

2019

Department of Defense
Military Caregiver Support

Caregiver Resource Directory



What Resources are Included in the Caregiver Resource Directory?

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

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

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

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

To the Caregivers of Wounded, Ill, or Injured Service Members...

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

We believe this directory assists you in the following ways:

- **Helps you find and connect with the specific assistance you need.** This directory lists many government and nonprofit resources, which you can access both in-person and online, and intends to address just about every conceivable need you may have.
- **Helps you become more educated about your wounded, ill, or injured service member's medical condition.** Knowledge is power and no one advocates for your service member the way you will. Plus, the more you learn about your loved one's condition, the more comfortable, prepared, and capable you'll become in handling any unexpected circumstances you may encounter.
- **Helps you to connect with others.** You'll discover, if you haven't already, that you're a part of a larger community of caregivers and caregiver supporters who have made themselves available for contact, interaction, and networking. You are truly not alone.
- **Helps you to take care of yourself.** This is a subject often overlooked, but vitally important. Unquestionably, the act of caregiving exacts a tremendous physical and mental toll on the caregiver. It's important for you to make self-care a top priority. With that in mind, look for the heart icon (♥), which designates resources specifically designed to help you do so.

How to Use this Directory • iv
Helplines Offering Information and Assistance • 1
Advocacy and Benefit Information • 7
Career Transitions and Employment • 11
Caregiver Support • 19
Military Caregiver Lifestyle • 29
Children’s Needs • 33
Education and Training • 41
Financial Support • 47
Health Care Needs • 57
Home and Automobile Modifications and Special Equipment • 67
Legal Assistance • 71
Online Social Networking • 73
Peer Support and Mentoring • 77
Pet and Service Animal Assistance • 81
Rest and Relaxation • 83
Smartphone Apps • 89
Sports and Recreation • 93
Suicide Prevention • 99
Women Veterans • 101
We Welcome Your Comments • 103

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
- 99 Suicide Prevention
- 73 Online Social Networking

Connect with other caregivers

- 73 Online Social Networking
- 77 Peer Support and Mentoring

Take care of yourself

- 23 Caregiver's Mental Health and Wellbeing
- 86 Short Breaks for the Caregiver
- 57 Health Care Needs

Take care of your family responsibilities

- 33 Children's Needs
- 83 Rest and Relaxation

Enable you to do the best caring for your loved one

- 19 Caregiving Knowledge and Skills
- 61 Home-Based Health Care Assistance
- 60 General Medical Information

Find the "new normal"

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

Seek disability benefits

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

Deal with dangerous, unwanted, or difficult behaviors

- 1 Helplines
- 99 Suicide Prevention

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

- 60 General Medical Information
- 62 TBI and PTSD Information and Programs
- 101 Women Veterans

Manage your finances

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

Access free transportation and temporary housing

- 53 Temporary Lodging Expenses
- 54 Travel and Transportation Expenses











Get special accommodations

- 67 Home and Automobile Modifications
- 81 Pet and Service Animal Assistance

Seek legal assistance

- 71 Legal Assistance
- 7 Advocacy and Benefit Information

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

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

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

— *Defense Health Agency Recovery Coordination Program*

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 families through the assignment of an AW2 Advocate; refer to wct.army.mil/wct/aw2_overview.html 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

ES 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 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

Veteran 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** ❤️ 🇺🇸 ES

800-342-9647 🕒

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

My HealtheVet ❤️ 🔄

1-877-327-0022

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

National Domestic Violence Hotline ❤️ 🌐 ES

800-7990-SAFE (7233)
🕒

(Email available at thehotline.org)

Provides anonymous crisis intervention

National Suicide Prevention Lifeline ❤️ ES

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 ❤️ 🇺🇸

855-NAVY-WWP
(6289-997) 🕒

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

OEF/OIF/OND Care Management Program ❤️ 🔄

877-222-8387

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



PTSD Treatment Help

(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

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 which supplies the help they need

**855-VA-WOMEN
(829-6636)**

Wounded Soldier and Family Hotline ❤️ 🇺🇸

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

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

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. The Directory assists in the recovery, rehabilitation, and community integration of wounded warriors, service members, veterans, families, and caregivers.

Find information on:

Benefits & Compensation

- DoD Benefits
- VA Benefits
- Filing Claims & Appeals

Education & Training

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

Employment

- Job Services
- Workplace Accommodations
- Transition Assistance

Family & Caregiver Support

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

Health

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

Homeless Assistance

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

Housing

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

Transportation & Travel

- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

Other Services & Resources

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

STAY CONNECTED!



FACEBOOK

@NationalResourceDirectory

TWITTER

@NRDgov

Advocacy and Benefit Information



Aid and Attendance Program

www.veteranaid.org/index.php

Provides free assistance to qualified veterans and surviving spouses 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

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 and 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, as well as a section for wounded warriors and their families
National Veterans Foundation Resource Center 🌐	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 injuries 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

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

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 ❤️ 🦿

armymedicine.health.mil/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 wfsupport@conus.army.mil; available 24/7

Wounded Warrior Project ❤️ 🌐

www.woundedwarriorproject.org

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

Operation Warfighter



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

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

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

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

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

Career Transitions and Employment

Career Guidance



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

Job Opportunities for Disabled American Veterans

www.JOFDAV.com


Offers free career tips to job seekers

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Military Service Time to Civil Service Retirement 🇺🇸	www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits/estimator.html	Provides resources on military service deposit, estimated earnings, and “buy back” military service time offered to veterans working in the federal government
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
Semper Fi Fund 🌐	www.semperfund.org	Assists with books, fees, training, interview attire, and equipment; offers Veterans 2 Veterans program at seven (7) locations
Stand Beside Them 🌐	www.standbesidethem.org	Provides free life and career coaching focused 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
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

Veterans Retraining Assistance Program

www.benefits.va.gov/VOW

Offers up to 12 months of retraining assistance to veterans who meet 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



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
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
Warrior Gateway ❤️ 🌐	www.warriorgateway.org	Connects service members, veterans, and their families with government programs as well as local non-profit organizations
Yellow Ribbon Fund Mentoring Program 🌐	www.yellowribbonfund.org	Offers education and career guidance, networking, and job shadowing

Military Transition Programs



AF Wounded Warrior Program 🦅

www.woundedwarrior.af.mil

Provides professional services such as transition assistance and employment assistance

Army Career Alumni Program (ACAP XXI) 🦅

www.acap.army.mil

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

Boots to Business — From Service to Startup 🌐

boots2business.org

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

Career One Stop

www.careeronestop.org/ReEmployment/Veterans

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

Code of Support 🇺🇸 🌐 codeofsupport.org

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

Department of Labor Employment & Training Administration — Registered Apprenticeship

www.doleta.gov/OA/veterans.cfm

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

DoD Hiring Heroes Program 🦅

godefense.cpms.osd.mil/veterans

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



Education and Employment Initiative (E2I) 🇺🇸	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.jointservicesupport.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.nvtsti.org	Offers transition workshops to help veterans and spouses adjust to civilian life



National Veterans Transition Services — REBOOT Workshops 🌐

www.nvtsi.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

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 🌐

<https://ssv.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/care-coalition	Provides career transition for Special Operations Forces warriors and their caregivers
VA Center for Innovation (VACI) — TechShop ♻️	www.innovation.va.gov	Offers 2,000 one (1) year memberships at six (6) 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 (6) week, highly interactive online small group workshop; total of two (2) hours per week for six weeks; contact local VA Caregiver Support Coordinator to participate

Caregiver Action Network



caregiveraction.org

Provides forums, peer networks, story projects, tool boxes, 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/disability-caregiver	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
Health.mil ❤️ 🇺🇸	https://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 a PTSD fact sheet with 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
National Alliance for Caregiving   	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	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/

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

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/psych-health-programs

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

Support and Family Education (SAFE) ❤️ ♻️

www.ouhsc.edu/safeprogram

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

TBI: Family Caregiver Curriculum ❤️ 🇺🇸

www.traumaticbraininjuryatoz.org

Trains individuals to provide care and assistance to members and former members of the armed forces with TBI

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



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

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

VA Caregiver Support ❤️ ♻️

www.caregiver.va.gov

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/health-care/eligibility/

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.org>

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 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 projects, tool boxes, 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.cstsonline.org/research/child-and-family-programs

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 *Post Deployment Stress — What Families Should Know, What Families Can Do*

Coming Home Project ❤️🌐

www.cominghomeproject.net

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

Family Caregivers Briefcase (American Psychological Association) ❤️🌐

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

Includes 160 pages of information and resources for and about caregivers

Giftng 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

Veteran 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”

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



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 focused 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

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

<https://veteransrestorativeproject.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



Giftng Warriors

www.giftingwarriors.org

Assists with medical bills, household goods, furniture, food, clothing, utilities, mental health services, vocational training, child care assistance, travel assistance; includes any other aid to 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 sustaining a mortgage payment



**Hope for the
Warriors — Critical
Care Coordinaton**



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](http://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

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

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



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

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

Veterans Restorative Project

<https://veteransrestorativeproject.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.org

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

Horses 4 Heroes horses4heroes.org

Provides affordable recreational, instructional, and health and wellness equestrian programs for all ages and riding levels; 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



ARMY OneSource

Army OneSource (AOS) is a Secretary of the Army Initiative to provide comprehensive community support and service delivery for Service members, their Families, and Veterans, regardless of component or geographic location.

Through State Community Support Coordinators (SCSCs), AOS is committed to heightening awareness and developing cohesive community support systems across the country to effectively address and serve the unique challenges of Military life.

Find information on:

Family Programs and Services

- Army Family Action Plan
- Army Family Team Building
- Employment Readiness
- Exceptional Family Member Program
- Family Advocacy Program
- Financial Readiness
- Mobilization, Deployment, & Stability Support Ops
- New Parent Support Program
- Soldier and Family Assistance Center
- Survivor Outreach Services
- Victim Advocacy Program

Child, Youth and School Services

- Child Development Centers
- Community Partnerships
- Family Child Care Homes
- Instructional Classes
- School Age Services
- School Support
- Sports & Fitness
- Venture Point
- Youth Services

Education & Careers

- Civilian Employment
- Education Assistance
- Military Spouse Career Support
- Transitioning Assistance

www.myarmyonesource.com

Children's Needs

Child Care Assistance



Army OneSource



www.myarmyone.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

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

Military Child Care in Your Neighborhood



usa.childcareaware.org/families-programs/choosing-child-care/

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

Caring for the Caregiver

Reserve/Guard Specific Resource

Military Children

DoD Program

Non-Profit Organization

Español Available

VA Program

Veterans Service Organization

Smartphone App



Military Heroes Fund  

www.pentagonfoundation.org

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

Military OneSource    

www.militaryonesource.mil/parenting

Provides assistance with any child care related services and counseling

Operation Second Chance  

operationsecondchance.org/support-and-assistance/

Provides child care during illness or surgery

Respite Child Care   

usa.childcareaware.org/fee-assistancerespice/

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  

<https://4-hmilitarypartnerships.org>

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

Children and Youth Behavioral Military and Family Life Counselors 🇺🇸 🏆

<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-and-family-life-counseling/child-and-youth-behavioral-military-and-family-life-counselors>

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

Exceptional Family Member Program 🇺🇸 🏆

<https://www.militaryonesource.mil/family-relationships/special-needs>

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 resiliency training for children and teens

Horses 4 Heroes 🌐 🏆

horses4heroes.org

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

K2 Adventures Foundation 🌐 🏆

www.k2adventures.org/about-us

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



Exceptional Family Member (EFMP)

Managing the care and services for a family member with special needs: whether it's a spouse, child, or dependent adult — is a lot easier with the right support. The best place to start is to enroll them in the military-wide Exceptional Family Member Program.

Find out about enrollment in the Exceptional Family Member Program: Family members need to be enrolled in the Exceptional Family Member Program if they meet the criteria for special medical and/or educational needs. Check out the program and what it provides.

Contact the Exceptional Family Member Program Family Support office
www.militaryonesource.mil/efmp



Little Patriots Embraced 🇺🇸

<https://www.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 🇺🇸 🇺🇸

<https://militarykidsconnect.dcoe.mil>

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

Military OneSource 🇺🇸 ES 🇺🇸

<https://www.militaryonesource.mil/leaders-service-providers/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

Moving Forward — Overcoming Life's Challenges 🇺🇸 ♻️

<https://www.veterantraining.va.gov/movingforward/>

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

New Parent Support Program 🇺🇸 🇺🇸

https://www.militaryonesource.mil/leaders-service-providers/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 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  	https://www.veterantraining.va.gov/parenting/	Provides information, strategies, reconnection tips for after deployment, and helpful exercises via free online course
Semper Fi Fund  	www.semperfund.org	Provides a Kids Camps week where campers are matched up with high school student mentors
Sesame Street Connections  	https://www.sesamestreet.org/parents/topicsandactivities/toolkits/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/specialized-training-of-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
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 which affords the individual a level of independent living he or she may not otherwise enjoy, such as a wheelchair accessible home. Veterans with specific service-connected disabilities may be entitled to a grant for the purpose of constructing or modifying a home to meet their adaptive needs. The grant is currently limited to \$73,768.

Special Home Adaptation (SHA) Grant: The SHA grant is for modifying an existing home to meet adaptive needs, such as assistance with mobility throughout the home. Veterans and service members with specific service-connected disabilities may be entitled to this type of grant. The grant is currently limited to \$14,754. A temporary grant may be available to veterans and service members who are or will be temporarily residing in a home owned by a family member.

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

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

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 ❤️ 🌐

<https://www.afa.org/education/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

ES Español Available

VA VA Program

🇺🇸 Veterans Service Organization

📱 Smartphone App



Department of Education — Financial Aid 🇺🇸	https://studentaid.ed.gov/sa/	Offers options for paying for college, including federal loans, grants, and work-study
Federal Student Aid 🇺🇸	studentaid.ed.gov/types/grants-scholarships/military	Offers scholarship information for military members and families; sponsored by the Department of Education
Fisher House Foundation Military Scholarships 🇺🇸	www.militaryscholar.org	Provides service to sons and daughters of active duty, Reserve/Guard, or retired commissary customers
Folds of Honor ❤️🌐🇺🇸	scholarships.foldsofhonor.org	Offers scholarships not based on need or merit for spouses and dependents of service members
Freedom Alliance Scholarship Fund 🌐🇺🇸	freedomalliance.org/programs/scholarship-fund	Funds scholarships for dependent children of active duty service members who were killed or permanently disabled (100% VA rating)
Green Beret Foundation 🌐🇺🇸	greenberetfoundation.org/scholarships	Provides scholarships for children of wounded, ill, or injured U.S. Army Special Forces soldiers
Hope for the Warriors ❤️🌐	www.hopeforthewarriors.org	Provides caregivers/spouses scholarships at an accredited university, college, or trade school
John and Betty Pope Scholarship Program ❤️🌐	http://www.rosalynncarter.org/Pope-Scholarship/	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

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) ❤️ 🇺🇸

militarybenefits.info/military-spouse-career-advancement-accounts-mycaa/

Helps service members get the credentials needed to achieve career goals; provides up to \$4,000 of financial assistance to eligible military spouses

Military Warrior Support Foundation Education 4 Heroes 🌐

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/

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.nmcrs.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

The Retired Enlisted Association (TREA) 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 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

Paving Access for Veterans Employment (PAVE) 🧑🏻‍🦯

www.pva.org/veterans-employment

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

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/specialized-training-of-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.proudtoserveagain.com

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

Veterans Retraining Assistance Program 

<https://benefits.va.gov/vow/education.asp>

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

Veterans Upward Bound

www2.ed.gov/programs/trio/vub

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

semperfund.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 YMCA 	www.asymca.org	Offers grants for junior enlisted personnel
Army OneSource 	www.myarmyone.com	Offers tools such as Army Gold Game and calculators
Cell Phones for Soldiers  	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Certified Financial Planner (CFP) 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, and 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 for military and community resources; counselors through Family Readiness Centers

Military Heroes Fund Emergency Financial Assistance 

<https://penfedfoundation.org>

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

Respite Care for Caregivers



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

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

**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 (3) 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, 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
Pentagon Federal Credit Union Foundation	https://www.penfed.org/partners/penfed-foundation	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	www.saveandinvest.org	Offers a multifaceted program that includes online and on-the-ground training to get support 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 (TSP)** 🇺🇸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** ❤️ 🌐semperfund.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  	semperfund.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 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 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 🌐

<https://operationsecondchance.org/support-and-assistance/>

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

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 the VA.

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

Health Care Needs

Health Benefits and Coverage



Civilian Health and Medical Program (CHAMPVA)

<https://www.va.gov/COMMUNITYCARE/programs/dependents/champva/index.asp>

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

Continued Health Care Benefit Program (CHCBP)

www.humana-military.com

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

Family and Medical Leave Act

www.dol.gov/whd/fmla/index.htm

Provides an overview of the Family and Medical Leave Act

Foreign Medical Program

<https://www.va.gov/COMMUNITYCARE/programs/veterans/fmp/index.asp>

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

InTransition Mental Health Coach and Support Program

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

https://www.va.gov/COMMUNITYCARE/programs/dependents/pharmacy/meds_by_mail.asp

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization













 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



My HealthVet  	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)   	https://www.public.navy.mil/nrh/Pages/PHOP.aspx	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  	https://www.ycq2.org	Provides access to Quit Coaches who are available seven days a week, 24 hours a day to answer questions about quitting smoking and chewing tobacco and ways to stay smoke free; please indicate veteran status 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  	https://tricare.mil/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.org	Outlines DoD/VA clinical practice guidelines
Blind Rehabilitation Service 	https://www.rehab.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 	https://medlineplus.gov	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  	https://www.helpyourselfhelpothers.org	Provides military mental health screening and referrals
Moving Forward — Overcoming Life's Challenges  	https://www.veterantraining.va.gov/movingforward/	Offers free online life coaching program to service members, veterans and their families
National Alliance on Mental Illness  	https://www.nami.org/Find-Support/Veterans-Active-Duty	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 (SCI) 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

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 on 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

TBI and PTSD Information and Programs



ABCT Find a Therapist

<http://www.findcbt.org/FAT/>

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

Brain Injury Association of America

<https://www.biausa.org/brain-injury/about-brain-injury/adults-what-to-expect>

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

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.cstsonline.org

Provides family resources, fact sheets, etc.

Defense Veterans Brain Injury Center ❤️ 🇺🇸 🇬🇧

<https://dvbic.dcoe.mil>

Distributes booklet: *Talking With Children About Moderate or Severe TBI*

Disabled American Vets 🇺🇸

www.dav.org/wp-content/uploads/DAV_PTSDBrochure-2.pdf

Distributes brochure: *Living with Traumatic Stress*

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



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
PTSD Program Locator ♻️	www.va.gov/directory/guide/ptsd_fish.asp	Helps locate nearby specialized PTSD programs; search by state or by program type
Semper Fi Fund 🌐	semperfund.org/resources	Distributes movie: <i>Cover Me</i> (about combat operational stress)
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.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



<https://www.rehab.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



<https://www.va.gov/health-care/>

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. 40)
Homes for Our Troops 🌐	www.hfotusa.org/home	Provides specially adapted homes for severely injured service members; assists with eligibility requirements, program goals and application assistance
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 ❤️ 🌐	projectevergreen.org	Volunteers provide free lawn, landscape and snow removal services for military families nationwide



Prosthetic Appliances

www.prosthetics.va.gov/psas/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

<https://semperfund.org/get-assistance/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

<https://soldiersangels.org/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

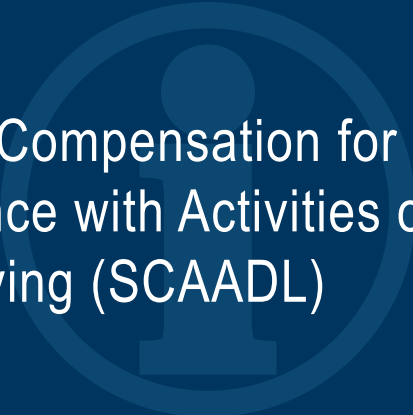
www.benefits.va.gov/HOMELOANS

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. 40)

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. 40)



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

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

National Veterans Legal Services Program

www.nvlsp.org

Offers legal aid referral services

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

 Caring for the Caregiver

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 VA Program

 Veterans Service Organization

 Smartphone App

National Intrepid Center of Excellence (NICoE)



For more information:

www.wrnmmc.capmed.mil/NICoE/SitePages/index.aspx

The National Intrepid Center of Excellence (NICoE), a directorate of Walter Reed National Military Medical Center, helps service members and their families manage their traumatic brain injury (TBI) and psychological health (PH) conditions through:

- Cutting-edge diagnostic evaluation
- Comprehensive treatment planning
- Outpatient clinical care
- TBI and PH research

Patients at the NICoE experience a broad range of care in a team setting that promotes healing of the mind, body, and spirit. To help patients return to or stay involved in their communities and careers after treatment, the NICoE also provides family education and support services.

The NICoE is a key part of the Military Health System TBI Pathway of Care, which makes sure patients have:

- A point of entry to the care system
- A clear path through diagnosis, treatment, and reintegration
- Consistent access to high quality TBI treatment and research










Also serving as a research hub, the NICoE uses the most current high-tech clinical resources to advance medical science in TBI and PH

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	@ArmyWifeNetwork
Battling Bare ❤️🌐	@BattlingBARE
Caregiver Action Network ❤️🌐	@CaregiverActionNetwork
Family of a Vet/Life After Combat ❤️🌐	@LifeAfterCombat
Green Beret Foundation (Steel Magnolias) ❤️🌐	@GreenBeretFoundation
Her War/Her Voice ❤️	@HerWarHerVoice
Hope for the Warriors ❤️🌐	@HopeForTheWarriors
Joining Forces for Women Veterans ❤️🌐	@BPWF4WomenVets
Make the Connection ❤️🔗	@VeteransMTC
Military Health 🦅	@MilitaryHealth
Military OneSource ❤️🦅	@military.1source
Operation Family Caregiver ❤️	@OpFamCaregiver

-  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 Homefront Hearts of Valor ❤️🌐	@HeartsofValor
Real Warriors Campaign ❤️🦅	@RealWarriors
Semper Fi Fund 🌐	@SemperFiFund
Sesame Street for Military Families 🌐👶	@SesameStreetforMilitaryFamilies
SpouseBUZZ ❤️	@SpouseBuzz
USO 🌐	@theUSO
USSOCOM Care Coalition 🦅	@sofcarecoalition
Veteran Caregiver ❤️🌐	@VeteranCareGiver
Veterans Affairs ♻️	@VeteransAffairs
Veterans' Families United Foundation ❤️🌐	@Veterans-Families-United-Foundation-117619665868
Warrior Care ❤️🦅	@WarriorCare
Wounded Warrior Project ❤️🌐	@WWP
Yellow Ribbon Fund ❤️🌐	@YellowRibbonFund



Blogs (Web Logs)

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 

<http://veteranaregivervoices.blogspot.com>

Learning by Accident   

www.brainline.org/rosemary

Military OneSource Blog Brigade 

www.militaryonesource.mil

Military Pathways 

www.mentalhealthscreening.org

Mother Lover Fighter Sage Foundation 

www.unbridledfreedom.com

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



Online Chat Rooms/Forums/Groups

Aid and Attendance Program 

www.veteranaid.org/index.php

Caring Bridge  

www.caringbridge.org

Google for Veterans  


www.googleforveterans.com

Marine Parents  

www.marineparents.com

Military Kids Connect  

www.militarykidsconnect.dcoe.mil

Military SOS 

www.militarysos.com

Operation Homefront Hearts of Valor  

www.heartsofvalor.org

Restore Warriors 

www.restorewarriors.org

Veteran Caregiver  

www.veterancaregiver.com



Personal Stories

Caregiver Action Network  

www.caregiveraction.org

Restore Warriors 

www.restorewarriors.org

**VA Caregiver Connections
Program**  

www.caregiver.va.gov

Veteran Caregiver  

www.veterancaregiver.com

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 stories, support each other, and gain resources

Caregiver Action Network  

caregiveraction.org

Provides forums, peer networks, resources, and advocacy

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 living with someone using an addictive substance that is negatively affecting their life

Google for Veterans

www.googleforveterans.com/veterans

Connects fellow veterans through free calls, group video chat, and sharing tools

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Green Beret Foundation (Steel Magnolias)  	greenberetfoundation.org	Links to an exclusive group of female caregivers, spouses, and Gold Star wives of Special Forces soldiers
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, family members, and friends with information, resources, and solutions to issues
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 and stages of caring through access to online peer support communities, community-based peer support groups, and peer mentor support
Narcotics Anonymous  	www.na.org	Offers a 12-step program and meetings for people who are addicted to non-prescribed narcotics
Operation Homefront Hearts of Valor  	www.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 focused on resume writing, interview help, researching job opportunities, and networking guidance; offered face-to-face, by phone, or Skype to service members, veterans, caregivers, and families; info@standbesidethem.org

Veterans' Family United (VFU) 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 ★ 🌐

<https://www.vets4warriors.com/connect/>

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 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 the area; a coalition of these programs and does not train assistance dogs

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

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 own service dog; typically uses shelter dogs to save a dog's life, too

Patriot Paws

patriotpaws.org

Trains and provides service dogs of the highest quality at no cost to disabled American veterans to help restore physical and emotional independence

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization






 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



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 dogs are trained and cared for despite 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 families

Boulder Crest Retreat

bouldercrestretreat.org

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

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.org](http://www.operationhomefront.org)


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

Operation Purple Healing Adventures

www.militaryfamily.org

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

 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 Second Chance — Retreats 	www.operationsecondchance.org/retreats	Offers two types of retreats depending on the individual's injuries and the ability to get away; short local overnight trips and week-long retreats
Project New Hope 	www.projectnewhopema.org	Assists combat veterans and 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, 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 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, or 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** ❤️🌐

[https://
veteransrestorative
project.org](https://veteransrestorativeproject.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

**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

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 61.



ARCH National Respite Network
 

archrespite.org/state-respite-coalitions

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

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

Operation Second Chance — Day Trips and Nights Out  

operationsecondchance.org/

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   

usa.childcareaware.org/fee-assistancerespite/


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

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

Veteran's Campground on Big Marine Lake   
www.vetscampmn.org

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

Wounded Warrior Family Support — Caregiver Respite Program

www.wvfs.org

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

Yellow Ribbon Fund Family Caregiver Program

www.yellowribbonfund.org

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

Physical Evaluation Board (PEB) Disposition Findings

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

1 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, 2019*:
https://warriorcare.dodlive.mil/files/2019/06/DoD_Compensation_and_Benefits_Handbook.pdf

Smartphone Apps

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



ACTCoach

Offers exercises, tools, information, and tracking logs to help individuals practice with Acceptance and Commitment Therapy (ACT) exercises and apply them in their daily lives



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



Anger and Irritability Management Skills

Provides users with education about anger, opportunities for finding support, the ability to create an anger management plan, anger tracking, and tools to help manage angry reactions



BioZen (Android Only)

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



Breathe, Think, Do with Sesame Street

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



Breathe2Relax

Provides portable stress management tool




Caring4WomenVeterans

Offers comprehensive information targeting the specific health care needs of women Veterans



 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Concussion Coach

Provides information about concussion, a self-assessment instrument for symptoms and their severity, tools to help build resilience and manage symptoms, and recommendations for community-based resources and support



CPT Coach

Contains support materials for a complete course of CPT to help patients manage their treatment, including between session assignments, readings, PTSD symptom monitoring, and mobile versions of CPT worksheets



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



LifeArmor

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



Mindfulness Coach

Provides a gradual, self-guided training program designed to help individuals understand and adopt a simple mindfulness practice



Mood Coach

Designed to help Veterans and Service members boost their mood through participation in positive activities; Allows them to create a plan with positive activities and track their progress



Moving Forward Coach

Designed for Veterans and Service members, and anyone with stressful problems; helps manage challenges such as: returning to civilian life, balancing school and family life, financial difficulties, relationship problems, difficult career decisions, and coping with physical injuries



Operation Reach Out

Aimed at preventing suicide among military personnel and veterans





Parenting2Go

Provides quick parenting advice; relaxation tools to use when frustrated or stressed; tools to improve their relationship with their children through positive communication; and strategies to switch gears between military life and Caution-home



PE Coach 2

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



PTSD Family Coach

Provides PTSD education, information about professional care, a self-assessment, opportunities to find support, and tools that can help manage the stresses of daily life with PTSD



FOCUS on the Go!

Fun and interactive military/veteran family resilience gaming and resources



Psych Help

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



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 (Apple Only)

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





Virtual Hope Box

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



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



Stay Quit Coach

Provides information about smoking and quitting, interactive tools to help users cope with urges to smoke, and motivational messages and support contacts to help you stay smoke-free



Vet Change

Provides tools for cutting down or quitting drinking, tools for managing stress symptoms, education about alcohol use and how it relates to PTSD symptoms, and guidance to find professional treatment



Wounded Warrior Regiment (Android) Wounded Warrior 2.0 (Apple)

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



Sports and Recreation



**Adaptive
Adventures Military
Operations**  

<https://adaptiveadventures.org/>

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

**Blue Star
Families**  

bluestarfam.org

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

Catch a Lift  

www.catchaliffund.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

**Challenged Athletes
Foundation
— Operation
Rebound** 


www.challengedathletes.org/programs/operation-rebound/

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



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
Disabled Sports USA ❤️	https://www.disabledsportsusa.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 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

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 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 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
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.warriorwellnessolutions.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 veterans deal with various mental and physical challenges

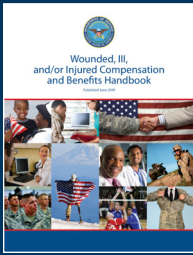


Military Caregiver PEER Initiative

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/>



DoD Compensation and Benefits Handbook for Wounded, Ill, or Injured Members of the Armed Forces, 2019

Download at: https://warriorcare.dodlive.mil/files/2019/06/DoD_Compensation_and_Benefits_Handbook.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.

Suicide Prevention



American Foundation for Suicide Prevention ❤️ 🏠

www.afsp.org

Promotes understanding and suicide prevention through research and 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

Veteran Crisis Line ❤️ 🏠

www.veteranscrisisline.net/

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

Military OneSource Wounded Warrior ❤️ 🇺🇸 🏠

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/depression-suicide

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

❤️ 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

MILITARY ONESOURCE

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

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

General Information

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

Keeping It All Together Handbook

Free download; find information on:

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

Independent Living

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

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured

Service Members

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

Caring for an Injured

Service Member

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

Tools & Resources

Free downloads; must log in to access

- 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

Women Veterans



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; dedicated to raising funds for continued research on health conditions women veterans face

Grace After Fire

www.graceafterfire.org

Provides links to treatment options

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

Operation Engaging Vision

www.f7group.com


Secures and provides resources, training, support, and mentoring for female veterans and women in military families

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DoD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



**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

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):

- | | | |
|--|---|---|
| <input type="checkbox"/> Caregiver | <input type="checkbox"/> Military Spouse | <input type="checkbox"/> Non Beneficiary Family Member/Friend |
| <input type="checkbox"/> Guard/Reserve | <input type="checkbox"/> SCAADL Recipient | <input type="checkbox"/> Active Duty Service Member |
| <input type="checkbox"/> Veteran | <input type="checkbox"/> Non-Profit Org. | <input type="checkbox"/> Veterans Service Organization |
| <input type="checkbox"/> Government Organization | <input type="checkbox"/> Other _____ | |

Did you find the Caregiver Resource Directory useful? Yes No

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

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

How did you receive a copy of this directory? _____

How often do you use the Caregiver Resource Directory?

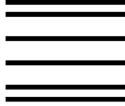
- Daily Weekly Monthly Rarely Never

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

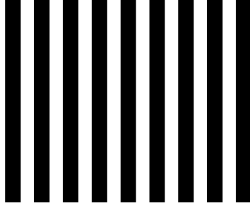
- | | | | | | |
|---------------------------------|---|---|---|---|---|
| • Information/Content Relevance | 1 | 2 | 3 | 4 | 5 |
| • Ease of Use/Directory Layout | 1 | 2 | 3 | 4 | 5 |

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

Thank you taking the time to give us your feedback!



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 213 ARLINGTON, VA

POSTAGE WILL BE PAID BY ADDRESSEE

DHA RECOVERY COORDINATION PROGRAM
2345 CRYSTAL DRIVE
SUITE 120
ARLINGTON, VA 22202





**Additional copies of this directory
are available from:**

DHA Recovery Coordination Program

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



FACEBOOK @WarriorCare



TWITTER @WarriorCare

