA Caregiver Support**

<https://www.caregiver.va.gov/>

Offers a variety of support programs for eligible caregivers of Veterans.

**VA Health Care - Respite Care**

[https://www.va.gov/GERIATRICS/pages/Respite\\_Care.asp](https://www.va.gov/GERIATRICS/pages/Respite_Care.asp)

Learn about how to qualify for VA respite care and access an application to apply for respite care benefits.

**VA Respite Care Information - The Importance of Taking a Break from Caregiving**

<https://www.cidrr8.research.va.gov/rescue/community-resources/respite-care.cfm#why-it-is-important>

Get information, offered by the VA, on the importance of taking a break from caregiving.





**VA Services for Family Caregivers of Post-Sept. 11 Veterans**

[https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

Explains additional VA services available to seriously injured post-9/11 Veterans and their family caregivers through the new Comprehensive Assistance for Family Caregivers Program.

**Vermont Developmental Disabilities Services Division**

<https://ddsd.vermont.gov/>

Helps older Vermont residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Virginia Department for the Aging - Caregiving Information**

<https://vda.virginia.gov/familycaregiversupport.htm>

Works collaboratively with local area agencies on aging and the Virginia Caregiver Coalition to offer education and support services for families and caregivers.

**Virginia Easy Access**

<http://www.easyaccess.virginia.gov/>

Connects older adults, individuals with disabilities, Veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

**Virginia Office for Aging Services of the Division for Community Living**

<https://vda.virginia.gov/>

Helps older Virginians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.



### **VirginiaNavigator**

<https://virginiannavigator.org/>

Provides free information about health, aging, disability and post-military resources available in Virginia. VirginiaNavigator helps people with disabilities, Veterans, older Virginians, caregivers and their families access local resources, such as transportation, caregiver support, respite care, recreation, rehabilitation, in-home assistance, benefit assistance and more.

### **Washington County New York - Caregiver Support Services**

<https://washingtoncountyny.gov/149/Caregiver-Support-Services>

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks.

### **West Virginia Bureau of Senior Services**

<http://www.wwseniorservices.gov/>

Helps older residents of West Virginia to be as independent as possible for as long as possible through advocacy, development and delivery of policies and programs and services that support and empower the elderly and their families.

### **Willing Warriors**

<http://www.willingwarriors.org/>

Provides cost-free retreats and programs that positively impact wounded, ill, or injured Service Members, disabled Veterans, and their families. The Warrior Retreat at Bull Run is the flagship program of Willing Warriors offering a place for warriors to get away from military hospitals in the National Capital Region with their families to relax, enjoy quality time, and reconnect in a comfortable home-like setting.



---

### **Wisconsin Family Caregiver Support Program**

<https://www.dhs.wisconsin.gov/aging/caregiver.htm>

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.

---

### **Wounded Warriors Family Support**

<http://www.wvfs.org/>

Provides both financial and psychological support to the families of Service Members who have been wounded, injured or killed during combat operations. Wounded Warriors Family Support programs include caregiver respite, Veteran training, family retreats, custom outfitted vehicles, Veteran baskets, a residence providing long term care for Veterans with spinal cord and traumatic brain injuries, and more.

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

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

*For more information: [www.dol.gov](http://www.dol.gov)*

# Sports & Recreation



## 10 CAN

<http://www.10CAN.us>

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Adaptive Adventures

<https://adaptiveadventures.org/who-we-serve/>

Provides injured Veterans and active duty military the opportunity to return to the level of fitness and activity that they had prior to being wounded. Adaptive Adventures collaborates with VA medical centers, military hospitals, WTUs, WTBs and other Veteran service organizations to impact Veterans and their families throughout the country.

## Alabama Head Injury Foundation

<https://www.ahif.org/>

Works to increase public awareness of Traumatic Brain Injury (TBI) and to stimulate the development of supportive services.



### **Blue Star Families**

<http://www.bluestarfam.org/>

Serves as a bridge between the families of Servicemen and women and housing, emergency, education and other support services.

### **Caregiver Resource Directory**

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### **Catch a Lift Program**

<http://www.catchaliftfund.com/>

Offers a year round wellness program for combat injured Veterans to regain mental and physical health and a grant for home equipment or gym membership to eligible Veterans that were combat injured in Iraq and/or Afghanistan with a VA rating of 50% and above. The Catch A Lift Fund enables post 9/11 combat wounded Veterans across the U.S. to recover and rehabilitate through physical fitness, motivation and support.

### **Center for American Military Music Opportunities**

<https://www.cammomusic.org/>

Provides opportunities to wounded warriors and Veterans to heal through music. Connects Service Members with industry talent development specialists, offers training and education, and presents performances, concerts and workshops.



### **Challenged Athletes Foundation - Operation Rebound Program**

<http://www.challengedathletes.org/programs/operation-rebound>

Provides grant opportunities and support to military Veterans, Service Members and first responders with permanent physical injuries. Challenged Athletes Foundation (CAF)'s Operation Rebound program assists with reintegration through sports and fitness.

### **Disabled Sports USA**

<https://www.disabledsportsusa.org/>

Offers community sports, recreation, and educational programs to individuals with disabilities. The Disabled Sports USA membership network is made up of organizations that provide local, regional, and/or national sports programming to athletes with disabilities nationwide.

### **Easterseals**

<https://www.easterseals.com/>

Provides disability services, with additional support in areas serving Veterans, military families, seniors, and caregivers. Easterseals offers various affiliate services for Veterans and military caregivers across the U.S. including programs for employment, education and overall wellness.

### **Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.



### **Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

### **Healing Warrior Hearts**

<https://www.healingwarriorhearts.org/>

Provides retreats dedicated to healing the emotional, moral and spiritual wounds for Veterans and their families at locations in Wisconsin and Texas throughout the year. The Starfish Foundation, a nonprofit organization, sponsors Healing Warrior Hearts and offers the programs at no cost to military Veterans and their families.

### **Heroes on the Water**

<https://heroesonthewater.org>

Offers no expense kayak fishing trips and other family focused events for Veterans, first responders and their families through local chapters throughout the country. Heroes on the Water programs incorporate structured activities helping to reduce the impact of post-traumatic stress and traumatic brain injury while providing camaraderie and support.





## Higher Ground

<https://www.highergroundusa.org>

Offers sports rehabilitation programs, including winter skiing, aquatic sports, competition and special sports events, to anyone with a permanent disability. From the hiking trails of western New York to the mountaintops of Idaho to the surf of Los Angeles, Higher Ground is deploying the nation's top recreational therapists and mental health professionals to give people of all abilities (especially our nation's Veterans) the emotional and social tools they need to feel like they belong.

## Honor Flight Central Florida

<https://honorflightcentralflorida.org/>

Transports heroes to Washington, D.C. to visit and reflect at their memorials at no cost to them. Top priority is given to senior Veterans - World War II survivors, along with those other veterans who may be terminally ill.

## Hope For The Warriors

<https://www.hopeforthewarriors.org/>

Offers a variety of national support programs focused on clinical health and wellness, sports and recreation and transition for combat wounded Service Members and Veterans, their families and families of the fallen. Hope For The Warriors provides a variety of support programs including Military Spouse and Caregiver Scholarships and Run For The Warriors.

**Horses4Heroes**

<http://horses4heroes.org/>

Offers low-cost horseback riding programs and activities for local Service Members, Veterans, first responders and their families, including camps, lessons, birthday parties, field trips, and corporate outings. The Horses4Heroes Family Equestrian Center is located off Lone Mountain near Buffalo, NV.

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Lone Survivor Foundation**

<http://www.lonesurvivorfoundation.org>

Provides support to both the Service Members and their families through education, coping skills and reducing symptoms of stress.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Military Warriors Support Foundation**

<http://www.militarywarriors.org/programs>

Provides support programs to help combat wounded heroes and Gold Star families transition from the military to civilian life. Military Warriors Support Foundation programs focus on housing and homeownership, recreational activities and transportation assistance, and leadership development.



### **New York City Parks - Resources For Seniors**

<https://www.nycgovparks.org/seniors>

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. From sports to nature walks, from dancing under the stars to laps in the pool, older adults can continue to lead physically active lives through sports, fitness, and outdoor adventure.

### **Operation One Voice**

<https://www.operationonevoice.org>

Helps with the financial needs of children and families of wounded and fallen Special Operation Forces. Operation One Voice offers volunteer opportunities.

### **Operation Teammate**

<http://www.operationteammate.org/>

Provides sporting experiences, mentoring and community ambassador opportunities for military children. Operation Teammate provides a solution to ease the pain for military children experiencing hardships throughout the year while their parents are deployed.

### **Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

### **Resounding Joy - Music Therapy**

<https://resoundingjoyinc.org/>

Offers music therapy to help Service Members and Veterans combat stress and trauma. Resounding Joy's team of music therapists use a variety of music based interventions including interactive music making, songwriting, therapeutic instrument instruction, lyric analysis, guided relaxation to music, and improvisation.



### **Semper Fi Fund**

<https://semperfund.org/>

Provides urgently needed resources and support for combat wounded, critically ill and catastrophically injured Service Members and their families. The Marine Semper Fi Fund assists Service members with resources needed during their recovery and throughout their transition back to their communities.

### **Strive Recreational Therapy**

<https://striverts.com/>

Provides adaptive recreational and consulting services for individuals with disabilities and Veterans with post traumatic stress syndrome. The certified team of recreational therapists at Strive offer its clients the skills and tools needed to function in society and increase their quality of life.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.



### United Service Organizations

<http://www.uso.org>

Provides live entertainment, social facilities, and other programs to Service Members, Veterans and their families. United Service Organizations (USO) are located in airports throughout the county offering 24 hour hospitality services to traveling military members.

### Warrior Wellness Solutions

<https://www.warriorwellnessolutions.org>

Teaches holistic and integrative recreational therapy educational classes to disabled Service Members and their caregivers. The Warrior Wellness Solutions programs are designed to build confidence and decrease feelings of depression.

### Wave Academy

<http://www.waveacademy.org/>

Offers warm water therapy to Service Members and Veterans who have experienced trauma or are dealing post-traumatic stress disorder (PTSD). Wave Academy also offers therapy for the caregivers who are supporting loved ones during their recovery.

### Wounded Warrior Project (WWP)

<http://www.woundedwarriorproject.org/>

Offers programs and services to support Veterans, caregivers and families of Veterans who incurred a physical or mental injury or illness on or after September 11, 2001. Wounded Warrior Project helps Service Members transition to civilian life.



**Wounded  
Warriors in Action  
Foundation**

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

Offers a no cost opportunity for Purple Heart recipients to participate in outdoor sporting activities in Florida. The Wounded Warriors in Action Foundation (WWIA) does this to recognize combat wounded Veterans and honor their sacrifice, encourage independence and connections with communities, and promote healing and wellness through camaraderie and a shared passion for the outdoors.

# Suicide Prevention



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>American Psychological Association</b>	<a href="http://www.apa.org/">http://www.apa.org/</a>	Promotes mental health and well-being of Service Members, Veterans and their families through advocacy and research. The American Psychological Association advocates for policies that prevent suicide, promoting the use of psychotherapies in the DoD and VA, ensuring mental health is included in the transition from active duty to Veteran status, promoting relevant health research, and protecting integrated care at the VA while opposing its privatization.
<b>Caregiver Resource Directory</b>	<a href="http://warriorcare.dodlive.mil/caregiver-resources/">http://warriorcare.dodlive.mil/caregiver-resources/</a>	Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.



---

## Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

---

## Family Caregiver Alliance

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---

## Healing Household 6

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---



**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Lutheran Social Service of Minnesota - Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Marine Corps Community Services (MCCS) - DSTRESS Line**

<https://www.usmc-mccs.org/services/support/dstress-line/>

Counsels Marine Corps community through relationship issues, financial problems and other personal crisis and suicidal episodes. Service is available 24 hours a day, 7 days a week by the DSTRESS phone line or SKYPE.

**Military One Source - Wounded Warrior**

<https://www.militaryonesource.mil/leaders-service-providers/sp-l-wounded-warrior>

Provides free service available to all active duty, Guard and Reserve members and their families. Military One Source consultants are available by phone or live chat.

**National Guard & Military Reserves - Joint Services Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.



### **Poemspeak**

<http://www.Poemspeak.org>

Provides free poetry books to those persons caring for and/or suffering from post-traumatic stress disorder (PTSD), depression, or suicidal thoughts. Poemspeak is in constant search of poems that help those struggling to understand that they are not alone in their suffering, that there are resources and coping skills available, and that there are caring people available on a twenty-four hour basis that understand exactly how and what persons struggling with these situations are going through.

### **Real Warriors Campaign**

<http://realwarriors.net>

Offers psychological health resources for Service Members, Veterans and their families. The Real Warriors Campaign is a multimedia public awareness campaign through the Psychological Health Center of Excellence (PHCoE) to support the promotion of psychological health, reduce stigma of psychological health concerns and encourage help seeking behavior.

### **The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



---

**The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

---

**The Trevor Project**

<https://www.thetrevorproject.org/>

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth. The Trevor Project offers accredited lifesaving, life affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.


---

**Veterans Crisis Line**

<https://www.veteranscrisisline.net/>

Connects Veterans in crisis with caring, qualified responders from the VA, many of whom are Veterans themselves. The Veterans Crisis Line is a free, confidential resource that's available 24/7 to anyone, even if you're not registered with the VA or enrolled in VA health care.

---



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

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

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

*For more information: [militarypay.defense.gov](http://militarypay.defense.gov)*

# Support Groups



<b>2-1-1 Central Florida</b>	<a href="http://www.navigateresources.net/211CommunityResources/">http://www.navigateresources.net/211CommunityResources/</a>	Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.
<b>2-1-1 Kern County</b>	<a href="https://www.211kerncounty.org/">https://www.211kerncounty.org/</a>	Provides information and referral services that link Kern County residents to community health and human services support.
<b>2-1-1 Orange County</b>	<a href="http://www.211oc.org/211oc-database-search.html">http://www.211oc.org/211oc-database-search.html</a>	Provides community services and information on employment, healthcare, transportation, homelessness and more.
<b>Alaska Brain Injury Network</b>	<a href="https://alaskabraininjury.net">https://alaskabraininjury.net</a>	Promotes wellness and provides resources for individuals with brain injuries living in Alaska.
<b>Alaska Division of Senior &amp; Disabilities Services</b>	<a href="http://dhss.alaska.gov/dsds/Pages/default.aspx">http://dhss.alaska.gov/dsds/Pages/default.aspx</a>	Offers information to families and caregivers in the State of Alaska including where to turn for support and assistance as well as services for caregivers.
<b>American Association of Caregiving Youth (AACY)</b>	<a href="https://www.aacy.org/">https://www.aacy.org/</a>	Provides services to students and works to strengthen families from sixth through twelfth grades.
<b>American Diabetes Association</b>	<a href="http://www.diabetes.org/">http://www.diabetes.org/</a>	Promotes research, awareness, education and training to prevent and cure diabetes and to improve the lives of those affected by diabetes.



---

**Area Agency  
on Aging**

<http://www.pwcgov.org/government/dept/aaa/>

Provides programs and services, as well as some useful resources for caregivers and those looking for assistance remaining independent in their homes. Prince William County Area Agency on Aging offers a supportive network for older persons and their families through advocacy, education, coordination, and implementation of programs and services for older adults in the tri-jurisdictional areas of Prince William County, the City of Manassas and the City of Manassas Park.

---

**Asian American  
Health Initiative**

<https://aahiinfo.org/aahi-resources/>

Dedicated to improving the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.

---

**Brain Injury  
Alliance of Idaho**

<http://www.biaid.org/>

Promotes awareness, understanding and prevention of brain injury through support, advocacy and education based on the expressed needs of persons affected by brain injury in Idaho.

---

**Brain Injury Alliance  
of Washington**

<https://www.biawa.org/>

Offers resources and support for those affected by brain injury (TBI) in Washington. The services at the Brain Injury Alliance of Washington (BIAWA) are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.

---



**Brain Injury Alliance of Wisconsin**

<http://biaw.org/>

Provides information about support services for people in Wisconsin living with traumatic brain injury (TBI). The Brain Injury Alliance of Wisconsin offers a list of resources to both educate and help Veterans and/or family members.

**Brain Injury Association of Arizona**

<https://www.biaaz.org/>

Provides a list of support groups and additional resources and links in Arizona for people living with Traumatic Brain Injury (TBI).

**Brain Injury Association of California**

<https://www.biacal.org/>

Works to advance awareness, research, treatment and education to improve the quality of life for all Californian's affected by brain injury.

**Brain Injury Association of Delaware**

<https://www.biaofde.org/>

Provides a list of support groups and additional resources and links in Delaware for people living with traumatic brain injury (TBI).

**Brain Injury Association of Illinois**

<https://www.biail.com>

Provides a list of support groups and additional resources and links in Illinois for people living with traumatic brain injury (TBI).

**Brain Injury Association of Kentucky**

<https://biak.us>

Provides a list of support groups and additional resources and links in Kentucky for people living with TBI.

**Brain Injury Association of Maryland**

<https://www.biamd.org/>

Provides information, support, and resources for individuals in Maryland with a brain injury. The Brain Injury Association of Maryland offers brain injury advocacy, education, and research.



**Brain Injury  
Association of  
New Hampshire**

<https://www.bianh.org/>

Offers information, support and resources for brain injury Service Members, families and caregivers. The Brain Injury Association of New Hampshire is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education and advocacy for survivors and caregivers.

**Brain Injury  
Association of  
North Carolina**

<https://www.bianc.net/>

Offers information about services and resources for traumatic brain injury (TBI) in North Carolina. The Brain Injury Association of North Carolina offers programs for agencies and civic groups on many different aspects of brain injury.

**Brain Injury  
Association of  
Oklahoma**

<http://www.braininjuryoklahoma.org/>

Provides a list of support groups and additional resources and links in Oklahoma for people living with TBI.

**Brain Injury  
Association of  
Rhode Island**

<https://biari.org/>

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries.

**Brain Injury  
Association of  
South Carolina**

<https://biaofsc.com/>

Provides support and education for South Carolina individuals with traumatic brain injury, their families and professionals. The Brain Injury Association of South Carolina is a chartered affiliate of the Brain Injury Association of America.

**Brain Injury  
Association of  
Tennessee**

<https://braininjurytenn.org/>

Provides a list of support groups and additional resources and links in Tennessee for people living with TBI.





<b>Brain Injury Association of Vermont</b>	<a href="https://www.biavt.org/">https://www.biavt.org/</a>	Provides a list of support groups and additional resources and links in Vermont for people living with TBI.
<b>Brain Injury Association of Virginia</b>	<a href="https://www.biav.net/">https://www.biav.net/</a>	Offers information and support for individuals, families, and professionals living in Virginia whose lives have been touched by brain injury. The Brain Injury Association of Virginia provides education, outreach, support, awareness and advocacy.
<b>Brain Injury Association of Wyoming</b>	<a href="http://www.wybia.org/">http://www.wybia.org/</a>	Provides a list of support groups and additional resources and links in Wyoming for people living with TBI.
<b>Brain Injury Services</b>	<a href="http://www.braininjurysvcs.org/">http://www.braininjurysvcs.org/</a>	Assists individuals and families who have experienced brain injury, stroke, and concussion through core programs, including case management, specialized programs, and multiple support groups. Brain Injury Services extends throughout Northern Virginia, Fredericksburg, Winchester, and surrounding counties.



---

**California  
Department  
of Aging**

<http://www.aging.ca.gov/>

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) contracts with a network of local agencies who directly manage a wide array of federal and state funded services that provide meals, help finding employment and other supportive services to assist older individuals as well as younger adults with disabilities.

**Cape Fear Council  
of Governments  
- Full Circle  
Ministries**

<https://capefearcog.org/resourceguide/full-circle-ministries-2/>

Offers information to families and caregivers in the State of North Carolina including where to turn for support and assistance as well as services for caregivers.

**Caregiver Action  
Network**

<http://caregiveraction.org/>

Provides education, peer support, and resources for family caregivers across the country free of charge. Caregiver Action Network offers information to help navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers, and from a young couple dealing with a diagnosis of MS to adult children caring for parents with Alzheimer's disease.

---



### Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

### Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.

### Caregivers On The Homefront

<https://caregivers-homefront.org/>

Provides in-person and online support groups, educational workshops, and mental health and wellness restorative weekends. We also advocate for the caregiver at the local, state, and national level.

### Carelink Community Support Services

<https://carelinkservices.org/>

Provides rehabilitation services and support to people with serious mental illness, physical disabilities and other developmental challenges.

### Caring For Our Hidden Heroes

<https://hiddenheroes.org/>

Helps raise awareness of the issues military caregivers confront. Hidden Heroes encourages military caregivers to register with their national registry connecting them to helpful resources and support.



---

### **Caring From a Distance**

<http://www.cfad.org/>

Connects caregivers to information and local resources when caring for an aging parent or other loved one who lives in a far away location, including basic information on what to do and decision making tools for difficult choices. Caring From a Distance offers a free online searchable directory of eldercare information and also has referral experts available for phone consultations.

---

### **CaringBridge**

<https://www.caringbridge.org/>

Offers a CaringBridge free website to stay connected through social support with family, friends and peers during a health crisis, treatment and recovery. Sites are easy to create, personalize, no data is shared, and they are secure.

---

### **Carlisle Barracks Family and Morale, Welfare & Recreation (MWR)**

<https://carlisle.armymwr.com/>

Runs family support and recreational programs promoting wellness, readiness and liveliness for Soldiers and their dependents of Carlisle Barracks.

---

### **Children's Home & Aid**

<https://www.childrenshomeandaid.org/>

Provides services for children and families in Illinois, including adoption, foster care, counseling and treatment programs, parenting, and child care and education. More than 100 children annually are adopted through Children's Home and Aid programs.

---

### **Colorado Veterans Project**

<https://coloradoveteransproject.org/>

Hosts special events in order to raise awareness and funds for local Veterans and Veteran organizations.

---



**Delaware - Division of Services for Aging & Adults with Physical Disabilities**

<https://www.dhss.delaware.gov/dsaapd/>

Helps older residents of Delaware to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

**Department of Human & Social Services - Samoa**

<http://dhss.as>

Provides a variety of social work and human services such as counseling, client protection and advocacy, family preservation, child care, nutrition counseling and education, assistance in vocational rehabilitation, substance abuse awareness and education and nutrition assistance for at-risk community members in American Samoa.

**Didi Hirsch Mental Health Services**

<https://didihirsch.org/>

Provides mental health, substance use and suicide prevention services throughout Los Angeles County. Didi Hirsch Psychiatric Service counselors are available 24 hours a day and speak both English and Spanish.

**DoD Recovery Coordination Program**

<http://warriorcare.dodlive.mil/carecoordination/recovery-coordination/>

Provides the support of Recovery Care Coordinators (RCCs) to wounded, ill and injured Service Members to develop a comprehensive recovery plan (CRP) getting the non-medical support they need to create the life they want. Service Members may self refer or be referred by medical or administrative personnel, military service wounded, ill, and injured program staff or a family member.



### **Eagle Rock Camp**

<http://www.eaglerockcamp.org>

Offers therapeutic retreats at no cost to Veteran and military families. Eagle Rock Camp teaches essential life skills at host locations that offer peaceful and secluded settings with access to walking trails, scenic views, places to sit and reflect and time to consider what is being learned.

### **Easterseals Iowa**

<https://www.easterseals.com/ia/>

Provides support services to promote independence and opportunities for individuals in Iowa with disabilities or special needs. Easterseals Iowa advocates for, connects with and provides support services for military Service Members, Veterans, and their families, as they integrate back into local communities in Iowa.

### **Easterseals New York**

<https://www.easterseals.com/newyork/>

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs that help Service Members and Veterans reintegrate into the civilian workforce, including programs for homeless Veterans.

### **FINRA Investor Education Foundation**

<https://www.saveandinvest.org/military>

Provides information to help military Service Members gain access to financial education information that enables them to make prudent saving and investment decisions for themselves and their families.



**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

**Family Service Agency of Mid Michigan**

<https://fsamich.org/>

Works with families to provide counseling services, in-home eldercare for seniors, and permanent supportive housing in Michigan.

**Family Voices of Alabama**

<http://www.familyvoicesal.org/>

Promotes health care issues related to children, youths and those with special needs to improve programs and policies. Family Voices of Alabama connects families of special needs kids together for support and empowerment.

**Fedcap Rehabilitation Services - Home Health Care**

<http://www.fedcap.org/home-health-care/>

Provides an array of services to youth and adults helping thousands each year graduate from high school, obtain vocational certification or a college degree, become work ready, obtain meaningful employment and achieve long term economic well-being.

**Franklin County Pennsylvania - Area Agency on Aging**

[https://franklincountypa.gov/index.php?section=human-services\\_aging](https://franklincountypa.gov/index.php?section=human-services_aging)

Provides a planned program of supported services to those sixty years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life.



---

**Friends Of Parkinsons**

<https://friendsofparkinsons.org/>

Supports healing, care, and lifestyle management to Veterans and civilians with various forms of mental illnesses and the families, friends, and communities that support them.

---

**GI Go Fund Veterans Center**

<https://www.gigo.org/>

Provides assistance to all military Veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings corporate, educational, and nonprofit partners together in support of giving Veterans from throughout the country every tool and benefit they need to thrive.

---

**Gift from Within**

<https://www.giftfromwithin.org/>

Provides resources on post-traumatic stress disorder (PTSD) for trauma survivors, caregivers, therapists, clergy, and health professionals. Gift From Within is a collection of webcasts and podcasts covering a wide range of topics for the individual wanting to learn about, understand, and cope with abuse, trauma and PTSD.

---

**Gold Coast Blue Star Mothers - Florida**

<http://www.goldcoastbsma.com/>

Provides support for active duty service personnel, promotes patriotism, assists Veterans organizations, and are available to assist in volunteer efforts to help others in Florida.





**Gold Star Awareness**

<https://www.goldstarawareness.org/>

Provide emotional, peer, and resource support to Gold Star Families who have suffered the death of a loved one who died while serving in the U.S. Armed Forces, and to inform the public and the military of the significance of the Gold Star Lapel Button and the Next of Kin Pin and the families who proudly wear them.

**Guam Get Care Program - Family Caregiver Support**

[https://www.guamgetcare.org/consumer/explore/caregiver\\_resources/caregiver\\_support.php](https://www.guamgetcare.org/consumer/explore/caregiver_resources/caregiver_support.php)

Provides information, assistance and resources to family caregivers in Guam.

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

**Health In Aging Foundation - Caregiver Self-Assessment Questionnaire**

<https://www.healthinaging.org/tools-and-tips/caregiver-self-assessment-questionnaire>

Originally developed and tested by the American Medical Association to help caregivers look at their own behavior and health risks.

**Hearts Home  
Healthcare**

<https://www.heartshomehealthcare.com/>

Provides health care services for those residing in Sacramento County, Yolo County, Placer County and El Dorado county.

**HelpGuide - Mental  
Health and Wellness**

<https://www.helpguide.org/>

Provides information on handling grief and bereavement, including coping with loss, stages of grief and how to find help to cope with grief.

**Hilopa'a Family  
to Family**

<http://www.hilopaa.org/>

Promotes health care issues related to children, youths and those with special needs to improve programs and policies.

**Hinds Hospice**

<http://www.hindshospice.org/>

Provides comfort care and support for those living with a terminal condition, their caregivers and those who have lost a loved one. The We Honor Veterans program provides the very best in end-of-life care for Hinds Hospice Veteran patients, including rural and homeless Veterans in Fresno, Madera, and Merced.

**Ho'ola Farms -  
Veterans Services**

<https://www.hoolafarms.org/>

Serves military Veterans, caregivers, first-responders and their families by providing opportunities to heal, connect, learn, grow and thrive.

**Idaho - National  
Family Caregiver  
Support Program**

<https://aging.idaho.gov/caregiver/>

Offers information to Idaho families and caregivers on where to go for support and assistance.



---

**Impact A Hero**

<http://www.inpactahero.org/>

Provides ongoing emotional support and help build lasting relationships by connecting injured Veterans, families and caregivers to one another through events and mentorship. Impact A Hero funds and facilitates the personal and professional growth of Veterans and their families.

**Indiana Patriot Guard Riders**

<http://www.inpatriotguard.org/>

Attends the funeral services of fallen American heroes in Indiana as invited guests of the family. The Indiana Patriot Guard Riders shield the mourning family and their friends from interruptions created by any protestor or group of protestors.

**Institute on Aging - Support Services & Caregiver Training**

<https://www.ioaging.org/>

Provides services that help aging adults in the San Francisco Bay Area maintain their health, well-being, independence and participation in the community.

**Jewish Association Serving The Aging**

<https://www.jasa.org/>

Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

**Kansas Department for Aging & Disability Services**

<http://www.kdads.ks.gov/>

Helps older residents of Kansas to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services that support and empower the elderly and their families.

---



**Kansas Lifespan  
Respite Coalition**

[https://www.kdads.ks.gov/commissions/home-community-based-services-\(hcbs\)/kansas-respite-for-caregivers/kansas-lifespan-respite-coalition](https://www.kdads.ks.gov/commissions/home-community-based-services-(hcbs)/kansas-respite-for-caregivers/kansas-lifespan-respite-coalition)

Supports Kansas caregivers through community awareness, public and political advocacy, education, and collaboration, and by providing a statewide respite care system.

**Kokua Kalihi Valley  
Comprehensive  
Family Services  
- Hawaii**

<https://www.kkv.net/>

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.

**LifeStream Services**

<https://www.lifestreaminc.org/area-9-agency/>

Find community services and information on aging and disability, community services, nutrition and wellness and transportation for individuals in East Central Indiana. LifeStream offers aging and disability resource center to assist individuals and caregivers.

**Lutheran Social  
Service of  
Minnesota -  
Respite Care**

<https://www.lssmn.org/services/older-adults/caregiver-support/in-home-respite-care>

Supports Minnesota caregivers through counseling, support groups and education to meet their needs.

**Madre Bay  
Consulting &  
Psychological  
Services**

<https://www.madre-bay.com/veteran-care-services.html>

Provides specialized psychological and mental health services, including evaluations and direct clinical treatment for substance abuse and addictions. Madre Bay Consulting and Psychological Services (MBCPS) offers services to Veterans by addressing disparities in care, consultation and care coordination with other providers, and providing education on Veteran care in the community.



**McDowell Senior Center - Veterans Services**

<https://www.mcdowellseniorcenter.org/veterans.html>

Assists military Service Members, Veterans and their families in Marion, NC.

**Mental Health America Of Colorado**

<https://www.mentalhealthcolorado.org/>

Provides information to help individuals in Colorado dealing with mental illness and substance abuse find resources and services.

**Mental Health America of Hawaii**

<http://mentalhealthamericaofhawaii38.cloverpad.org/>

Promotes mental wellness through education, advocacy, and service and strives to reduce the stigma of mental illness and improve the overall care, treatment and empowerment of Hawaii's children, adults, elders or their family members with mental illnesses.

**Mental Health America of Palm Beach County**

<https://mentalhealthpbc.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services for Florida residents dealing with mental health issues.

**Mental Health Association In New Jersey**

<https://www.mhanj.org/>

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services.

**Mental Health Association of Oklahoma**

<https://mhaok.org/>

Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research, service and housing.



---

**Mental Health Association of Rhode Island**

<https://mhari.org/>

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness.

---

**Michigan Community Mental Health Services Programs**

[http://www.michigan.gov/mdch/0,1607,7-132-2941\\_4868\\_4899---,00.html](http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_4899---,00.html)

Provides information and resources on mental health services available in Michigan.

---

**Military & Veteran Caregiver Network**

<https://milvetcaregivernetwork.org/>

Offers peer support and services to connect caregivers with resources and mentors. The Military and Veteran Caregiver Network (MVCN) provides military and Veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

---

**Military Significant Other Support**

<http://www.militarysos.com/>

Provides a free online forum for military spouses to connect and get information about military life including deployment and separation support. Military Significant Other Support is a support site for military spouses and significant others, open to all loved ones of military Service Members (active, reserve and retired).



**Minnesota  
Department of  
Human Services**

<https://mn.gov/dhs/>

Provides essential services to Minnesota's most vulnerable residents. The Minnesota Department of Human Services offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more.

**Mission Adult  
Care Services**

<https://www.mssconnections.org/>

Provides information on the Mission Center Adult Day Service in Midland, Texas, that provides quality health care and activity programs for elderly adults and disabled individuals in a safe, enriching environment that offers caregiver respite and family support.

**NAMI Arizona**

<http://www.namiarizona.org/>

Offers a free monthly meeting of caregivers of individuals with a mental illness where family members can talk frankly about their challenges and help one another through their learned wisdom. NAMI Arizona is a statewide grassroots organization dedicated to improve the quality of life and achieve recovery for mental illness by promoting activities, in partnership with local NAMI affiliates, through education, advocacy, research, and support.



**National Adult Day Services Association**

<https://www.nadsa.org/>

Provides information about locating adult day care centers in your state and resources for caregivers and families, including information on regulations for adult day care centers and selecting quality providers.

**National Alliance on Mental Illness - Alaska**

<https://www.namialaska.org/>

Provides advocacy, education, support and public awareness so that all Alaska individuals and their families affected by mental illness can build and live better lives.

**National Alliance on Mental Illness - Rhode Island**

<http://www.namirhodeisland.org/>

Provides support to people in Rhode Island with mental illness and their family members and friends, educates professionals and the public about mental illness and advocates for improved services for all people with mental illness.

**National Alliance on Mental Illness - South Carolina**

<http://www.namisc.org>

Works to improve the quality of life and treatment for people in South Carolina with mental illness and their families through education, support and advocacy.

**National Alliance on Mental Illness - Wyoming**

<https://www.facebook.com/NAMIWyoming307/>

Provides advocacy, research, support, and education about serious mental illness for consumers, families and friends of people living with mental illnesses in Wyoming.





**National Child Traumatic Stress Network - Military & Veteran Families**

<http://learn.nctsn.org/course/category.php?id=10>

Provides information on the issues of military culture, the impact of military deployment on children and families and the perspectives of those serving in the U.S. Armed Services.

**National Family Caregiver Support Program - Florida**

[http://elderaffairs.state.fl.us/doesa/caregiver\\_support.php](http://elderaffairs.state.fl.us/doesa/caregiver_support.php)

Offers information to Florida families and caregivers on where to go for support and assistance.

**National Hospice & Palliative Care Organization**

<https://www.nhpco.org/>

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

**New Jersey - Division of Aging & Community Services**

<https://www.state.nj.us/humanservices/doas/home/>

Helps elderly New Jersey residents to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**New York City Parks - Resources For Seniors**

<https://www.nycgovparks.org/seniors>

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. From sports to nature walks, from dancing under the stars to laps in the pool, older adults can continue to lead physically active lives through sports, fitness, and outdoor adventure.



**Ohio Department of Aging - Caregiver Support**

<http://aging.ohio.gov/caregiversupport>

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.

**Operation Family Caregiver**

<http://www.operationfamilycaregiver.org/>

Provides free and confidential support to the families of returning Service Members and Veterans with a personalized program that teaches them how best to navigate their challenges. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.

**Oregon Department of Human Services - Caregiving**

<http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx>

Offers information to families and caregivers in the State of Oregon including where to turn for support and assistance as well as services for caregivers.

**Paralyzed Veterans of America - Keystone Chapter**

<http://kpva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Mid-South Chapter**

<https://www.midsouth-pva.org/>

Advocates for health care, research, education, Veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights.

**Paralyzed Veterans of America - Nevada Chapter**

<https://nevadapva.org/>

Works to maximize the quality of life for Veterans with spinal cord injuries in Nevada.



**Paralyzed Veterans of America - Southeastern Chapter**

<http://www.southeasternpva.org/>

Supports Veterans with spinal cord injury and disease by advocating for health care, research, education, benefits and sports programs.

**Patriot Hospice & Palliative Care**

<http://www.patriotcares.com/>

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides Veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

**Pennsylvania Department of Aging**

<http://www.aging.state.pa.us/>

Helps older Pennsylvanians to be as independent as possible for as long as possible through advocacy, development and delivery of policies, programs and services which support and empower the elderly and their families.

**R.A.I.N. Total Care**

<https://www.raininc.org/>

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities.

**RAICES - Senior Centers**

<https://www.raices.us/>

Responds to the unmet needs of the Latino, African-American and low-income community and seeks to improve their quality of life through advocacy and the direct provision of targeted services with work across the generations and a particular emphasis on the needs of older adults.



---

### **Resounding Joy - Music Therapy**

<https://resoundingjoyinc.org/>

Offers music therapy to help Service Members and Veterans combat stress and trauma. Resounding Joy's team of music therapists use a variety of music based interventions including interactive music making, songwriting, therapeutic instrument instruction, lyric analysis, guided relaxation to music, and improvisation.

---

### **Respite Care Association of Wisconsin**

<https://respitecarewi.org/live/>

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin (RCAW) supports and advocates for quality respite care for Wisconsin families.

---

### **Rural Caregivers**

<https://engineering.purdue.edu/~bng/Caregiving/index.html>

Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region. Rural Caregivers offers links to other sites and care resources that can be downloaded.

---



### Share The Caregiving

<https://sharethecare.org/>

Provides information and support for caregivers and friends, health professionals, faith communities, and corporations to improve the quality of life and reduce the stress, depression, isolation and economic hardship of caregivers. Share The Caregiving Inc., also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### The Caregiver Foundation

<https://thecaregiverfoundation.org/>

Provides practical and emotional support to seniors, disabled adults and their caregivers.

### The Central & Southern Ohio Region of the American Red Cross

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.

### The Gold Star Ride Foundation

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.



### **Tidewater Arts Outreach**

<https://tidewaterartsoutreach.org/>

Offers art therapy programs, workshops and other events for military caregivers living in Hampton Roads, VA. Tidewater Arts Outreach programs promotes healing through arts.

### **Trauma Survivors Network**

<http://www.traumasurvivorsnetwork.org/>

Helps trauma centers provide the support and services patients and their families need during their recovery from serious injury by connecting them with others to share support and information about the recovery process

### **United States Veterans Chamber of Commerce**

<http://www.usvcc.org/>

Supports transitioning wounded, ill, and injured Service Members, their families, and caregivers through recovery care coordination, military caregiver support, resiliency, and adaptive sports programs. The United States Veterans Chamber of Commerce (USVCC) support areas include education, employment, wellness, business, and family.

### **Utah Caregiver Support**

<https://daas.utah.gov/seniors/>

Offers in-home services that support family caregivers of individuals with health, mobility, neurological or functional limitations in hopes of enabling them to care for their loved one as long as possible and delay facility placement.

### **VA Services for Family Caregivers of Post-Sept. 11 Veterans**

[https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp)

Explains additional VA services available to seriously injured post-9/11 Veterans and their family caregivers through the new Comprehensive Assistance for Family Caregivers Program.



### **Vets4Warriors**

<https://www.vets4warriors.com/>

Provides 24/7 access to a peer who understands the military community and the challenges they face, and offers support whenever they confront an issue wherever they are in the world. Vets4Warriors, housed at the Rutgers University Behavioral Health Care national call center in New Jersey, is a peer support network, complementing the government resources available to Service Members and Veterans.

### **Virginia Easy Access**

<http://www.easyaccess.virginia.gov/>

Connects older adults, individuals with disabilities, Veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

### **Washington County New York - Caregiver Support Services**

<https://washingtoncountyny.gov/149/Caregiver-Support-Services>

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks.

### **Well Spouse Association**

<http://www.wellspouse.org>

Provides support for spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.



---

**West Texas  
Counseling &  
Guidance - Veterans  
Services**

<https://www.sanangelocounseling.org/veterans-services>

Offers outreach services to Veterans regardless of their ability to pay including peer support, benefits coordination, case management, support groups, individual therapy, couples counseling, family counseling, and more. Veterans Outreach Services of West Texas Counseling & Guidance services are available for any individual who has ever been in the U.S. Armed Services (active, reserves, national guard) regardless of branch, time served, or character of discharge.

**Wisconsin Family  
Caregiver Support  
Program**

<https://www.dhs.wisconsin.gov/aging/caregiver.htm>

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.



# Women Veterans



## 2-1-1 Central Florida

<http://www.navigateresources.net/211CommunityResources/>

Find information on employment, healthcare, transportation, homelessness and other community services for Central Florida.

## 2-1-1 Orange County

<http://www.211oc.org/211oc-database-search.html>

Provides community services and information on employment, healthcare, transportation, homelessness and more.

## Caregiver Resource Directory

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

Provides information about national resources and programs supporting the caregivers of wounded, ill, or injured Service Members. The concept of the Caregiver Resource Directory is to connect communities with caregivers, building public awareness and support for caregivers.

## Caregiverlist

<http://www.caregiverlist.com/>

Offers information for caregivers about employment opportunities and certification training, and tools for seniors and families to understand care options and costs including Medicare, Medicaid and Veteran's care. Caregiverlist also offers state-specific training courses and certification for caregivers.



---

**Family Caregiver Alliance**

<https://www.caregiver.org/>

Provides nationwide support and resources for caregivers who are caring for a friend or family member with a serious cognitive impairment. The Family Caregiver Alliance helps family caregivers locate public, nonprofit, and private programs and services including government health and disability programs, legal resources, disease-specific organizations and more.

---

**Grace After Fire**

<https://www.graceafterfire.org>

Assists women Veterans in Texas through several services including financial assistance to women Veteran and their dependents, peer-to-peer support groups, and helping women Veterans navigate and find other resources that meet their specific needs. Grace After Fire also provides free social events and annual retreats for women Veterans to connect with each other and have fun.

---

**Healing Household 6**

<https://healinghousehold6.org/>

Provides peer support networks connecting caregivers with resources to assist them with medical evaluation boards, VA claims, transition, public assistance, nonprofit assistance, domestic violence, and caring for Veterans. Healing Household 6 (HH6) offers caregivers of combat injured Veterans tools to strengthen and improve family relationships while minimizing behaviors that heighten the risk for relationship and family violence, financial emergencies, and mental health crisis.

---



**Mountain Valley Hospice & Palliative Care**

<https://www.mtnvalleyhospice.org/we-honor-veterans>

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness. Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that Veterans and their families may face at the end of life.

**National Guard & Military Reserves - Joint Services Support**

<https://www.militaryonesource.mil/national-guard/joint-services-support-program>

Advocate for National Guard Service Members, Families and Veterans

**Safe Helpline**

<https://www.safehelpline.org/>

Provides a hotline for members of the DoD community affected by sexual assault. Safe Helpline offers members of the DoD community access to anonymous, confidential, and secure support and information through 24/7 specialized service providing help anytime, anywhere.

**The Central & Southern Ohio Region of the American Red Cross**

<https://www.redcross.org/local/ohio/buckeye.html>

Helps Ohio Buckeye Region communities prepare for, respond to, and recover from emergencies. The Central & Southern Ohio Region of the American Red Cross serves the area through five chapter locations and six Blood Donation Centers.



### **The Gold Star Ride Foundation**

<https://www.goldstarride.org/>

Offers support and comfort to families of fallen heroes through deeds such as setting up a college fund for a military child who lost a parent or paying rent so a military family would not go homeless. If there is a need for a Gold Star Family, the Gold Star Ride Foundation will try to deliver it by motorcycle in person if possible.

### **VA Women Veterans Health Care**

<http://www.womenshealth.va.gov/>

Provides programs and support to help all women Veterans. VA's Women Health Services office (Women's Health) offers assistance to any woman Veteran or person that has questions about services and benefits available to women Veterans in the VA. At each VA Medical Center nationwide, a Women Veterans Program Manager is designated to advise and advocate for women Veterans.

### **Veteran Women Igniting the Spirit of Entrepreneurship**

<http://whitman.syr.edu/vwise/>

Offers a training program in entrepreneurship and small business management to help women Veterans and female military spouses/partners find their passion and learn the business savvy skills necessary to turn an idea or start-up into a growing venture. Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) is operated by the Institute for Veterans and Military Families at Syracuse University (IVMF).

# 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 [OSD.Caregiver@mail.mil](mailto:OSD.Caregiver@mail.mil).



## Caregiver Resource Directory Comment Card

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

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

Did you find the Caregiver Resource Directory useful?  Yes  No

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

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

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

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

- Daily  Weekly  Monthly  Rarely  Never

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

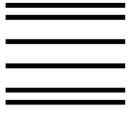
- |                                 |   |   |   |   |   |
|---------------------------------|---|---|---|---|---|
| • Information/Content Relevance | 1 | 2 | 3 | 4 | 5 |
| • Ease of Use/Directory Layout  | 1 | 2 | 3 | 4 | 5 |

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

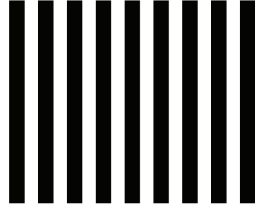
---

---

Thank you taking the time to give us your feedback!



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES



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

POSTAGE WILL BE PAID BY ADDRESSEE

DHA RECOVERY COORDINATION PROGRAM  
2345 CRYSTAL DRIVE  
SUITE 120  
ARLINGTON, VA 22202







**Additional copies of this directory  
are available from:**

**DHA Recovery Coordination Program**

2345 Crystal Drive | Suite 120  
Arlington, VA 22202  
OSD.Caregiver@mail.mil



**FACEBOOK** @WarriorCare



**TWITTER** @WarriorCare

