



DHA
Defense Health Agency

Department of Defense
Warrior Care
RECOVER REINTEGRATE TRIUMPH

MILITARY CAREGIVER SUPPORT
DEPARTMENT OF DEFENSE

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, and injured Service members. The guiding 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. 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 through the DoD Warrior Care Blog (warriorcare.DODlive.mil/wounded-warrior-resources/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

To the caregivers of wounded, ill, and 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 with you—the caregiver—as its primary focus. It is designed to provide information in a manner that enables you to quickly identify many of the available resources that address your particular needs and requirements.

We believe this directory will assist you in the following ways:

- **Help you to 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, intended to address just about every conceivable need you may have.
- **Help you to become more educated about your wounded, ill, and injured Service member's medical condition.** Knowledge is power, and no one will advocate for your Service member the way you will. Plus, the more you learn about your loved one's condition, the more comfortable, prepared, and capable you'll become to handle any unexpected circumstances you may encounter.
- **Help you to connect with others.** You'll discover, if you haven't already, that you're part of a larger community of caregivers and caregiver supporters who have made themselves available for contact, interaction, and networking. You are truly not alone.
- **Help you 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 is important that you make self-care a top priority. With that in mind, look for the heart icon (♥), which designates resources specifically designed to help you do so.

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How to Use this Directory

Find helpful resources to:

Get help in the middle of the night

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

- 1 Helplines
- 107 Suicide Prevention
- 79 Online Social Networking

Connect with other caregivers

- 79 Online Social Networking
- 85 Peer Support and Mentoring

Take care of yourself

- 25 Caregiver's Mental Health and Wellbeing
- 94 Short Breaks for the Caregiver
- 61 Health Care Needs

Take care of your family responsibilities

- 37 Children's Needs
- 91 Rest and Relaxation

Enable you to do the best caring for your loved one

- 21 Caregiving Knowledge and Skills
- 66 Home-Based Health Care Assistance
- 64 General Medical Information

Find the “new normal”

- 101 Sports and Recreation
- 11 Career Transitions and Employment
- 45 Education and Training

Seek disability benefits

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

Deal with dangerous, unwanted, or difficult behaviors

- 1 Helplines
- 107 Suicide Prevention

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

- 64 General Medical Information
- 67 TBI and PTSD Information and Programs
- 109 Women Veterans

Manage your finances

- 51 Financial Support
- 45 Scholarships, Loans, and Grants

Access free transportation and temporary housing

- 57 Temporary Lodging Expenses
- 58 Travel and Transportation Expenses

Get special accommodations

- 73 Home and Automobile Modifications
- 89 Pet and Service Animal Assistance

Seek legal assistance

- 77 Legal Assistance
- 7 Advocacy and Benefit Information

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



**Caring for
the Caregiver**

Indicates resources that emphasize caregivers' personal needs; all resources listed in this Directory support caregivers' everyday care of their wounded, ill, and/or injured Service member and family



DOD Program

Indicates resources managed or sponsored by the Department of Defense (DOD)



VA Program

Indicates resources managed or sponsored by the Department of Veterans Affairs (VA)



**Reserve/Guard
Specific Resource**

Indicates resources intended for Reservists and Guardsmen and their families/caregivers



Non-Profit Organization

Indicates non-profit organizations providing day-to-day support to wounded, ill, and/or injured Service members, families, and caregivers



**Veterans Service
Organization**

Indicates Veterans Service Organization (VSOs) that are involved in a wide variety of veteran's issues and may be recognized by VA for claims processing



Military Children

Indicates resources that are military children and teen friendly



Español Available

Indicates resources available in Spanish/Español



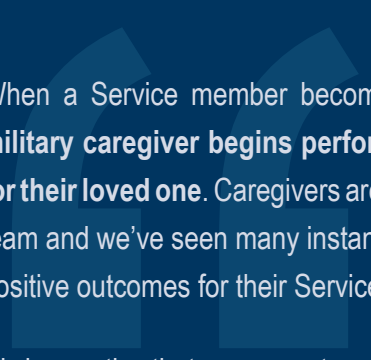
24/7 Availability

Indicates resources with personnel available to talk or chat 24/7 (this icon only appears in the Helplines section)



Smartphone App

Indicates resources with applications that are available for download to a smartphone or tablet device



“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 is 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 that we expect to hold steady for the foreseeable future. There are also more than 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.**”

—Warrior Care Policy

Helplines Offering Information and Assistance

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



Air Force Wounded Warrior Program (AFW2) ❤️ 🦅

800-581-9437

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

American Red Cross ❤️ 🌐 ES

877-272-7337 🕒

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

Army Wounded Warrior Program (AW2) ❤️ 🦅

800-237-1336

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

Caregiver Support Line ❤️ 🗣️

855-260-3274

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



Caring for the Caregiver



DOD Program



VA Program



Reserve/Guard Specific Resource



Non-Profit Organization



Veterans Service Organization



Español Available



Smartphone App



24/7 Availability



Coaching into Care ❤️ 🗨️

888-823-7458

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

Defense Centers of Excellence (DCoE) Outreach Center ❤️ 🦅

866-966-1020 ⌚

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

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

DOD Safe Helpline Sexual Assault Support ❤️ 🦅

877-995-5247 ⌚

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

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

DSTRESS Line ❤️ 🦅

877-476-7734 ⌚

(Includes online chat at DStressLine.com)

Provides professional, anonymous counseling for Marines, attached Sailors, and families when they need it most.

Federal Recovery Coordination Team ❤️ 🗨️

877-732-4456

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

Fort Family Outreach and Support ❤️ 🦅 ★

866-345-8248 ⌚

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

InTransition Mental Health Coaching and Support ❤️ 🦅

800-424-7877 ⌚

314-387-4700 ⌚
(Overseas)

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



Marine Corps Sergeant Merlin German Wounded Warrior Call Center

877-487-6299 

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

Military Crisis Line

800-273-8255 

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

0080012738255 or
DSN 118* (Overseas)

Helps Service members and families who might be in danger, or be a danger to others

Military OneSource Wounded Warrior Specialty Consultations

800-342-9647 

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

Military Spouse Employment Partnerships

800-342-9647

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

My HealtheVet

1-877-327-0022

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

National Domestic Violence Hotline

800-7990-SAFE (7233)


(Email available at thehotline.org)

Provides anonymous crisis intervention

National Suicide Prevention Lifeline

800-273-TALK (8255)


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

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

For veterans, press 1
En Español oprima el 2



Navy Wounded Warrior-Safe Harbor Call Center ❤️ 🦅

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

855-NAVY-WWP
(6289-997) ⌚

OEF/OIF/OND Care Management Program ❤️ 🦅

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

877-222-8387

PTSD Treatment Help ❤️

(Includes online chat at PTSDtreatmentHelp.com)

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

877-259-5637 ⌚

Rape, Abuse, Incest National Network ❤️ 🌐

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

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

800-656-HOPE (4673)
⌚

TRICARE's Smoking QuitLine

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

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

North Region:
866-459-8766 ⌚

South Region:
877-414-9949 ⌚

West Region:
888-713-4597 ⌚

USSOCOM Care Coalition Program ❤️ 🦅

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

877-672-3039

Vet Center Combat Call Center ❤️ 🦅 ES

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

877-WAR-VETS
(927-8387) ⌚

Veterans Benefits Administration ❤️ 🦅

Offers a portal for veteran health care, benefit programs, and services

800-827-1000



Veteran Crisis Hotline ❤️ 🗨️

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

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

800-273-8255 🕒
(press 1)

Women Veterans Call Center ❤️ 🗨️

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

855-VA-WOMEN
(829-6636)

Wounded Soldier and Family Hotline ❤️ 🦅

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

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

800-984-8523 🕒

Wounded Warrior Project Resource Center ❤️ 🌐

(Includes email resourcecenter@woundedwarriorproject.org)

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

888-997-2586



National Resource Directory

www.NRD.gov

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

Find information on:

Benefits & Compensation

- DOD Benefits
- VA Benefits
- Filing Claims & Appeals

Education & Training

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

Employment

- Job Services
- Workplace Accommodations
- Transition Assistance

Family & Caregiver Support

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

Health

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

Homeless Assistance

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

Housing

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

Transportation & Travel

- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

Other Services & Resources

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

STAY CONNECTED!



FACEBOOK/VeteransBenefits

TWITTER @VAVetBenefits

Advocacy and Benefit Information



Aid and Attendance Program

www.veteranaid.org/index.php

Provides free assistance to qualified veterans and surviving spouses in applying for aid and attendance pension benefits

American Legion

www.legion.org

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

AMVETS

www.amvets.org

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

Benefits.gov

www.benefits.gov

Provides online pathway to government benefits; sponsored by DOL

Code of Support

codeofsupport.org

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

Disability.gov

www.disability.gov

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Disabled American Veterans

www.dav.org

Provides help filing for VA disability compensation and benefits

DOD Compensation and Benefits Handbook for Wounded, ill, and/or injured Service member

warriorcare.DODlive.mil/benefits/compensation-and-benefits

Provides a quick reference from rehabilitation to reintegration; links to resource sites; answers immediate questions and leads to additional answers

eBenefits

www.ebenefits.va.gov

Offers a central location for veterans, Service members, and their families to research, find, access, and manage benefits and personal information

InTransition Mental Health Coaching and Support

www.health.mil/intransition

Helps Service members receiving mental health treatment make a successful transition between health care systems or providers

Military Order of the Purple Heart

mophhq.org

Provides a network of National Service Officers (NSO) across the nation, usually co-located with a VA facility to help with VA issues; call 888-668-1656 to find the nearest NSO

My Army Benefits

myarmybenefits.us.army.mil

Provides over 150 benefit fact sheets, disability rating and education benefit estimators, forecast retirement benefits; specialized calculators for the Reserve component; section for wounded warriors and their families

National Veterans Foundation Resource Center

<https://nvf.org/veterans-benefits-resource-center>

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

**Navy Family
Ombudsman
Program** ❤️ 🦅ombudsmanregistry.org

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

**Paralyzed Veterans
of America** 🦯www.pva.org

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

**Social Security
Disability Benefits
for Wounded
Warriors** 🇺🇸[www.ssa.gov/
woundedwarriors](http://www.ssa.gov/woundedwarriors)

Explains disability benefits for wounded, ill, and/or injured Service members; sponsored by the Social Security Administration

**Transition
Assistance
Advisors** 🦅 🔄 ⭐[www.taapmo.com/
taaprogram.htm](http://www.taapmo.com/taaprogram.htm)

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

**Veterans Benefit
Administration** ❤️ 🦅benefits.va.gov/benefits

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

**Veterans of
Foreign Wars** 🦯www.vfw.org

Provides help filing for VA disability compensation and benefits

**Wounded Soldier
and Family
Hotline** ❤️ 🦅[https://armymedicine.
health.mil/My-Health/
Wounded-Soldier-and-
Family-Hotline](https://armymedicine.health.mil/My-Health/Wounded-Soldier-and-Family-Hotline)

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

**Wounded Warrior
Project** ❤️ 🌐[www.woundedwarrior
project.org](http://www.woundedwarriorproject.org)

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

Operation Warfighter



Operation Warfighter (OWF) is a Department of Defense 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. This process assists with the Service members' reintegration to duty, or transition into the civilian work environment where they are 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 and injured Service members as well as benefit from the considerable talent and dedication of these individuals.

Our Regional Coordinators: OWF's 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. The 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 or contact your OWF Regional Coordinator today!

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

Career Transitions and Employment

Career Guidance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers career counseling

Blue Star Families (Careers)

bluestarfam.org/resources/blue-star-careers

Provides a Resume Toolkit that translates volunteer experience into relevant resume points

Hire Heroes USA

www.hireheroesusa.org

Provides dedicated assistance to each veteran from a highly-trained staff member to help them overcome barriers to employment

Hope for the Warriors Above and Beyond Program

www.hopeforthewarriors.org

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

In Gear Career

ingearcareer.org

Promotes the exchange of information through local and online community building efforts and advocacy programs across all professional occupations

International Franchise Association's VetFran Toolkit

www.vetfran.com/veterans-toolkit

Fosters access to franchise opportunities for veterans and military spouses



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



**Job Opportunities
for Disabled
American
Veterans** 🌐

www.JOFDAV.com

Offers free career tips
to job seekers

**Joining Forces
Mentoring
Plus** 🌐❤️

www.joiningforcesmentoringplus.org

Offers unlimited free personal
and employment coaching
and professional guidance
for caregivers of wounded
warriors, women veterans
of all ranks and eras, and
military/veterans spouses

**Military OneSource
Spouse Career
Center** ❤️🇺🇸🇪🇸

www.militaryonesource.mil/for-spouses

Provides high quality education
and career services, resources,
guidance, and consultations
accessible online or by
calling 1-800-342-9647

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

www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html

Provides resources on military
service deposit, estimated
earnings, and “buy back”
military service time offered
to veterans working in the
federal government

**Military Spouse
Employment
Partnerships** ❤️🇺🇸

<https://msejobs.militaryonesource.mil/msep/home>

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

**Military to Federal
Jobs Crosswalk** 🇺🇸

www.dlir.state.md.us/mil2fedjobs

Helps translate military
occupations to federal jobs

**Military Warriors
Support
Foundation** 🌐

www.militarywarriors.org

Provides the link between
partnering companies
and veterans



**MilSpouse
eMentoring
Program** ❤️🌐

<http://ementorprogram.org/veteran-spouse-ementor>

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

Semper Fi Fund 🌐

www.semperfund.org

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

**Stand Beside
Them** 🌐

www.standbesidethem.org

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

**Student Veterans
of America** 🏳️‍🌈

www.studentveterans.org

Provides veterans with the resources, support, and advocacy needed to succeed in higher education and graduate.

USA Cares 🌐

www.usacares.org

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

**USO and
Georgetown
University—
Franchise Course** 🌐

www.uso.org

Provides free guidance on navigating the challenges of small business management and identifies franchise opportunities

**USO Warrior
and Family Care
Program** 🌐

www.uso.org/warriorandfamilycare

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



VA for Vets

vaforvets.va.gov

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

Vet Power

www.vetpower.org

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

Veterans Retraining Assistance Program

www.benefits.va.gov/VOW

Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria

Vocational Rehabilitation and Employment

www.vba.va.gov/bln/vre

Offers assistance with employment, education, and training for independent living

Yellow Ribbon Fund

www.yellowribbonfund.org

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

Job Search



Blue Star Families (Jobs)

bluestarfam.org/resources/blue-star-jobs

Provides new opportunities for military spouses through hundreds of thousands of available jobs

Helmets to Hardhats

www.helmetstohardhats.org

Offers career opportunities in the construction industry that match military backgrounds



Hiring Heroes Program 🦅

godefense.cpms.osd.mil/veterans

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

Hiring Our Heroes ❤️

www.uschamber.com/hiringourheroes

Helps veterans and military spouses find meaningful employment through the Chamber of Commerce network

Job Opportunities for Disabled Veterans 🌐

www.JOFDAV.com

Provides job postings for disabled veterans

Military Spouse Employment Partnerships ❤️ 🦅

msejobs.militaryonesource.mil

Provides direct connections between companies with military spouses seeking career opportunities, and spouses with employers who are actively recruiting

Military Warriors Support Foundation CEOs4Warriors 🌐

www.militarywarriors.org/ceos4heroes

Provides a link between partnering companies and veterans seeking employment opportunities

National Labor Exchange 🌐 ES

us.jobs/national-labor-exchange

Provides free job-seeker services

USA Jobs

www.usajobs.gov

Lists available government and federal jobs; official OPM website

USO and Hire Heroes—USA Career Opportunity Day 🌐

www.uso.org

Offers small-scale career fairs for transitioning troops, their spouses, and caregivers to network and meet with hiring employers for on-site introductory interviews



**Veterans
Enterprise**

[www.veterans
enterprise.com](http://www.veteransenterprise.com)

Connects warriors with employers who recruit transitioning Service members

Warrior Gateway

www.warriorgateway.org

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

**Yellow Ribbon
Fund Mentoring
Program**

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

Offers education and career guidance, networking, and job shadowing

Military Transition Programs



**AF Wounded Warrior
Program**

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

Provides professional services such as transition assistance and employment assistance

**Army Career
Alumni Program
(ACAP XXI)**

www.acap.army.mil

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

**Boots to
Business—From
Service to Startup**

boots2business.org

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

Career One Stop

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

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



Code of Support ❤️🌐 codeofsupport.org

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

Department of Labor Employment & Training Administration—Registered Apprenticeship

www.doleta.gov/OA/veterans.cfm

Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information

DOD Hiring Heroes Program 🦅

godefense.cpmis.osd.mil/veterans

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

Education and Employment Initiative (E2I) 🦅

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

Finds employment opportunities and provides career planning support for wounded, ill, and/or injured Service members before they transition

Farmer Veteran Coalition 🌐

www.farmvetco.org

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

Feds Hire Vets 🦅🏠

www.fedshirevets.gov

Provides information on federal job preferences and special job hiring authorities

G.I. Go Fund 🌐

www.gigofund.org

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



Joint Services Support 🇺🇸 ⭐ 🧑🏻	www.jointservices-support.org	Offers career, family, finance, behavioral health, sexual assault, and transition support programs; virtual military community for National Guard members and families
Marine Corps Transition Assistance Management Program 🇺🇸	www.usmc-mccs.org	Provides career, education, and employment assistance to separating Marines and families
MOAA Career Transition Center 🧡	www.moaa.org	Offers resume critiques, career counseling, interview practice, networking, and job boards for transitioning Service members and their spouses; free to Service members
National Veterans Transition Services ❤️ 🌐	www.nvti.org	Offers transition workshops to help veterans and spouses adjust to civilian life
National Veterans Transition Services—REBOOT Workshops 🌐	www.nvti.org	Provides assistance to veterans with adjusting to civilian life and securing meaningful employment by combining best-practice performance social solutions and techniques
Navy Transition GPS/TAP 🇺🇸	www.cnvc.navy.mil	Provides separating/retiring Service members and their families with skills needed to re-enter the civilian work force
Operation Engage America 🌐	operation-engage-america.org	Provides support, education and resources for veterans, their family members, and community residents living with PTSD and TBI



Partnership for Youth Success 🌐

www.armypays.com

Helps Soldiers find employment after leaving the Army

REALifelines 🔄

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

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

Stand Beside Them 🌐

www.standbesidethem.org

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

Still Serving Veterans 🌐

www.stillservingveterans.org

Helps Service members and families transition to post-military lives

Transition Assistance Advisors 🦅 🔄 ★

www.taapmo.com

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

Turbo Transition Assistance Program 🦅

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

Provides full transition resources

USSOCOM Care Coalition ❤️ 🦅

www.socom.mil/CareCoalition

Provides career transition for Special Operations Forces warriors and their caregivers

VA Center for Innovation (VACI)—TechShop 🔄

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

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



VA Pre-Discharge Programs

benefits.va.gov/predischarge

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

Veterans Employment Center

www.ebenefits.va.gov/ebenefits/jobs

Provides a virtual employment resource center for veterans

Yellow Ribbon Reintegration Program

www.yellowribbon.mil

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

Caregiver Support

Caregiving Knowledge and Skills



AARP



www.aarp.org

Offers free online seminars and educational resources

American Red Cross Family Caregiver Courses and Certifications



www.redcross.org/take-a-class

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

American Red Cross First Aid, CPR and AED Training



www.redcross.org/take-a-class

Offers both certified and non-certified training options

Armed Forces YMCA



www.asymca.org

Implements local programs and services (family life, medical, recreation and fitness, education, CPR and first aid training)

Building Better Caregivers Workshops



www.caregiver.va.gov

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

Caregiver Action Network



caregiveraction.org

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



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



Help Guide 🌐	www.helpguide.org	Provides PTSD fact sheet, tips for: rebuilding trust and safety, encouraging and supporting treatment, anticipating and managing triggers, and much more
Military and Veteran Caregiver Network (MVCN) ❤️	milvetcaregivernetwork.org/	Helps caregivers of all ages at all stages of their caring through access to online peer support communities, community-based peer support groups, and peer mentor support
Military Family Caregiving Online Training ❤️ 🌐	www.extension.org/militaryfamilies	Provides an interactive learning environment with caregiving skills training, tips, and resources; offered by the Military Family Extension—University of District of Columbia
Military Family Caregiving Videos ❤️ 🌐	www.extension.org/pages/64645/military-family-caregiving-video-series	Shares a series of topical videos designed to alleviate caregiver burden and provide a basic understanding of injuries sustained in military combat
National Alliance for Caregiving ❤️ 🌐 ES	www.caregiving.org	Provides free brochures on caregiving
National Military Family Association ❤️ 🌐	www.militaryfamily.org/get-info/caregiver	Provides caregivers assistance with navigating DOD and VA support programs and health care; lists caregiver benefits
Network of Care ❤️ 🌐	www.networkofcare.org	Offers community-based resources and tools for caregivers



**Next Step in Care
(Family Caregivers
and Medical
Professionals
Working Together)**



[www.nextstepincare.org/
Caregiver_Home](http://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

**Operation Family
Caregiver** ❤️

[www.rosalynncarter.org/
returning_soldiers/](http://www.rosalynncarter.org/returning_soldiers/)

Helps families of returning OEF/OIF/OND Service members with health issues; offers a personalized four to six month program either in-home, by telephone, or via Skype; free and confidential

**Prepare to Care
(AARP Foundation)**



[aarp.org/home-family/
caregiving](http://aarp.org/home-family/caregiving)

Includes information on how to get started, questions to ask, and where to find basic resources in the *Family Caregiving Planning Guide*

**Real Warriors
Campaign** ❤️ 🦅

[www.realwarriors.
net/family/support/
psychhealth.php](http://www.realwarriors.net/family/support/psychhealth.php)

Provides information on how to support Service members with psychological health concerns

**Strength for
Caring** ❤️ 🌐

[www.strengthfor
caring.com](http://www.strengthforcaring.com)

Includes articles and resource center

**Support and
Family Education
(SAFE)** ❤️ 🤝

[www.ouhsc.edu/
safeprogram](http://www.ouhsc.edu/safeprogram)

Presents 18-session family education modules for people who care about someone living with mental illness or PTSD

**TBI: Family
Caregiver
Curriculum** ❤️ 🦅

[www.traumaticbraininjury
atoz.org](http://www.traumaticbraininjuryatoz.org)

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



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



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

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

VA Caregiver Support



www.caregiver.va.gov

Includes tips and tools for family caregivers, stories, and videos of family caregivers of veterans, and a zip code look-up feature to find the closest VA caregiver support coordinator

VA Health Benefits and Services



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

Provides support including Caregiver Eligibility Check for VA programs; assistance applying for VA's Comprehensive Assistance for Family Caregivers Program at 877-222-VETS (877-222-8387)

Veteran Caregiver



www.veteran-caregiver.com

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

Caregiver's Mental Health and Wellbeing



Afterdeployment



<http://afterdeployment.dcoe.mil>

Offers wellness resources for the military community

American Red Cross



www.redcross.org

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



Blue Star Families (Caregivers Empowering Caregivers) ❤️ 🌐	https://bluestarfam.org/resources/family-life/blue-star-caregivers/	Provides an opportunity for caregivers to share their stories, support each other, and gain resources
Care for the Family Caregiver—A Place to Start ❤️ 🌐	www.caregiving.org/data/Emblem_CfC10_Final2.pdf	Provides a helpful and informative booklet for family caregivers
Caregiver Action Network ❤️ 🌐	caregiveraction.org	Provides forums, peer networks, story project, tool box, tips, resources, and advocacy
Cell Phones for Soldiers ❤️ 🌐	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Child and Family Program of the Center for the Study of Traumatic Stress ❤️ 🇺🇸	www.couragetotalk.org	Provides resources for family and friends to communicate more effectively about war injuries
Coaching into Care ❤️ ♻️	www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf	Offers a booklet on <i>Post Deployment Stress—What Families Should Know, What Families Can Do</i>
Coming Home Project ❤️ 🌐	www.cominghomeproject.net	Offers free counseling in Northern California; provides information and referral services to others
Family Caregivers Briefcase (American Psychological Association) ❤️ 🌐	www.apa.org/pi/about/publications/caregivers/final-report-2010.aspx	Includes 160 pages of information and resources for and about caregivers



Gifting Warriors ❤️🌐👤

www.giftingwarriors.org/index.php

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance, and any other aid that will help bridge the gap between injury and a successful recovery

Give an Hour ❤️🌐

www.giveanhour.org

Offers therapists who have signed up to "give an hour" a week for up to a year; use the "Provider Search" function to find a therapist nearby

Hearts of Valor ❤️🌐

www.operationhomefront.org

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

Joint Family Support Assistance Program ❤️🇺🇸🌟

www.jointservicesupport.org

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

Military and Family Life Counselor Program ❤️🇺🇸

<https://www.militaryonesource.mil/web/mos/-/the-military-and-family-life-counseling-program?inheritedRedirect=true&redirect=%2Fweb%2Fmos%2Fconfidential-help>

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

Military Crisis Line ❤️📞

www.veteranscrisisline.net

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



Military OneSource ❤️ 🦅 ES	www.militaryonesource.mil	Provides in-person and telephonic counseling; special category on “Caring for Injured Service members”
Military Pathways ❤️ 🦅	www.militarymentalhealth.org	Provides 24/7 access to free, anonymous online mental health self assessments
Operation Live Well 🦅	www.health.mil/Military-Health-Topics/Operation-Live-Well	Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle
Operation: Love Reunited ❤️ 🌐 🤖	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre- and post-deployment
Operation: Showers of Appreciation ❤️ 🌐	osoamil.org/	Hosts baby showers for families of active duty military, veterans, Reservists, and wounded warriors; provides baby care packages, diaper programs, and provides support to expecting mothers and their families
Project Evergreen ❤️ 🌐	projectevergreen.org	Provides free lawn, landscape, and snow removal services for military families nationwide via volunteers
PTSD Treatment Help ❤️	PTSDtreatmentHelp.com	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment
Rand Corporation ❤️ 🌐	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Offers the booklet: <i>Post Deployment Stress, What Families Should Know, What Families Can Do</i>



**Restore Warriors
(Wounded Warrior
Project)** ❤️ 🌐

www.restorewarriors.org

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

**Soldier's
Angels** ❤️ 🌐

www.soldiersangels.org

Offers programs for wounded, deployed, families, and others; hosts a variety of programs toward different needs of wounded, ill, and/or injured Service members and their families

**The Soldier's
Project** ❤️ 🌐

www.thesoldiersproject.org

Offers free psychotherapy

**Special Operations
Warrior Foundation** ❤️ 🌐

www.specialops.org

Provides caregivers of Special Operations Forces personnel with spa services

**Stand Beside
Them** 🌐

www.standbesidethem.org

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

**Substance Abuse
and Mental Health
Administration** ❤️

www.samhsa.gov

Offers treatment locations, downloads, videos, and publications

**VA Caregiver
Support** ❤️ 🏠

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

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

Vet Centers ❤️ 🏠 ES 🧑

www.vetcenter.va.gov

Offers free individual and family counseling to eligible veterans and families



**Veteran's
Campground
on Big Marine
Lake** ❤️ 🌐 🧑🏿

www.vetscampmn.org

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

**Veterans
Restorative
Project** ❤️ 🌐

[veteransrestorative
program.org](http://veteransrestorativeprogram.org)

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

Maintenance and Home Care Assistance



Gifting Warriors 🌐

www.giftingwarriors.org

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance, and any other aid that will help bridge the gap between injury and a successful recovery

**Homes on the
Home front** 🌐

[www.homesonthe
homefront.org](http://www.homesonthehomefront.org)

Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financially capable of sustaining a mortgage payment

**Hope for the
Warriors—Critical
Care Coordinat**
❤️ 🌐 🧑🏿

[www.hopeforthe
warriors.org](http://www.hopeforthewarriors.org)

Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits



Operation Comfort Warriors ❤️

www.legion.org/operationcomfortwarriors

Provides a program dedicated to meeting the needs of wounded, ill, and/or injured military personnel and their families by providing them with comfort items not usually supplied by the government

Project Evergreen ❤️🌐

projectevergreen.org

Provides free, volunteer-based lawn, landscape, and snow removal services for military families nationwide



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Traumatic Brain Injury

dcoe.health.mil

Support Line: 866-966-1020

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

Find information on:

DCoE Centers

- Defense and Veterans Brain Injury Center
- Deployment Health Clinical Center
- National Center for Telehealth and Technology

Psychological Health

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

Traumatic Brain Injury

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

Service Members and Families

- 24/7 Help
- Suicide Prevention

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

Media Center

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

Training and Conferences

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

Military Caregiver Lifestyle

Milestones



The Carrying On Project

www.carryingonproject.org

Helps get carriers to the families of our military so that they may better obtain secure attachments with their children, something that deployment and injuries will often interrupt

Mission Sleep



www.missionsleep.org

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

New Parent Support Program

www.militaryonesource.mil/parenting?content_id=266691

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

Operation Shower



operationshower.org

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

Operation: Showers of Appreciation

osoamil.org

Hosts baby showers for families of active duty military, veterans, Reserves, and wounded warriors; provides baby care packages and support to expecting mothers and their families



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App

Stress Relief Aides



Cause ❤️ 🌐	www.cause-usa.org	Organizes programs that provide recreation and resiliency, such as massage and spa programs
Cell Phones for Soldiers ❤️ 🌐	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Hearts Apart ❤️ 🌐	www.heartsapart.org	Provides Service members with professional photography of their spouses, children, and newborn babies
Operation Live Well 🦅	www.health.mil/Military-Health-Topics/Operation-Live-Well	Provides tools, resources, and mental and physical health tips to adopt or maintain a healthy lifestyle
Operation: Love Reunited ❤️ 🌐 🤖	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre- and post- deployment
Operation Second Chance Day Trips and Nights Out ❤️ 🌐	www.operationsecondchance.org/daytrips	Offers warriors, caregivers, and guests trips away from the hospital
Veterans Restorative Project ❤️ 🌐	veteransrestorativeprogram.org	Provides complimentary deep relaxation and meditation to active duty Service members, veterans and families of Service members as well as on-going classes, retreats, and workshops

Hobbies & Interests



Catch a Lift

www.catchaliftfund.com/about-us

Provides gym memberships or in-home gym equipment to wounded post 9/11 veterans anywhere in the United States; if the wounded veterans requires assistance from their caregiver, their membership will be granted as well

Connected Warriors

connectedwarriors.org

Provides free, trauma-conscious yoga therapy for Service members, veterans, and their families in the United States

Horses 4 Heroes

horses4heroes.org

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

United Through Reading

www.unitedthroughreading.org

Offers deployed parents the opportunity to be video recorded reading storybooks to their children, which creates positive emotional connections and cultivates a love of reading

Yoga for Vets

www.yogaforvets.org

Lists yoga studios, teachers, and venues throughout the country that offer four or more free classes to veterans; the goal of Yoga For Vets is to reduce the symptoms of PTSD, stress, and injuries of veterans, and help them deal, during and after deployment, with various mental and physical challenges



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

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

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

Find information on:

Assistance

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

Referrals

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

On-Site Resources

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

Briefings

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

Children's Needs

Child Care Assistance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers child care during illness, surgery, and recovery

Army OneSource

www.myarmyonesource.com

Gives child care referrals

Childcare Aware

www.childcareaware.org

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

Gifting Warriors

www.giftingwarriors.org/index.php

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance, and any other aid that will help bridge the gap between injury and a successful recovery

Joint Services Support

www.jointservicesupport.org

Provides a virtual military community for National Guard members and families; offers career, family, finance, behavioral health, sexual assault, and transition support programs



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Little Warrior Respite Program (Easter Seals) 🌐👤

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

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

Military Child Care in Your Neighborhood 🇺🇸★👤👤

www.naccrra.org/military-families

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

Military Heroes Fund 🌐👤

www.pentagonfoundation.org

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

Military OneSource 🇺🇸★👤🇺🇸

www.militaryonesource.mil/parenting

Provides assistance with any child care related services and counseling

Operation Military Child Care ❤️🇺🇸★👤

www.childcareaware.org

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

Operation Second Chance 🌐👤

www.operationsecondchance.org/supportandassistance

Provides child care during illness or surgery

Respite Child Care ❤️🇺🇸👤

www.naccrra.org/military-families

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

Yellow Ribbon Fund 🌐👤

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Children's Health and Wellbeing



4-H Military Partnerships

<http://4-hmilitarypartnerships.org/military-family/index.html>

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

AASA—The School Superintendents Association

www.aasa.org/MilitaryChild.aspx

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

American Legion

www.legion.org

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

Blue Star Families

bluestarfam.org

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

Camp C.O.P.E.

www.campcope.org

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

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

www.couragetotalk.org

Provides resources for family and friends to communicate more effectively about war injuries

Children and Youth Behavioral Military and Family Life Counselors

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

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



**Children of
Military Service
Members Resource
Guide** 🇺🇸 👤

[www.dcoe.mil/
content/Navigation/
Documents/DCoE%20
Children%20of%20
Military%20Service%20
Members%20
Resource%20Guide.pdf](http://www.dcoe.mil/content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf)

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

**Defending the
Blue Line** ❤️ 🇺🇸 👤

[www.defending
theblueline.org](http://www.defendingtheblueline.org)

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

**Exceptional
Family Member
Program** 🇺🇸 👤

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

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

FOCUS Program 🌐 👤

www.focusproject.org

Offers resilience training for children and teens

Horses 4 Heroes 🌐 👤

horses4heroes.org

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

**K2 Adventures
Foundation** 🌐 👤

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

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

**Little Patriots
Embraced** 🌐

[littlepatriots
embraced.org](http://littlepatriotsembraced.org)

Helps reduce the emotional stress that military family members have due to separation, relocation, or death of a loved one



Military Child Education Coalition

www.militarychild.org

Advocates for military children's educational needs

Military Kids Connect

militarykidsconnect.org

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

MilKidz Club

www.bluestarfam.org/milkidz-club

Offers free tickets and other events for military children

Military OneSource

www.militaryonesource.mil/parenting

Distributes free booklet, *Honoring Our Babies and Toddlers*

Mission Sleep

www.missionsleep.org

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

Mission Youth Outreach

www.bgcaa.com

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

Moving Forward—Overcoming Life's Challenges

startmovingforward.t2.health.mil

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

New Parent Support Program

www.militaryonesource.mil/parenting?content_id=266691

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

Operation Homefront

www.operationhomefront.net

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



Operation Purple Programs

www.militaryfamily.org

Designs several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures

Operation Shower

operationshower.org

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

Parenting for Service Members and Veterans

militaryparenting.t2.health.mil/index.php

Provides information, strategies, reconnection tips for after deployment, and helpful exercises via free online course

Rand Corporation

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

Provides a booklet: *Post Deployment Stress, What Families Should Know, What Families Can Do*

Semper Fi Fund

www.semperfund.org

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

Sesame Street Connections

www.sesamestreet.org/tlc

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

STOMP

wapave.org/programs/specialized-training-military-parents-stomp

Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs



The General's Kids

www.thegeneralskids.org

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

United Through Reading

www.unitedthroughreading.org

Offers deployed parents the opportunity to be video recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading

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

www.uso.org

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

Yellow Ribbon Fund

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Zero to Three

www.zerotothree.org

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

VA Grants for Home Modifications

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

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

Education and Training

Scholarships, Loans, and Grants



Air Force Aid Society

www.afas.org/ed-loans

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

Air Force Association Spouse Scholarships

www.afa.org/informationfor/military/scholarships

Encourages Air Force spouses to pursue undergraduate or graduate degrees

American Legion

www.legion.org/scholarships

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

AMVETS Scholarships

www.amvets.org/programs/scholarships

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

Blue Star Families

bluestarfam.org/resources/blue-star-careers

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

Children of Fallen Patriots Foundation

fallenpatriots.org

Provides college scholarships and educational counseling to military children who have lost a parent in combat or training



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



**Department of
Education—
Financial Aid**

[www2.ed.gov/finaid/
landing.jhtml?src=ln](http://www2.ed.gov/finaid/landing.jhtml?src=ln)

Offers options for paying for college, including federal loans, grants, and work-study

**Federal Student
Aid**

[studentaid.ed.gov/types/
grants-scholarships/
military](http://studentaid.ed.gov/types/grants-scholarships/military)

Offers scholarship information for military members and families; sponsored by the Department of Education

**Fisher House
Foundation Military
Scholarships**

www.militaryscholar.org

Provides service to sons and daughters of active duty, Reserve/Guard, or retired commissary customers

Folds of Honor

[scholarships.
foldsofhonor.org](http://scholarships.foldsofhonor.org)

Offers scholarships not based on need or merit for spouses and dependents of Service members

**Freedom Alliance
Scholarship
Fund**

[freedomalliance.org/
programs/scholar
ship-fund](http://freedomalliance.org/programs/scholarship-fund)

Funds scholarships for dependent children of active duty Service members who were killed or permanently disabled (100% VA rating)

**Green Beret
Foundation**

[greenberetfoundation.
org/scholarships](http://greenberetfoundation.org/scholarships)

Provides scholarships for children of wounded, ill, or injured U.S. Army Special Forces Soldiers

**Hope for the
Warriors**

[www.hopeforthe
warriors.org](http://www.hopeforthewarriors.org)

Provides caregivers/ spouses scholarships at an accredited university, college, or trade school

**John and Betty
Pope Scholarship
Program**

[www.rosalynncarter.org/
PopeFellowship/](http://www.rosalynncarter.org/PopeFellowship/)

Provides financial assistance for the online Caregiving Issues and Management Certificate Program at Georgia Southwestern State University



**Marine Corps
Scholarship
Foundation** 🌐 🧑

www.marine-scholars.org

Provides scholarships
for children of active duty
and veteran Marines

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

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

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

**Military Officers
Association of
America** 🌐 🧑

www.moaa.org

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

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

www.purpleheart.org

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

**Military
Spouse Career
Advancement
Account Program
(MyCAA)** ❤️ 🦅

aiportal.acc.af.mil/mycaa

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

**Military Warrior
Support Foundation
Education 4
Heroes** 🌐

[www.militarywarriors.org/
education4heroes](http://www.militarywarriors.org/education4heroes)

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

**National Military
Family Association
Military Spouse
Scholarships** ❤️ 🌐

[www.militaryfamily.org/
info-resources/wounded-
caregivers/](http://www.militaryfamily.org/info-resources/wounded-caregivers/)

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



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



Veterans of Foreign Wars

www.vfw.org/Community/Programs

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

Training, Rehabilitation, and Internships



Education and Employment Initiative (E2I)

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

Finds employment opportunities and provides career planning support for wounded, ill, and/or injured Service members before they transition

Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)

whitman.syr.edu/ebv

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

Entrepreneurship Bootcamp for Veterans' Families (EBV-F)

whitman.syr.edu/ebv/programs/families

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

Mission Continues

missioncontinues.org

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

Operation Warfighter

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

Offers a federal internship program for active duty wounded, ill, and/or injured Service members



**PAVE (Paving
Access for Veterans
Employment) 🧑🏿**

www.PVA.org

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

**Red Cross —
Nursing Assistant
Training ❤️**

[www.redcross.org/
take-a-class/program-
highlights/nurse-
assistant-training](http://www.redcross.org/take-a-class/program-highlights/nurse-assistant-training)

Places a high emphasis on learning excellent communication skills and the art of caregiving to provide compassionate care for people in the health care system

STOMP 🧑🏿🧑🏿

[wapave.org/programs/
specialized-training-
military-
parents-stomp](http://wapave.org/programs/specialized-training-military-parents-stomp)

Provides information on parent rights and responsibilities regarding special education services for military children; federally funded Parent Training and Information Center established to assist military families who have children with special education or health needs

**Troops to Teachers
Program 🦅**

[www.proudtoserve
again.com](http://www.proudtoserveagain.com)

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

Vet Power 🌐

vetpower.org

Offers a connection to nine universities that provide free entrepreneurial studies programs

**Veterans Retraining
Assistance
Program 🔄**

[www.benefits.gov/
benefits/benefit-
details/5884](http://www.benefits.gov/benefits/benefit-details/5884)

Provides up to 12 months of retraining for high-demand jobs; visit ebenefits.va.gov to apply

**Veterans Upward
Bound**

[www2.ed.gov/programs/
triovub](http://www2.ed.gov/programs/triovub)

Assists veterans with refreshing their academic skills to succeed in post-secondary schooling

**Vocational
Rehabilitation and
Employment 🔄**

www.vba.va.gov/bln/vre

Offers assistance with employment, education, and training for independent living

Financial Support

General Assistance



Aid and Attendance Program

www.veteranaid.org/index.php

Provides free assistance to qualified veterans and surviving spouses in applying for aid and attendance pension benefits

Air Force Aid Society

www.afas.org

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

Air Force Aid Society Falcon Fund

www.afas.org

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

American Legion

www.legion.org

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

American Red Cross

www.redcross.org

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

America's Fund

americasfund.org

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Armed Forces Foundation 🌐	www.armedforcesfoundation.org	Provides financial support for utilities, rent, and mortgage
Armed Forces YMCA 🌐	www.asymca.org	Offers grants for junior enlisted personnel
Army OneSource 🦅	www.myarmyonesource.com	Offers tools such as Army Gold Game, and calculators
Cell Phones for Soldiers ❤️ 🌐	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Certified Financial Planner Board of Standards 🌐	www.letsmakeaplan.org/financial-planning-resources	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
Children of Fallen Patriots Foundation ❤️ 🌐 🦅	fallenpatriots.org	Provides college scholarships and educational counseling to military children who have lost a parent in combat or training
Coast Guard Mutual Assistance 🌐	www.cgmahq.org	Offers grants; referrals; short-term, interest free loans; free financial counseling
The Coalition to Salute America's Heroes ❤️	saluteheroes.org	Provides financial aid assistance and other services to disabled veterans who are facing foreclosure, repossession, missed utilities, or other financial needs



Gifting Warriors

www.giftingwarriors.org/index.php

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance, and any other aid that will help bridge the gap between injury and a successful recovery

Homes on the Homefront

www.homesonthehomefront.org

Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are financially capable of paying the mortgage

Hope for the Warriors—Critical Care Coordination

www.hopeforthewarriors.org

Offers grants to cover household utilities, gas cards for vehicles to get to appointments, money for groceries, rent, mortgage, and rental deposits

Joint Services Support

www.jointservicesupport.org

Provides a virtual military community for National Guard members and families; offers career, family, finance, behavioral health, sexual assault, and transition support programs

Lead the Way Fund

www.leadthewayfund.org

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



**Military and Family
Life Consultant
Program Personal
Financial
Counselors**

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

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

**Military Heroes
Fund Emergency
Financial
Assistance**

www.pentagonfoundation.org

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

**Military OneSource
Financial
Consultations**

www.militaryonesource.mil

Offers telephonic counseling with certified financial planners offering short-term counseling; 12 free sessions per year

**Military Warriors
Support
Foundation**

www.militarywarriors.org/openhomes

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

Modest Needs

www.modestneeds.org

Provides short-term financial assistance to individuals and families in temporary crisis who, because they are working and live just above the poverty level, are ineligible for certain types of social assistance

**Navy-Marine Corps
Relief Society**

www.nmcrcs.org

Provides interest-free loans or grants for transportation, medical, food, rent, and utilities, child care, essential vehicle repairs, and assistance with family emergencies

**Operation Comfort
Warriors**

www.legion.org/operationcomfortwarriors

Meets the needs of wounded, ill, and/or injured military personnel and their families by providing them with comfort items not usually supplied by the government



Operation Family Fund 🌐

operationfamilyfund.org

Provides financial grants for those injured and families of those who have been injured or killed as a part of the Global War on Terrorism, whether domestic or abroad, military or civilian

Operation Finally Home ❤️🌐

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

Provides free custom made homes to wounded and disabled Veterans and the widows and families of the fallen

Operation First Response 🌐

www.operationfirstresponse.org

Provides financial aid based on individual needs ranging from: rent, utilities, vehicle payments, food, clothing, and travel expenses

Operation Homefront 🌐

www.operationhomefront.net

Provides rent and mortgage assistance, family transitional housing, baby items, emergency home repair, local moving assistance, essential home items, vehicle repair, and food assistance

Operation: Love Reunited ❤️🌐👨👩

www.oplove.org

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

Operation One Voice 🌐👨👩

operationonevoice.org

Helps with the financial needs of children and families of wounded and fallen Special Operation Forces

Operation Second Chance 🌐

www.operationsecondchance.org/supportandassistance

Gives assistance to those currently receiving care at a military health care facility; helps with rent/mortgage and utility bills (electric, gas, water, sewer)



Pentagon Federal Credit Union Foundation 🌐	www.pentagonfoundation.org	Offers financial education, emergency loans, and home ownership grants
Rebuild Hope 🌐	www.rebuildhope.org	Connects donors to beneficiaries via a national network
Save and Invest	saveandinvest.org	Offers a multifaceted program that includes online and on-the-ground training to get supported for key financial milestones; offers free credit score analysis for military families
Special Operations Warrior Foundation 🌐	www.specialops.org	Provides immediate financial assistance to Special Operations personnel severely wounded in combat; provides \$3,000 to families so they can be bedside at the hospital with loved ones
Thrift Savings Plan 🦅	www.tsp.gov	Provides guidance on accessing TSP funds in moments of distress (loans, distributions, and tax breaks)
Turbo Transition Assistance Program 🦅	www.dmdc.osd.mil/appj/dwp/index.jsp	Offers financial planning for transition
USA Cares 🌐	www.usacares.org	Pays basic expenses—mortgage/rent, food, and home utilities
VA Home Loan Guarantee Program 🏠	www.benefits.va.gov/homeloans	Offers guaranteed home loans, refinancing assistance, and special grants
Veterans of Foreign Wars Unmet Needs Program 🧡	www.vfw.org	Provides emergency grants to military families who need temporary help making ends meet



Wounded Heroes Foundation

www.woundedheroesfund.net

Offers physical, emotional, and financial support to injured members of the Armed Forces

Temporary Lodging Expenses



America's Fund

americasfund.org

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

AMVETS National Service Foundation

www.amvetsnsf.org

Offers the Healing Heroes Program

Fisher House

www.fisherhouse.org

Offers the Hotels for Heroes Program

Operation Homefront Villages

www.operationhomefront.net

Provides wounded, ill, and/or injured Service member transitional family housing; currently operates three villages in CA, MD, and TX

Yellow Ribbon Fund

www.yellowribbonfund.org

Provides free, furnished apartments and hotel rooms for families

Travel and Transportation Expenses



Air Force Aid Society Falcon Fund 🌐	www.afas.org	Provides Falcon Loans for emergency travel regardless of the relationship to the Air Force member
America's Fund ❤️ 🌐	americasfund.org	Provides family support grants to enable all military families to spend time at loved ones' hospital bedside
AMVETS National Service Foundation 🧡	www.amvetsnsf.org	Offers the Healing Heroes Program
Armed Forces Foundation 🌐	www.armedforcesfoundation.org	Pays car insurance, registration payments, and car payments
Armed Forces YMCA Jack Daniel's Operation Ride Home ❤️ 🌐	www.asymca.org	Provides junior enlisted (E-4 and below) single Service members and families the opportunity to travel home
Disabled American Veterans 🧡	www.dav.org/veterans/i-need-a-ride	Provides a transportation network for veterans at 190 medical centers to help veterans get needed treatment
Fisher House 🌐	www.fisherhouse.org	Offers the Hero Miles program
Hope for the Warriors 🌐	www.hopeforthewarriors.org	Provides gas cards for vehicles to get to appointments
Mercy Medical Angels 🌐	mercymedical.org	Administers transportation through multiple programs that enable financially-stressed patients to travel to distant medical specialists for essential care and treatment



Luke's Wings

www.lukeswings.org

Offers free transportation assistance for caregivers, Service members, and others

Operation Second Chance

www.operationsecondchance.org/supportandassistance

Assists with travel to include special circumstances, one-way flights, and urgent or short notice flights

Soldiers' Angels Tank Support

soldiersangels.org/index.php?mact=News,cntnt01,detail,0&cntnt01articleid=133&cntnt01returnid=120

Provides gasoline gift cards to help ensure returning OEF/OIF veterans get the regular checkups and medical care they need

Veterans Airlift Command

www.veteransairlift.org

Provides free air transportation for medical and other compassionate purposes through a national network of volunteer aircraft

Yellow Ribbon Fund

www.yellowribbonfund.org

Provides free rental cars and taxi rides

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 VA.

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

Health Care Needs

Health Benefits and Coverage



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

www.warwithin.org

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

**Civilian Health and
Medical Program
(CHAMPVA)** ❤️ 🏠

[www.va.gov/hac/
forbeneficiaries/
champva/champva.asp](http://www.va.gov/hac/forbeneficiaries/champva/champva.asp)

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

**Continued
Health Care
Benefit Program
(CHCBP)** ❤️ 🦅

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

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

**Family and Medical
Leave Act**

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

Provides an overview of the Family and Medical Leave Act

**Foreign Medical
Program** 🏠

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

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

❤️ Caring for the Caregiver

★ Reserve/Guard Specific Resource

👶 Military Children

🦅 DOD Program

🏠 Non-Profit Organization

ES Español Available

🏠 VA Program

🦅 Veterans Service Organization

📱 Smartphone App



InTransition Mental Health Coach and Support Program 🦅

www.health.mil/intransition

Provides wounded, ill, and/or injured Service members with encouragement from a personal coach and other resources to get started with a new mental health provider

Meds by Mail 📦 ES

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

Provides a safe, easy, and cost-free way to receive non-urgent maintenance medications delivered at home

Military Medical Support Office 🦅★

www.tricare.mil/tma/MMSO

Supports medical care to remotely located active duty and Reserve Component Service members

My HealtheVet ❤️ 📦

www.myhealth.va.gov

Provides access to online records to manage health care, obtain information, and get facts about VA benefits and services

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

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

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

Quit Tobacco 📦 🌐

ucanquit2.org

Provides access to Quit Coaches who are available 7 days a week, 24 hours a day to answer your questions about quitting smoking and chewing tobacco and ways to stay smoke free; please indicate that you are a veteran enrolled in the VA health care system

**Rebuilding America's Warriors** 🇺🇸

www.rebuildingamericaswarriors.com

Provides free reconstructive surgery to recently wounded and disfigured active service and veteran status warriors

Transitional Assistance Management Program ❤️ 🇺🇸

www.tricare.mil/Welcome/SpecialPrograms/TAMP

Provides 180 days of transitional health care benefits after regular TRICARE benefits end

TRICARE Dental Program ❤️ 🇺🇸

www.trdp.org

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

TRICARE—Injured on Active Duty ❤️ 🇺🇸

www.tricare.mil/wii

Explains health care programs and benefits for Service members who are injured on active duty

TRICARE Overseas Program 🇺🇸

www.tricare-overseas.com

Provides health care services from the best available providers around the world; offers established host nation provider networks around military treatment facilities and in many remote locations

TRICARE Pharmacy Program ❤️ 🇺🇸

www.tricare.mil/pharmacy

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



TRICARE Program

www.tricare.mil

Grants access to the DOD's worldwide health care program available to eligible beneficiaries as determined by information in DEERS

TRICARE Resources

www.tricare.mil/smart

Provides resources for TRICARE materials online; view, print, or download TRICARE briefings, fact sheets, handbooks, and other materials

TRICARE Tobacco Cessation Program

www.tricare.mil/tobaccocessation

Offers four ways to help break the tobacco cycle: web-based educational materials, smoking quitlines, counseling services, and smoking cessation medication

General Medical Information



Afterdeployment

<http://afterdeployment.dcoe.mil>

Outlines DOD/VA clinical practice guidelines

Blind Rehabilitation Service

www.va.gov/blindrehab

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

Hearing Center of Excellence

hearing.health.mil

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

**MedlinePlus**

www.nlm.nih.gov/medlineplus

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

Mental Health America Resource Center

www.mentalhealthamerica.net

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

Military Pathways

www.militarymentalhealth.org

Provides military mental health screening and referrals

Moving Forward—Overcoming Life's Challenges

startmovingforward.t2.health.mil

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

National Alliance on Mental Illness

www.nami.org/veterans

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

National Institute of Mental Health

www.nimh.nih.gov

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

Polytrauma System of Care Centers

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

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

Spinal Cord Injury and Disorders Centers

www.sci.va.gov

Approves injured Service members for one of the 20 SCI centers available throughout the VA system; these centers provide specialized rehabilitative services to individuals at the onset of SCI



Vision Center of Excellence

vce.health.mil

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

War Related Illness and Injury Study Center

www.warrelatedillness.va.gov

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

Wounded Warrior Project Restore Warriors

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

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

Home-Based Health Care Assistance



Home Telehealth

www.telehealth.va.gov

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

Home-Based Primary Care Program

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

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

Homemaker and Home Health Aide Program

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

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



Navy Marine Corps Relief Society Visiting Nurse Program



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

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

TBI and PTSD Information and Programs



ABCT Find a Therapist

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

Searches local cognitive behavior therapists; provides resources to help understand psychological treatment options and make informed decisions

Armed Forces Foundation

www.armedforcesfoundation.org

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

Brain Injury Association of America

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

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

BrainlineMilitary

brainlinemilitary.org

Provides military-specific information and resources on TBI

Brave Heart Veterans

braveheartveterans.org

Provides veterans and families in the Southeastern U.S. with web-based coping resources, such as anonymous online self-screening tools and a local resource finder



Caregiver's Journey ❤️🇺🇸	www.traumaticbraininjuryatoz.org	Distributes <i>Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans</i>
Center for American Military Music Opportunities (C*A*M*M*O) 🎵	www.cammomusic.org	Provides opportunities to heal through music; trains and educates on music industry and career opportunities
Center for Deployment Psychology 🇺🇸	deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi	Offers free training about TBI; click on "Take for Free" and receive an up-to-date review of TBI and how it may be diagnosed and/or treated
Center for the Study of Traumatic Stress ❤️🇺🇸👤	www.couragetotalk.org	Provides family resources, fact sheets, etc.
Citizen Soldier Support Center Primary Health Care and Behavioral Health Provider Directory ❤️🇺🇸★	www.warwithin.org	Connects Service members and their families to health care and behavioral health providers nearby; sponsored by UnitedHealth Group
Cognitive Systems ❤️	www.Cog-Systems.com	Provides innovative treatment for mild TBI and other neurological injuries that can be done from home
Defense Veterans Brain Injury Center ❤️🇺🇸👤	www.dvbic.org	Distributes booklet: <i>Talking With Children About Moderate or Severe TBI</i>
Disabled American Vets 🧡	www.dav.org/veterans/documents/PTSDBrochure.pdf	Distributes brochure: <i>Living with Traumatic Stress</i>

**Health Journeys** www.healthjourneys.com

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

Help Guide www.helpguide.org

Provides PTSD fact sheet and tips for rebuilding trust and safety, anticipating and managing triggers, and more

Intrepid Fallen Heroes Fund NICoE Satellite Centers www.fallenheroesfund.org

Offers state-of-the-art facility for treating wounded heroes suffering from TBI

Make the Connection maketheconnection.net

Provides helpful resources and information about invisible wounds of war, and how to identify, get help, and understand them better

Medal of Honor Speak Out www.medalofhonorspeakout.org

Features Medal of Honor recipients who speak out about adjusting to life after combat, particularly for PTSD

Moving Forward—Overcoming Life's Challenges startmovingforward.t2.health.mil

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

National Center for PTSD www.ptsd.va.gov

Features information on PTSD and treatments, tools for screening and tracking symptoms, skills to handle stress symptoms, and links to support

National Intrepid Centers of Excellence Family Program www.nicoe.capmed.mil/patientcare/SitePages/Home.aspx

Provides short-term, solution-focused therapies done in individual, marital, group, and family sessions

The Pathway Home www.thepathwayhome.org

Offers private treatment for OEF/OIF veterans with PTSD



PTSD Program Locator 	www.va.gov/directory/guide/ptsd_fish.asp	Helps locate nearby specialized PTSD programs; search by state or by program type
PTSD Treatment Help 	PTSDtreatmentHelp.com	Helps with domestic violence and PTSD; offers free, brief, and confidential assessment
Semper Fi Fund 	semperfifund.org/resources	Distributes movie: <i>Cover Me</i> (about combat operational stress)
Sidran Institute Traumatic Stress Education and Advocacy 	www.sidran.org	Lists resources and provides a help desk that helps Service members/veterans find therapists or treatment centers for trauma recovery
Soldier's Heart 	www.soldiersheart.net	Alleviates symptoms of PTSD through storytelling, purification, community forgiveness, and healing and restitution
The Steven A. Cohen Military Family Clinic - University of Pennsylvania 	www.med.upenn.edu	Offers all Veterans and their family members no-cost behavioral health care to include therapy, case management, medication management and telehealth services
Survivors of Traumatic Events—Managing Your Stress 	store.samhsa.gov/product/NMH05-0209PUNJABI	Provides tips to relieve stress; describes how and when to seek professional help; provides accompanying resources
The Traumatic Brain Injury: The Journey Home  	www.traumaticbraininjury.atoz.org	Provides an informative and sensitive exploration of TBI; includes information for patients, family members, and caregivers



**Uniformed
Services Medical
University Clinical
Research**

www.usuhs.mil

Offers information about
research studies on brain injury

Vet Centers



www.vetcenter.va.gov

Helps combat veterans
and their families; 200
community locations

**Warrior Canine
Connection**

[www.warriorcanine
connection.org](http://www.warriorcanineconnection.org)

Provides Service members
and veterans with PTSD and
TBI the opportunity to be part
of a critical mission helping
fellow wounded, ill, and/or
injured Service members

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

Home and Automobile Modifications and Special Equipment



Automobiles and Adaptive Equipment



benefits.va.gov/benefits

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

Blind Rehabilitation Service



www.va.gov/blindrehab

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

Cell Phones for Soldiers



www.cellphonesforsoldiers.com

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

Clothing Allowance



www.va.gov/health

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Computer/ Electronics Accommodations Program 	www.cap.mil/wsm	Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment
Help Our Military Heroes 	www.helpourmilitaryheroes.org	Provides wounded, ill, and/or injured Service members with fully-equipped handicapped vehicles
Helping a Hero 	www.helpingahero.org/	Builds homes for wounded warriors and offers mentoring, employment, emotional, financial, recreational, and educational support programs
Home Improvements and Structural Alterations (HISA) Grant 	www.benefits.va.gov/HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100 (see pg. 50)
Homes for Our Troops 	www.hfotusa.org/home	Provides specially adapted homes for severely injured Service members; access eligibility requirements, discuss program goals, and receive application assistance
The LiveAbility House 	www.extension.org/pages/22208/the-liveability-house	Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home
Operation Finally Home  	https://www.operationfinallyhome.org/	Provides free custom made homes to wounded and disabled Veterans and the widows and families of the fallen



Project Evergreen

project
evergreen.org

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

Prosthetic Appliances

www.prosthetics.va.gov/
About_PSAS.asp

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

Semper Fi Fund

semperfund.org/
assistance

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

Soldiers' Angels Project Valour-IT

soldiersangels.org/
project-valour-it.html

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

Special Adapted Housing (SAH) Grant

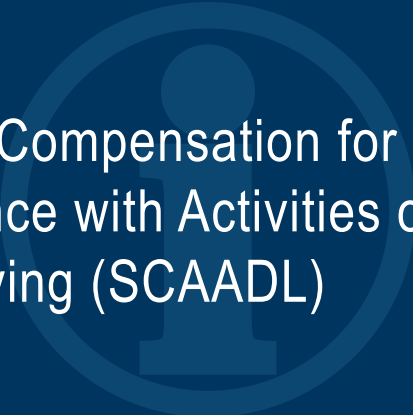
www.benefits.va.gov/
HOMELOANS

Provides assistance for constructing or modifying a home to meet wounded, ill, and/or injured Service members' adaptive needs; grant limited to \$73,768 (see pg. 50)

Special Home Adaptation (SHA) Grant

www.benefits.va.gov/
HOMELOANS

Aids in modifying an existing home to meet adaptive needs; grant is currently limited to \$14,754 (see pg. 50)



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

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

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

For more information: militarypay.defense.gov

Legal Assistance

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



Employer Support of Guard and Reserve

www.esgr.mil

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

Justice for Vets (Veteran Mentors)

www.justiceforvets.org/veteran-mentors

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

Justice for Vets (Veterans Treatment Courts)

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

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

Military OneSource

www.militaryonesource.mil

Offers legal assistance information

National Disability Rights Network

www.ndrn.org/index.php

Provides large network of legally based advocacy services to people with disabilities; membership organization



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



National Veterans Legal Services Program 	www.nvlsp.org	Offers legal aid referral services
Service Members Law Center  	www.servicemembers-lawcenter.org	Provides free legal information on laws relevant to Reservists; does not accept clients nor does it engage in the practice of law; established by the Reserve Officers Association
Veterans Consortium Pro Bono Program 	www.vetsprobono.org	Helps with legal assistance to appeal veterans' benefits claims
Yellow Ribbon Fund 	www.yellowribbonfund.com	Provides pro bono legal services

Online Social Networking



Facebook Pages

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

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



Caring for the Caregiver



Reserve/Guard Specific Resource



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DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App

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

Wounded Warrior Project ❤️ 🌐

www.facebook.com/wwpinc.fans

Yellow Ribbon Fund ❤️ 🌐

www.facebook.com/YellowRibbonFund



Blogs (Web Logs)

Afterdeployment 🦅

www.afterdeployment.org/blog

Battling Bare ❤️ 🌐

www.battlingbare.blogspot.com

Caregiver Action Network ❤️ 🌐

www.caregiveraction.org

Caring Bridge ❤️ 🌐

www.caringbridge.org

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

www.veterancaregivervoices.blogspot.com

Learning by Accident ❤️ 🌐 ES

www.brainline.org/rosemary

Military OneSource Blog Brigade 🦅

www.militaryonesource.mil

Military Pathways 🦅

www.mentalhealthscreening.org

Mother Lover Fighter Sage Foundation ❤️

www.unbridledfreedom.com

Operation Homefront Hearts of Valor ❤️ 🌐

www.wifeofawoundedsoldier.com

USO 🌐

www.blog.uso.org

Warrior Care Blog 🦅

www.warriorcare.DODlive.mil

Warrior Care Blog/Caregiver 🦅 ❤️

www.warriorcare.DODlive.mil/caregiver-resources

Wounded Warrior Project Connect 🌐

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



Online Chat Rooms/Forums/Groups

Afterdeployment—Peer-to-Peer Forum 🇺🇸

[www.afterdeployment.org/forums/
peer-2-peer](http://www.afterdeployment.org/forums/peer-2-peer)

Aid and Attendance Program 🌐

www.veteranaid.org/index.php

Caring Bridge ❤️ 🌐

www.caringbridge.org

Courage Beyond ❤️ 🌐

www.couragebeyond.org

DCoE Outreach Center 🇺🇸

www.dcoe.health.mil/Families/Help

Google for Veterans ❤️ 🤖

www.googleforveterans.com

Marine Family Network 🌐

www.marinefamilynetwork.com

Marine Parents ❤️ 🌐

www.marineparents.com

Military Kids Connect 🇺🇸 🤖

www.militarykidsconnect.org

Military SOS ❤️

www.militarysos.com

Operation Homefront Hearts of Valor ❤️ 🌐

www.heartsofvalor.org

Pinterest Resources for Caregivers of Wounded Warriors ❤️ 🌐

[www.pinterest.com/heartsofvalor/
resources-for-caregivers-wounded-
warriors/](http://www.pinterest.com/heartsofvalor/resources-for-caregivers-wounded-warriors/)

Restore Warriors 🌐

www.restorewarriors.org

Veteran Caregiver ❤️ 🌐

www.veterancaregiver.com

Wounded Warrior Project Connect 🌐

www.connect.woundedwarriorproject.org



Personal Stories

Caregiver Action Network ❤️ 🌐

www.caregiveraction.org

Courage Beyond ❤️ 🌐

www.couragebeyond.org

Naval Center for Combat and Operational Stress Control Success Stories 🦅

[www.med.navy.mil/sites/nmcsc/nccosc/Service membersv2/successstories](http://www.med.navy.mil/sites/nmcsc/nccosc/Service%20membersv2/successstories)

Restore Warriors 🌐

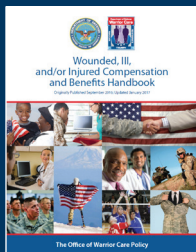
www.restorewarriors.org

VA Caregiver Connections Program ❤️ 🔄

www.caregiver.va.gov

Veteran Caregiver ❤️ 🌐

www.veterancaregiver.com



DOD Compensation and Benefits Handbook for Wounded, Ill, and Injured Members of the Armed Forces, 2017

Download at: warriorcare.dodlive.mil/files/2017/01/DoD-Compensation-Benefits-Handbook_UPDATED-January-2017.pdf

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

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

Peer Support and Mentoring



Alcoholics Anonymous  	www.aa.org	Offers the AA 12-step program, healing tools, and meetings
Blue Star Families (Careers)  	https://bluestarfam.org/resources/careers/	Creates peer-to-peer networks where military spouses interested or involved in health care, education and/or entrepreneurship can connect and advocate
Blue Star Families (Caregivers Empowering Caregivers)  	https://bluestarfam.org/resources/family-life/blue-star-caregivers/	Provides an opportunity for caregivers to share their stories, support each other, and gain resources
Caregiver Action Network  	caregiveraction.org	Provides forums, peer networks, resources and advocacy
Caregiver Peer-to-Peer Initiative  	www.militaryonesource.mil/wounded-warrior?content_id=276551	Provides military caregiver peer-to-peer forums to share stories, resources, and best practices
Coaching into Care  	www.mirecc.va.gov/coaching	Provides support and problem solving assistance to family members and others; 888-823-7458, M–F, 8:00 a.m–8:00 p.m. (ET)
Codependents Anonymous 	www.coda.org	Provides information for people who live with someone who is using an addictive substance that is negatively affecting their life



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Coming Home Project 🌐	www.cominghomeproject.net	Offers free and confidential group support and stress management retreats
Courage Beyond ❤️ 🌐	couragebeyond.org	Provides online support groups and in-person support groups and counseling
Google for Veterans	www.googleforveterans.com/veterans	Connects fellow veterans through free calls, group video chat, and sharing tools
Green Beret Foundation (Steel Magnolias) ❤️ 🌐	greenberetfoundation.org	Links to an exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces Soldiers
In Gear Career for Military Spouses ❤️	www.ingearcareer.org	Provides a community forum for addressing the challenges and strengths of the career-minded military spouse
Iraq and Afghanistan Veterans of America Community of Veterans 🧡	iava.org	Connects the largest online social network exclusively for Iraq and Afghanistan veterans
Make the Connection ❤️ 🗺️	maketheconnection.net	Connects veterans, their family members and friends with information, resources, and solutions to issues affecting their lives
Marine Parents ❤️ 🌐	www.marineparents.com	Offers Regional Support Groups, Start a Support Group, Purple Heart Hero Support™, and Gold Star Family Support™



Military and Veteran Caregiver Network (MVCN) ❤️

milvetcaregivernetwork.org

Helps caregivers of all ages at all stages of their caring through access to online peer support communities, community-based peer support groups, and peer mentor support

MilSpouse eMentor Program ❤️ 🌐

<http://ementorprogram.org/veteran-spouse-ementor>

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

Narcotics Anonymous 🌐 ES

www.na.org

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

Operation Homefront Hearts of Valor ❤️ 🌐

www.heartsofvalor.org/SupportGroups

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

Operation Shower ❤️ 🌐 🧑

operationshower.org

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

Paralyzed Veterans of America Caregivers Circle ❤️ 🧑

www.pva.org

Shares caregiver stories, resources, and links

Pinterest Resources for Caregivers of Wounded Warriors ❤️ 🌐

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

Provides an online board with a list of nonprofits that help caregivers of wounded, ill, and/or injured Service members; hosted by Operation Homefront Hearts of Valor

Restore Warriors 🌐

www.restorewarriors.org/online-help

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



Stand Beside Them

www.standbesidethem.org

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

Veterans' Family United Foundation

veteransfamiliesunited.org

Reviews requests for help by a veteran's family member or VFU trained volunteer who provides links to appropriate resources

Vets 4 Warriors

www.vets4warriors.com/Services

Provides a toll free peer support line—855-838-8255 (855-VET-TALK)—available 24/7 for National Guard and Reserve Service members

Wounded Warrior Project Peer Mentoring

www.woundedwarriorproject.org/programs/peer-support

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

Yellow Ribbon Fund Mentoring Program

www.yellowribbonfund.org

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

Pet and Service Animal Assistance



Assistance Dogs International

www.assistedogsinternational.org

Helps find assistance dog programs in your area; a coalition of these programs and does not train assistance dogs

Guardian Angels Soldiers Pet

guardianangelsforsoldierspet.org

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

Guide and Service Dogs

www.va.gov/health/ServiceAndGuideDogs.asp

Refers veterans approved for service dogs to Assistance Dogs International-accredited agencies; there is no charge for the dog or the associated training

K9s for Warriors

www.k9sforwarriors.org

Provides service canines to warriors suffering from PTSD, TBI, and/or military sexual trauma as a result of military service post 9/11

Mutts with a Mission

www.muttswithamission.org

Helps warriors train their dogs to become highly skilled service dogs

Operation Freedom Paws

operationfreedompaws.org

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Operation Military Pets 	www.spcai.org/get-involved/military-support/operation-military-pets	Assists in keeping military families together by providing financial assistance for pet relocation costs
Patriot Paws 	patriotpaws.org	Trains and provides service dogs of the highest quality at no cost to disabled American veterans to help restore their physical and emotional independence
Puppies Behind Bars 	www.puppiesbehindbars.com	Trains service dogs with 85 industry standard commands (i.e., retrieving objects, turning on/off lights), as well as five specific commands to assist Service members returning with PTSD and TBI
Semper Fi Fund Canine Companions 	semperfund.org/assistance	Unites injured Service members with service dogs and ensures the dogs are trained and cared for despite the financial difficulties
Soldier's Best Friend 	soldiersbestfriend.org	Provides U.S. Military veterans living with combat-related PTSD or TBI with a service or therapeutic companion service dog
Southeastern Guide Dogs 	www.guidedogs.org	Helps create and nurture a partnership between a visually impaired individual and a guide dog
Warrior Canine Connection 	www.warriorcanineconnection.org	Provides Service members and veterans with PTSD and TBI the opportunity to be part of a critical military-support mission helping fellow wounded, ill, and/or injured Service members

Rest and Relaxation

Retreats and Vacations



Armed Forces Recreation Centers Resorts ❤️ 🇺🇸

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

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

Boulder Crest Retreat ❤️ 🌐 🧑🏫

bouldercrestretreat.org

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

Coming Home Project—Stress Management Retreats 🌐

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

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

Hope for the Warriors Counseling Retreats ❤️ 🌐

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

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

Lone Survivor Foundation 🌐

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

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

Operation Homefront Hearts of Valor—Retreats for Caregivers ❤️ 🌐

[www.operationhome
front.net](http://www.operationhomefront.net)

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Operation Purple Healing Adventures



www.militaryfamily.org

Provides free, four-day retreats for recovering warriors and their families; hiking, canoeing, and more

Operation Second Chance— Retreats



www.operationsecondchance.org/retreats

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

Project New Hope



www.projectnewhopema.org

Assists combat veterans and their families with the transition from wartime back to peacetime living through outdoor activities, including camps, retreats, fishing, and more

Project Sanctuary



projectsanctuary.us

Offers free-of-charge retreats for six days and five nights of therapeutic recreation in the heart of the Rocky Mountains for veterans, active military personnel, their spouses and children; retreats include professional counseling and classes focused on a healthy marriage and finances

Semper Fi Fund— Odyssey Camp



semperfund.org/assistance

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

Serve Our Willing Warriors—Bull Run Retreat



www.willingwarriors.org

Offers recovering wounded, ill, and/or injured warriors and their families a break from the hospital environment to relax in a week-long retreat

Strong Bonds



www.StrongBonds.org

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



USO and Stronger Families—Couples Seminar

www.uso.org

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

USO Warrior and Family Care Program—Couples Seminars

www.uso.org

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

Veteran's Campground on Big Marine Lake

www.vetscampmn.org

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

Veterans Restorative Project

veteransrestorativeprogram.org

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

Wounded Warrior Family Support—Vacations

www.wwfs.org

Provides five fully furnished condominium units available for vacation reservation; four are in the Bahama Bay Resort in Orlando, FL; passes are provided to families free of charge

Wounded Warrior Project—Family Support Retreats

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

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

Short Breaks for the Caregiver

For caregivers who are reluctant to leave their wounded, ill, and/or injured Service member alone without nearby medical assistance, check out the Home-Based Health Care Assistance resources on page 66.



**ARCH National
Respite Network**
❤️🌐

archrespite.org/state-respite-coalitions

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

Camp C.O.P.E. 🌐👤

www.campcope.org

Provides recreational activities for children of injured or deployed Service members or veterans; provides interactive group counseling for children

Cause ❤️🌐

www.cause-usa.org

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

Childcare Aware
❤️🇺🇸🌐👤

www.childcareaware.org

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

**Defending the
Blue Line** ❤️🌐👤

www.defendingtheblueline.org

Offers hockey programs for children of military members

**Operation Second
Chance—Day
Trips and Nights
Out** ❤️🌐

www.operationsecondchance.org/daytrips

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

**Project
Evergreen** ❤️🌐

projectevergreen.org

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

**Respite Care
Program** ❤️🏠

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

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



Respite Child Care ❤️🇺🇸👶

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

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

USO Day Rooms 🌐

www.uso.org

Offers rooms with TVs, furniture, gaming systems, refrigerators, or other comfort necessities to support Warrior Transition Units

VA Caregiver Support Adult Day Health Care Centers ❤️👶

[www.caregiver.va.gov/
support/support_
services.asp](http://www.caregiver.va.gov/support/support_services.asp)

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

Veteran's Campground on Big Marine Lake ❤️🌐👶

www.vetscampmn.org

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

Wounded Warrior Family Support—Caregiver Respite Program ❤️🌐👶

www.wwfs.org

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

Yellow Ribbon Fund Family Caregiver Program ❤️🌐👶

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

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

Physical Evaluation Board (PEB) Disposition Findings

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

1 Fit; Return to Duty: You will be returned to duty if your conditions are not considered severe enough to prevent you from performing your required military duties and/or don't impose unreasonable requirements on your Service to manage your medical condition or to protect you from yourself or others. No disability benefits would be paid while you continue to serve, but you may be eligible for VA disability benefits after you leave the military.

2 Unfit; Separate without Benefits: Some injuries are determined to be "not in the line of duty." These are injuries which are a result of intentional misconduct or willful negligence on your part or that took place when you were not on orders if you are an RC Service member. If your injury is found to be "not in the line of duty" but is "unfitting," you could be separated without benefits for those injuries to include being separated administratively for disability that is the result of misconduct or willful negligence. If your injury or illness resulted from a medical problem that you had before you entered service and the injury or illness was not aggravated by your service, you could also be separated without benefits. There are some special rules for this situation. Service members ordered to active duty for more than 30 days are presumed to have entered their current period of military service in sound condition unless the disability was noted on their entrance physical or unless clear and unmistakable evidence demonstrates that the disability existed before the Service member entered their current period of active duty. However, once a member on active duty obtains a career total of eight years of active service, any unfitting pre-existing condition is deemed in the line of duty. Medical conditions incurred in line of duty during prior service are not considered pre-existing conditions unless an intervening event between periods of active duty or duty status is the cause of unfitness for that medical condition. Your legal counsel can help you understand the rules for separation without disability benefits.

- **Separate with Severance Pay:** If one or more of your conditions is considered "unfitting" for continued service, but the combined disability rating of all your unfitting conditions is less than 30% and you have less than 20 years of service you may be separated from active duty. Additionally, you may be awarded severance pay based on your time in service and the highest grade served. Disability severance pay is a one-time lump sum payment. The amount equals two months of basic pay for each year of service which includes active service and inactive duty points, but the total service years cannot exceed 19 years. Additionally, the minimum number of years required for computation purposes is six years for a disability incurred in the line of duty in a combat zone, or three years in the case of any other member.
- **Permanent Retirement:** If your unfitting condition(s) resulted in a combined disability rating of 30% or higher or you have 20 years of service as computed under Section 1208 of Title 10 U.S.C. (i.e., combination of active duty and RC equivalent active duty), and your unfitting condition(s) is/are considered stable (meaning your disability rating is unlikely to change within five years), you will be permanently retired for disability. This provides you with disability retirement pay, access to TRICARE, commissary and exchange privileges for you and your eligible dependents, and all other benefits of regular military retirement. If you have more than 20 years of service and your combined disability rating is 0%-20%, you will be allowed to retire with all regular retirement benefits.
- **Transfer to the Temporary Disability Retirement List (TDRL):** The TDRL allows each Service to ensure your medical condition stabilizes before making a final disability determination. If you are eligible for permanent disability retirement, but your condition is not considered stable, you will be temporarily retired and placed on the TDRL for a maximum of five years. Every 12-18 months, you will be reevaluated to see if your condition has stabilized and if you can return to active duty or active RC status if you are RC. Benefits while on the TDRL are the same as those for Service members who are permanently retired for disability. If, while on TDRL, the Service determines that your condition is stable and that you are fit for duty, your Service will offer you the opportunity to return to duty. If your condition stabilizes but you are not able to return to duty, you will be retired, if eligible, or separated, as applicable. Your local finance office or the DFAS Wounded Warrior Pay Management Team will help you calculate the amount of retired pay you will receive.

For more information, download the *DOD Compensation and Benefits Handbook, 2016*:
warriorcare.DODlive.mil/benefits/compensation-and-benefits

Smartphone Apps

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



American Red Cross First Aid

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



BioZen

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



Breathe2Relax

Provides portable stress management tool



ICE Standard—The Emergency Standard Card

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



Life Armor

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



mTBI pocket Guide

Provides quick-reference guide on improving care for mTBI patients



My Military Life

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



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



Operation Reach Out

Aimed at preventing suicide among military personnel and veterans



PE Coach

Supports the tasks associated with prolonged exposure treatment for PTSD



Positive Activity Jackpot

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



Project FOCUS on the Go

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



Psych Help

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



PTSD Coach

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



PTSD Support for Veterans

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



Real Warriors Campaign

Online photo-sharing service offers peer support for warriors, veterans, and military families; users can upload photos to the wall, salute others, and access 24/7 resources



Sesame Street for Military Families

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





T2 Mood Tracker 🌐

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



Tactical Breather 🌐

Help gain control over physiological and psychological responses to stress



Virtual Hope Box 🦅

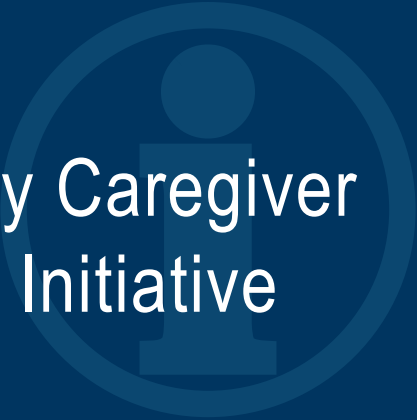
Contains simple tools to help patients with coping, relaxation, distraction, and positive thinking



Wounded Warrior Regiment 🦅

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





Military Caregiver PEER Initiative

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

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

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

Sports and Recreation



Adaptive Adventures Military Operations

<https://adaptiveadventures.org/>

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

The Armed Forces Foundation—Classic Outdoor Sports Program

www.armedforcesfoundation.org

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

Blue Star Families

bluestarfam.org

Offers complimentary theater admission to all military personnel, their families, and veterans; see website for participating theaters

Camp C.O.P.E.

www.campcope.org

Provides recreational activities for children of injured or deployed Service members or veterans; provides interactive group counseling for children

Catch a Lift

www.catchaliftfund.com/about-us/

Provides gym memberships or in-home gym equipment to wounded post 9/11 Veterans anywhere in the United States; provides caregivers with memberships as well

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

www.cammomusic.org

Connects Service members with talent development specialists, trains and educates veterans in music industry career opportunities, and presents performances and workshops



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Challenged Athletes Foundation—Operation Rebound ❤️

challengedathletes.org/site/c.4nJHJPqEiKUE/b.6449449/k.B480/Operation_Rebound.htm

Provides military personnel and veterans the opportunity to pursue active, athletic lifestyles by offering access to funding for equipment and training and competition expenses

Combat Paper Project 🌐

www.combatpaper.org/index.html

Allows Service members to use their uniforms worn in Service to create works of art; participants use the transformative process of papermaking to reclaim their uniforms as art and express their experiences with the military

Defending the Blue Line ❤️ 🌐 🧑

www.defendingtheblueline.org

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

Disabled Sports USA ❤️

www.dsusa.org

Improves the lives of wounded warriors, youth, and adults with disabilities through sports and recreation opportunities

Easter Seals—Camping and Recreation ❤️ 🌐 🧑

www.easterseals.com

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

Healing Warrior Hearts 🌐 🧑

starfishfound.org/veterans/

Offers retreats for military personnel, veterans, and their families that emphasize communication, reintegration, and healing from war

Heroes on the Water ❤️ 🌐

www.heroesonthewater.org

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

**Horses 4 Heroes** horses4heroes.org

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

Higher Ground www.highergroundsv.org

Combines sports, family, and coping therapies to restore and rehabilitate Service members; specializes in serving veterans with TBI, PTSD, military sexual trauma, and polytrauma

Hope for the Warriors—Outdoor Adventures Program www.hopeforthewarriors.org/story/18727106/outdoor-adventures

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

K2 Adventures Foundation www.k2adventures.org/about-us

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

Lone Survivor Foundation—Ranch Retreats and Therapeutic Activities lonesurvivorfoundation.org

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

Military Warriors Support Foundation—Skills 4 Life www.militarywarriors.org/skills4life

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

Operation: Love Reunited www.oplove.org

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

Operation One Voice—Wounded Warrior Bike Program www.operationonevoice.org

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



Operation Teammate 🌐👤	www.operationteammate.org	Supports the children and youth of Service Members, Veterans, and Wounded Warriors through sports and providing athletic experiences
Resounding Joy—Semper Sound 🌐	http://resoundingjoyinc.org/programs-2/military-music-therapy/	Provides a music therapy program devoted to working directly with Service members and veterans diagnosed with PTSD, TBI, substance abuse, and other physical and psychological diagnoses related to combat stress and trauma
Semper Fi Fund—Horsemanship Program ❤️🌐	www.semperfund.org	Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation
Semper Fi Fund—Recovery Through Sport 🌐	www.semperfund.org	Networks Service men and women who have embraced a fighting, athletic spirit on their road to recovery
Semper Fi Fund—Therapeutic Arts 🌐	www.semperfund.org	Provides grants for therapeutic arts such as instruments, art supplies, and art education
Strive Recreational Therapy 🌐	www.striveonline.org	Creates recreational therapy programs for Service members and veterans with disabilities
USO and Family Care—Recreation Programs 🌐	www.uso.org/warriorandfamilycare/	Improves the health and wellness of wounded troops through Spinning® and outdoor cycling activities



Warrior Wellness Solutions

www.warriorwellnesssolutions.org

Provides holistic, and integrative health and wellness training and education to wounded, ill, and/or injured Service members and their caregivers

Wounded Warrior Project—Project Odyssey

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

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

Wounded Warriors in Action—Outdoor Sporting

www.wwiaf.org

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

Yoga for Vets

www.yogaforvets.org

Lists yoga studios, teachers, and venues throughout the country that offer four or more free classes to veterans; helps them deal with various mental and physical challenges



www.militaryonesource.mil/wounded-warrior
Support Line: 800-342-9647

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

General Information

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

Keeping It All Together Handbook

Free download; find information on:

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

Independent Living

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

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured Service Members

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

Caring for an Injured Service Member

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

Tools & Resources

Free downloads; must log in to order

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

Suicide Prevention



**American
Foundation
for Suicide
Prevention** ❤️ 🇺🇸

www.afsp.org

Promotes understanding and suicide prevention through research, education; reaches out to people with mood disorders and those impacted by suicide

Dstress Line ❤️

www.dstressline.com

Provides professional, anonymous counseling for Marines, attached Sailors, and families

**Military Crisis
Line** ❤️ 🇺🇸

www.militarycrisisline.net

Assists Service members with coping with stress, anxiety, PTSD, and other challenges: 800-273-8255 (press 1)

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

www.militaryonesource.mil/wounded-warrior

Provides free service available to all active duty, Guard, and Reserve members and their families; consultants provide information and referrals: 800-342-9647

**Real Warriors
Campaign** ❤️

www.realwarriors.net/active/treatment/suicidesigns.php

Provides suicide prevention tools and resources for warriors and their families

**The Trevor
Project** ❤️ 🇺🇸

www.thetrevorproject.org

Provides crisis intervention and suicide prevention services to LGBTQ teens and young adults ages 13-24

You Matter ❤️

www.youmatter.suicidepreventionlifeline.org

National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255); sponsored by SAMHA

❤️ Caring for the Caregiver

★ Reserve/Guard Specific Resource

🇺🇸 Military Children

🇺🇸 DOD Program

🌐 Non-Profit Organization

ES Español Available

🇺🇸 VA Program

🎗️ Veterans Service Organization

📱 Smartphone App

Respite Care for Caregivers



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

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

Women Veterans



American Women Veterans 🌐

www.americanwomenveterans.org

Offers retreats, conferences, and outreach campaigns

Fatigues to Fabulous 🌐

www.fatiguestofabulous.com

Supports women serving in our nation's military; provides valuable job training skills including: resume building, interviewing skills, and workplace attire advice; is dedicated to raising funds for continued research on health conditions women veterans face

Grace After Fire 🌐

www.graceafterfire.org

Provides links to treatment options

Joining Forces Mentoring Plus ❤️🌐

www.joiningforcesmentoringplus.org

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

Joint Services Support 🇺🇸⭐👤

www.jointservicesupport.org

Offers virtual military community for National Guard members and families with career, family, finance, behavioral health, sexual assault, and transition support programs

❤️ Caring for the Caregiver

⭐ Reserve/Guard Specific Resource

👤 Military Children

🇺🇸 DOD Program

🌐 Non-Profit Organization

ES Español Available

VA VA Program

🎗️ Veterans Service Organization

📱 Smartphone App



Operation Engaging Vision ❤️	www.f7group.com	Secures and provides resources, training, support, and mentoring for female veterans and women in military families
PTSD Treatment Help ❤️	ptsdtreatmenthelp.com/women-in-the-military-and-ptsd	Provides information on women in the military and PTSD; helps identify symptoms and how to get help; offers 24/7 free, brief, confidential assessment at 877-259-5637
Trauma Informed Care for Women Veterans 🌐	www.dol.gov/wb/trauma	Addresses psychological and mental needs of women veterans
Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) ❤️ 🌐	whitman.syr.edu/vwise	Provides the tools women veterans, active duty, and female family members need to become successful entrepreneurs
Women Veterans Call Center ❤️ 📞	www.womenshealth.va.gov/ProgramOverview/wvcc.asp	Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources
Women Veterans Health Care 🏥	www.womenshealth.va.gov	Provides comprehensive health care services for women veterans at VA health facilities nationwide
Women Veterans ROCK! ❤️ 🌐	www.WomenVetsRock.org	Provides a coalition of women veterans organizations and women advocacy organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness

We Welcome Your Comments

We invite you to answer the following questions and return the attached business reply card below.

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



Caregiver Resource Directory Comment Card

Describe yourself (check all that apply):

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

Did you find the Caregiver Resource Directory useful? ☐ Yes ☐ No

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

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

How did you receive a copy of this directory? _____

How often do you use the Caregiver Resource Directory?

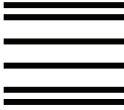
- ☐ Daily ☐ Weekly ☐ Monthly ☐ Rarely ☐ Never

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

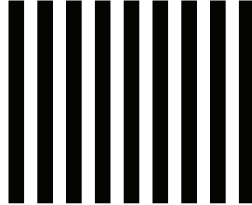
- | | | | | | |
|---------------------------------|---|---|---|---|---|
| • Information/Content Relevance | 1 | 2 | 3 | 4 | 5 |
| • Ease of Use/Directory Layout | 1 | 2 | 3 | 4 | 5 |

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

Thank you taking the time to give us your feedback!



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2345 Crystal Drive | Suite 120 | Arlington, VA 22202 | OSD.Caregiver@mail.mil

