



Caregiver Resource Directory



DEPARTMENT OF DEFENSE **WARRIOR CARE**
Military Caregiver Support



2017 EDITION

What Resources are Included in the Caregiver Resource Directory?

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

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

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

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

To the caregivers of wounded, ill, and injured Service members...

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

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

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

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How to Use this Directory

Find helpful resources to:

Get help in the middle of the night
(look for the ⌚ icon for 24/7 support)

- 1 Helplines
- 117 Suicide Prevention
- 87 Online Social Networking

Connect with other caregivers

- 87 Online Social Networking
- 93 Peer Support and Mentoring

Take care of yourself

- 27 Caregiver's Mental Health and Wellbeing
- 104 Short Breaks for the Caregiver
- 69 Health Care Needs

Take care of your family responsibilities

- 41 Children's Needs
- 101 Rest and Relaxation

Enable you to do the best caring for your loved one

- 23 Caregiving Knowledge and Skills
- 74 Home-Based Health Care Assistance
- 72 General Medical Information

Find the “new normal”

- 111 Sports and Recreation
- 11 Career Transitions and Employment
- 51 Education and Training

Seek disability benefits

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

Deal with dangerous, unwanted, or difficult behaviors

- 1 Helplines
- 117 Suicide Prevention

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

- 72 General Medical Information
- 75 TBI and PTSD Information and Programs
- 119 Women Veterans

Manage your finances

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

Access free transportation and temporary housing

- 65 Temporary Lodging Expenses
- 66 Travel and Transportation Expenses

Get special accommodations

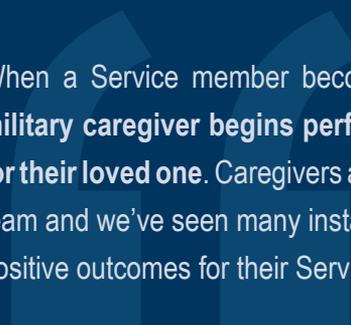
- 81 Home and Automobile Modifications
- 97 Pet and Service Animal Assistance

Seek legal assistance

- 85 Legal Assistance
- 7 Advocacy and Benefit Information

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

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



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

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

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

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

—Warrior Care Policy

Helplines Offering Information and Assistance

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



Air Force Wounded Warrior Program (AFW2) ❤️ 🇺🇸

800-581-9437

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

American Red Cross ❤️ 🌐 ES

877-272-7337 🕒

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

Army Wounded Warrior Program (AW2) ❤️ 🇺🇸

800-237-1336

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

Caregiver Support Line ❤️ 🗣️

855-260-3274

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

❤️ Caring for the Caregiver

🇺🇸 DOD Program

🗣️ VA Program

★ Reserve/Guard Specific Resource

🌐 Non-Profit Organization

🎗️ Veterans Service Organization

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 make a transition between health care systems or providers by connecting them to the right resources



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

877-487-6299 🕒

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

Military Crisis Line ❤️ 🔄

800-273-8255 🕒

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

0080012738255 or
DSN 118* (Overseas)

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

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

800-342-9647 🕒

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

Military Spouse Employment Partnerships ❤️ 🇺🇸

800-342-9647

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

My HealtheVet ❤️ 🔄

1-877-327-0022

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

National Domestic Violence Hotline ❤️ 🌐 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** ❤️ 🦅

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

855-NAVY-WWP
(6289-997) 🕒

OEF/OIF/OND Care Management Program ❤️ ♻️

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

877-222-8387

PTSD Treatment Help ❤️

(Includes online chat at PTSDtreatmentHelp.com)

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

877-259-5637 🕒

Rape, Abuse, Incest National Network ❤️ 🌐

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

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

800-656-HOPE (4673)
🕒

TRICARE's Smoking QuitLine

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

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

North Region:
866-459-8766 🕒

South Region:
877-414-9949 🕒

West Region:
888-713-4597 🕒

USSOCOM Care Coalition Program ❤️ 🦅

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

877-672-3039

Vet Center Combat Call Center ❤️ ♻️ ES

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

877-WAR-VETS
(927-8387) 🕒

Veterans Benefits Administration ❤️ ♻️

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

800-827-1000



Veteran Crisis Hotline ❤️ 📞

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

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

800-273-8255 🕒
(press 1)

Vets 4 Warriors ❤️ 🌐

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

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

855-838-8255 🕒

Women Veterans Call Center ❤️ 📞

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

855-VA-WOMEN
(829-6636)

Wounded Soldier and Family Hotline ❤️ 🇺🇸

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

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

800-984-8523 🕒

Wounded Warrior Project Resource Center ❤️ 🌐

(Includes email resourcecenter@woundedwarriorproject.org)

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

888-997-2586



National Resource Directory

www.NRD.gov

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

Find information on:

Benefits & Compensation

- DOD Benefits
- VA Benefits
- Filing Claims & Appeals

Education & Training

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

Employment

- Job Services
- Workplace Accommodations
- Transition Assistance

Family & Caregiver Support

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

Health

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

Homeless Assistance

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

Housing

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

Transportation & Travel

- Military Travel Pay
- Transportation Assistance
- Automobile Adaptations

Other Services & Resources

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

STAY CONNECTED!



FACEBOOK/VeteransBenefits
TWITTER @VAVetBenefits

Advocacy and Benefit Information



Aid and Attendance Program

www.veteranaid.org/index.php

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

American Legion

www.legion.org

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

AMVETS

www.amvets.org

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

Benefits.gov

www.benefits.gov

Provides online pathway to government benefits; sponsored by DOL

Code of Support

codeofsupport.org

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

Disability.gov

www.disability.gov

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Disabled American Veterans 	www.dav.org	Provides help filing for VA disability compensation and benefits
DOD Compensation and Benefits Handbook for Wounded, ill, and/or injured Service member 	warriorcare.DODlive.mil/benefits/compensation-and-benefits	Provides a quick reference from rehabilitation to reintegration; links to resource sites; answers immediate questions and leads to additional answers
eBenefits 	www.ebenefits.va.gov	Offers a central location for veterans, Service members, and their families to research, find, access, and manage benefits and personal information
InTransition Mental Health Coaching and Support 	www.health.mil/intransition	Helps Service members receiving mental health treatment make a successful transition between health care systems or providers
Military Order of the Purple Heart 	www.purpleheart.org	Provides a network of National Service Officers (NSO) across the nation, usually co-located with a VA facility to help with VA issues; call 888-668-1656 to find the nearest NSO
My Army Benefits 	myarmybenefits.us army.mil	Provides over 150 benefit fact sheets, disability rating and education benefit estimators, forecast retirement benefits; specialized calculators for the Reserve component; section for wounded warriors and their families
National Veterans Foundation Resource Center 	nvf.org/veterans-benefits	Explains the eligibility requirements for various benefits, how to apply for them, and how to get more information



Navy Family Ombudsman Program ❤️ 🦅

ombudsmanregistry.org

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

Paralyzed Veterans of America 🦯

www.pva.org/site/c.ajlRK9NJLcJ2E/b.6349711/k.9087/For_Veterans.htm

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

Social Security Disability Benefits for Wounded Warriors 🇺🇸

www.ssa.gov/woundedwarriors

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

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

Career Transitions and Employment

Career Guidance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers career counseling

Blue Star Families (Careers)

bluestarfam.org/resources/blue-star-careers

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

Defenders of Freedom

defendersoffreedom.us

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

Hero 2 Hired

www.H2H.jobs

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

Hire Heroes USA

www.hireheroesusa.org

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

Hope for the Warriors Above and Beyond Program

www.hopeforthewarriors.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

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 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



In Gear Career ❤️🌐	ingearcareer.org	Promotes the exchange of information through local and online community building efforts and advocacy programs across all professional occupations
International Franchise Association's VetFran Toolkit ❤️🌐	www.vetfran.com/veterans-toolkit	Fosters access to franchise opportunities for veterans and military spouses
Iraq and Afghanistan Veterans of America Career Pathfinder 🧵	iava.org/career-pathfinder	Includes resume builder, military skills translator, and career mapping tool
Job Opportunities for Disabled American Veterans 🌐	www.JOFDAV.com	Offers free career tips to job seekers
Joining Forces Mentoring Plus 🌐❤️	www.joiningforcesmentoringplus.org	Offers unlimited free personal and employment coaching and professional guidance for caregivers of wounded warriors, women veterans of all ranks and eras, and military/veterans spouses
Military OneSource Spouse Career Center ❤️🇺🇸🇪🇸	www.militaryonesource.mil/seco	Provides high quality education and career services, resources, guidance, and consultations accessible online or by calling 1-800-342-9647
Military Service Time to Civil Service Retirement 🇺🇸	www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits.html	Provides resources on military service deposit, estimated earnings, and “buy back” military service time offered to veterans working in the federal government



Military Spouse Employment Partnerships



msepjobs.
militaryonesource.mil

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

Military to Federal Jobs Crosswalk



www.dllr.state.md.us/
mil2fedjobs

Helps translate military occupations to federal jobs

Military Warriors Support Foundation



www.militarywarriors.org

Provides the link between partnering companies and veterans

MilSpouse eMentoring Program



www.ementorprogram.
org/p/milspouse

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

Semper Fi Fund



www.semperfund.org

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

Stand Beside Them



www.standbeside
them.org

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

Student Veterans of America



www.studentveterans.org

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



USA Cares 	www.usacares.org	Offers career building and training; provides money for travel to job interviews
USO and Georgetown University—Franchise Course 	www.uso.org	Provides free guidance on navigating the challenges of small business management and identifies franchise opportunities
USO Warrior and Family Care Program 	www.uso.org/warriorandfamilycare	Focuses on resume writing, mock interviews, professional work practices, and translating prior military experience into a civilian career
VA for Vets 	vaforvets.va.gov	Offers career tools for veterans seeking employment at VA, career development services, and coaching and reintegration support for Service members
Vet Power 	www.vetpower.org	Helps veterans start and grow their own home-based and franchised businesses
Veterans Retraining Assistance Program 	www.benefits.va.gov/VOW	Offers up to 12 months of retraining assistance to veterans who meet all the specific criteria
Vocational Rehabilitation and Employment 	www.vba.va.gov/bln/vre	Offers assistance with employment, education, and training for independent living
Yellow Ribbon Fund 	www.yellowribbonfund.org	Helps injured Service members build new lives through education and career guidance, networking, and job shadowing

Job Search



Blue Star Families (Jobs)

bluestarfam.org/resources/blue-star-jobs

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

Defenders of Freedom

defendersoffreedom.us/jobs-for-dof.php

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

Helmets to Hardhats

www.helmetstohardhats.org

Offers career opportunities in the construction industry that match military backgrounds

Hero 2 Hired

www.H2H.jobs

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

Hiring Heroes Program

godefense.cpms.osd.mil/veterans

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

Hiring Our Heroes

www.uschamber.com/hiringourheroes

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

Job Explorer

www.mcjex.net

Provides access to a free job search engine for the military community



Job Opportunities for Disabled Veterans 🌐	www.JOFDAV.com	Provides job postings for disabled veterans
Military Spouse Employment Partnerships ❤️ 🇺🇸	msejobs.militaryonesource.mil	Provides direct connections between companies with military spouses seeking career opportunities, and spouses with employers who are actively recruiting
Military Warriors Support Foundation CEOs4Warriors 🌐	www.militarywarriors.org/ceos4heroes	Provides a link between partnering companies and veterans seeking employment opportunities
National Labor Exchange 🌐 ES	us.jobs/national-labor-exchange	Provides free job-seeker services
USA Jobs	www.usajobs.gov	Lists available government and federal jobs; official OPM website
USO and Hire Heroes—USA Career Opportunity Day 🌐	www.uso.org	Offers small-scale career fairs for transitioning troops, their spouses, and caregivers to network and meet with hiring employers for on-site introductory interviews
Veterans Enterprise 🌐	www.veteransenterprise.com	Connects warriors with employers who recruit transitioning Service members
Warrior Gateway ❤️ 🌐	www.warriorgateway.org	Connects Service members, veterans, and their families with government programs as well as local non-profit organizations



Yellow Ribbon Fund Mentoring Program 🌐

www.yellowribbonfund.org

Offers education and career guidance, networking, and job shadowing

Military Transition Programs



AF Wounded Warrior Program 🇺🇸

www.woundedwarrior.af.mil

Provides professional services such as transition assistance and employment assistance

Army Career Alumni Program (ACAP XXI) 🇺🇸

www.acap.army.mil

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

Boots to Business—From Service to Startup 🌐

boots2business.org

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

Career One Stop

www.careeronestop.org/ReEmployment/Veterans

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

Code of Support ❤️ 🌐 codeofsupport.org

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



Defense Advanced Research Projects Agency (DARPA)—Service Chiefs’ Fellows Program (SCFP) 	www.darpa.mil/Opportunities/Military_Services/Service_Chiefs_Fellows_Program/Service_Chiefs_Fellows_Program_%28SCFP%29.aspx	Immerses outstanding military officers into science and technology research through a three-month fellowship; provides participants with insight into cutting-edge technology and opportunities to potentially aid in developing a future DARPA technology
Department of Agriculture—New Farmers and Ranchers Program	www.usda.gov/wps/portal/usda/newfarmers?navid=newfarmers	Offers opportunities and resources to help veterans start a career in farming and ranching, including information on loans, grants, and where to find help and technical assistance
Department of Labor Employment & Training Administration—Registered Apprenticeship	www.doleta.gov/OA/veterans.cfm	Offers Service members and veterans ways to find and apply for apprenticeship occupations and careers, as well as additional resources, tools, and information
DOD Hiring Heroes Program 	godefense.cpms.osd.mil/veterans	Offers avenues to ask questions and discuss employment with a career advisor; (888-DOD-4USA)
Education and Employment Initiative (E2I) 	warriorcare.DODlive.mil/wounded-warrior-resources/e2i	Finds employment opportunities and provides career planning support for 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.nvtsi.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.cnic.navy.mil	Provides separating/retiring Service members and their families with skills needed to re-enter the civilian work force
Operation Engage America 	operation-engage-america.org	Provides support, education and resources for veterans, their family members, and community residents living with PTSD and TBI
Partnership for Youth Success 	www.armypays.com	Helps Soldiers find employment after leaving the Army
REALifelines 	www.dol.gov/vets/programs/Real-life	Links Service members and their families with local community resources for recovery and reemployment
Safe Harbor Foundation Anchors Program 	safeharbor.navylive.DODlive.mil/transition/anchor-program	Connects Sailors with mentors who assist with the challenges associated with returning to civilian life
Stand Beside Them 	www.standbesidethem.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities, and networking guidance; offered face-to-face, by phone, or Skype to Service members, veterans, their caregivers and families; info@standbesidethem.org
Still Serving Veterans 	www.stillservingveterans.org	Helps Service members and families transition to post-military lives



**Transition Assistance
Advisors** 🦅 ♻️ ⭐

www.taapmo.com

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

**Turbo Transition
Assistance
Program** 🦅

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

Provides full transition resources

**United Services
Military
Apprenticeship
Program
(USMAP)** 🦅

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

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

**USSOCOM Care
Coalition** ❤️ 🦅

www.socom.mil/CareCoalition

Provides career transition for Special Operations Forces warriors and their caregivers

**VA Center for
Innovation (VACI)—
TechShop** ♻️

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

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

**VA Pre-Discharge
Programs** ♻️

benefits.va.gov/predischarge

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

**Veterans
Employment
Center** ♻️

www.ebenefits.va.gov/ebenefits/jobs

Provides a virtual employment resource center for veterans

**Yellow Ribbon
Reintegration
Program** ❤️ 🦅 ⭐

www.yellowribbon.mil

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

Caregiver Support

Caregiving Knowledge and Skills



AARP



www.aarp.org

Offers free online seminars and educational resources

American Red Cross Family Caregiver Courses and Certifications



www.redcross.org/take-a-class

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

American Red Cross First Aid, CPR and AED Training



www.redcross.org/take-a-class

Offers both certified and non-certified training options

Armed Forces YMCA



www.asymca.org

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

Building Better Caregivers Workshops



www.caregiver.va.gov

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

Caregiver Action Network



caregiveraction.org

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

Caring for the Caregiver

Reserve/Guard Specific Resource

Military Children

DOD Program

Non-Profit Organization

Español Available

VA Program

Veterans Service Organization

Smartphone App



Caregivers' Resources (USA.gov) ❤️ 

www.usa.gov/Citizen/Topics/Health/caregivers.shtml

Helps find nursing homes, assisted living, or hospice; checks eligibility for benefits; sponsored by General Services Administration

Caregiver's Journey ❤️ 

www.traumaticbraininjuryatoz.org

Provides the resource *Caregiver's Journey: TBI Guide for Caregivers of Service members and veterans*

Center for the Study of Traumatic Stress ❤️ 

www.cstsonline.org

Shares research and *Courage to Care* fact sheets

Coaching into Care ❤️ 

www.mirecc.va.gov/coaching

Provides support and problem solving assistance and information about available programs or assistance enrolling in VA care

Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury ❤️ 

www.dcoe.health.mil

Provides TBI information, tips for treating mild TBI and PTSD, integrative health and wellness, and provider resources; special section on "Supporting Your Service Member"

Easter Seals Caregiver Training Program ❤️  

www.easterseals.com

Provides training to eligible caregivers on self care, home safety, caregiver skills, veteran personal care, managing difficult behaviors, and support resources

Family Caregiver Alliance National Center on Caregiving ❤️ 

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

Provides fact sheets, discussion groups, telephone conferences, and other educational resources, including state-by-state resources



Help Guide

www.helpguide.org/mental/ptsd-family-help-support.htm

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

Military and Veteran Caregiver Network (MVCN)

milvetcaregivernetwork.org/

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

Military Family Caregiving Online Training

www.extension.org/militaryfamilies

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

Military Family Caregiving Videos

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

Shares a series of topical videos designed to alleviate caregiver burden and provide a basic understanding of injuries sustained in military combat

My HealtheVet Caregiver Assistance Center

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

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

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

Offers nine practical first steps new caregivers should take and advice for pacing oneself for the long term; intended for both new and experienced caregivers

**Operation Family
Caregiver** ❤️

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

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

**Prepare to Care
(AARP Foundation)**



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

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

**Real Warriors
Campaign** ❤️ 🇺🇸

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

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

Silent Siren 🌐

www.silentsiren.org

Educates emergency support personnel, military families, and caregivers about PTSD and fundamental approaches to responding to PTSD crisis situations

**Strength for
Caring** ❤️ 🌐

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

Includes articles and resource center

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

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

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



TBI: Family Caregiver Curriculum ❤️🇺🇸

www.traumaticbraininjuryatoz.org

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

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



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

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

VA Caregiver Support ❤️🇺🇸

www.caregiver.va.gov

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

VA Health Benefits and Services ❤️🇺🇸

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

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

Veteran Caregiver 🌐

www.veteran-caregiver.com

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

Caregiver's Mental Health and Wellbeing



Afterdeployment ❤️🇺🇸

www.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) ❤️🌐	bluestarfam.org/Programs/Caregivers_Empowering_Caregivers	Provides an opportunity for caregivers to share their stories, support each other, and gain resources
Care for the Family Caregiver—A Place to Start ❤️🌐	www.caregiving.org/data/Emblem_CfC10_Final2.pdf	Provides a helpful and informative booklet for family caregivers
Caregiver Action Network ❤️🌐	caregiveraction.org	Provides forums, peer networks, story project, tool box, tips, resources, and advocacy
Caregiver Stress ❤️	www.womenshealth.gov/publications/our-publications/fact-sheet/caregiver-stress.cfm	Provides caregiver stress fact sheets; sponsored by the Department of Health and Human Services
Cell Phones for Soldiers ❤️🌐	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Child and Family Program of the Center for the Study of Traumatic Stress ❤️🇺🇸	www.couragetotalk.org	Provides resources for family and friends to communicate more effectively about war injuries
Coaching into Care ❤️🔄	www.mirecc.va.gov/Coaching/PostDeploymentStress_Families.pdf	Offers a booklet on <i>Post Deployment Stress—What Families Should Know, What Families Can Do</i>



Coming Home Project ❤️🌐

www.cominghomeproject.net

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

Family Caregivers Briefcase (American Psychological Association) ❤️🌐

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

Includes 160 pages of information and resources for and about caregivers

Gifting Warriors ❤️🌐👤

www.giftingwarriors.org/index.php

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

Give an Hour ❤️🌐

www.giveanhour.org

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

Hearts of Valor ❤️🌐

www.operationhomefront.net/servicedetail.aspx?id=1034

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

Joint Family Support Assistance Program ❤️🇺🇸🌟

www.jointservicesupport.org

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



Military and Family Life Counselor Program ❤️ 🇺🇸

www.militaryonesource.mil/12038/MOS/Booklets/MFLC_Program_Brochure.pdf

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

Military Crisis Line ❤️ 🇺🇸

www.veteranscrisisline.net

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

Military OneSource ❤️ 🇺🇸 ES

www.militaryonesource.mil

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

Military Pathways ❤️ 🇺🇸

www.militarymentalhealth.org

Provides 24/7 access to free, anonymous online mental health self assessments

Moving Forward—Overcoming Life’s Challenges 🇺🇸 🇺🇸

startmovingforward.t2.health.mil

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

National Guard Bureau Psychological Health Services ❤️ 🇺🇸 ⭐

www.jointservicesupport.org/resourcefinder/topic.aspx

Provides telephone and face-to-face consultations; free and confidential; search website for local contacts and resources

Navy Reserve and Marine Corps Reserve Psychological Health Outreach Program (PHOP) ❤️ 🇺🇸 ⭐

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

Ensures USMC and Navy reservists and their families have access to psychological health care services; not an emergency or first responder service

Operation Live Well 🇺🇸

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

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



Operation: Love Reunited ❤️🌐👨👩

www.oplove.org

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

Operation: Showers of Appreciation ❤️🌐

osoamil.org/

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

Project Evergreen ❤️🌐

projectevergreen.org

Provides free lawn, landscape, and snow removal services for military families nationwide via volunteers

PTSD Treatment Help ❤️

PTSDtreatmentHelp.com

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

Rand Corporation ❤️🌐

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

Offers the booklet: *Post Deployment Stress, What Families Should Know, What Families Can Do*

Restore Warriors (Wounded Warrior Project) ❤️🌐

www.restorewarriors.org

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

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/getting-help

Offers free psychotherapy



Special Operations Warrior Foundation  	www.specialops.org	Provides caregivers of Special Operations Forces personnel with spa services
Stand Beside Them 	www.standbesidethem.org	Provides free life and career coaching focusing on resume writing, interview help, researching job opportunities, and networking guidance; offered face-to-face, by phone, or Skype to Service members, veterans, their caregivers and families; <i>info@standbesidethem.org</i>
Substance Abuse and Mental Health Administration 	www.samhsa.gov	Offers treatment locations, downloads, videos, and publications
TRICARE Telemental Health Services  	www.tricare.mil/ CoveredServices/ SeeWhatsCovered/ TelementalHealth. aspx?sc_database=web	Offers a network of offsite providers who can evaluate, treat, and refer you as necessary via video; contact TRICARE regional coordinator to request services
USO Caregiver's Conference 	www.uso.org	Provides one-day conference that focuses on skills for building stronger, more resilient military families; topics include couple's intimacy, addressing challenging behaviors, preventing burnout, and more
VA Caregiver Support  	www.caregiver.va.gov/ support/support_ services.asp	Provides a caregiver toolbox, diagnosis care sheets, everyday tips, and help staying organized
Vet Centers    	www.vetcenter.va.gov	Offers free individual and family counseling to eligible veterans and families



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

www.vetscampmn.org

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

**Veterans
Restorative
Project** ❤️ 🌐

veteransrestorativeprogram.org

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

**Weddings for
Heroes** ❤️ 🌐

www.weddingsforheroes.org

Provides support and assistance to active duty, combat wounded, or combat veteran Service members who are in the process of planning a wedding on a budget

Maintenance and Home Care Assistance



Gifting Warriors

www.giftingwarriors.org

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

**Homes on the
Home front** 🌐

www.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/operationcomfort

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

Respite Care for Caregivers



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

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



DEFENSE CENTERS OF EXCELLENCE

For Psychological Health & Trauma | Injury

dcoe.health.mil

Support Line: 866-966-1020

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

Find information on:

DCoE Centers

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

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

Psychological Health

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

Media Center

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

Traumatic Brain Injury

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

Training and Conferences

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

Service Members and Families

- 24/7 Help
- Suicide Prevention

Military Caregiver Lifestyle

Milestones



The Carrying On Project

www.carryingonproject.org

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

Mission Sleep

www.missionsleep.org

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

New Parent Support Program

www.militaryonesource.mil/parenting?content_id=266691

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

Operation Shower

operationshower.org

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

Operation: Showers of Appreciation

osoamil.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Weddings for Heroes

www.weddingsforheroes.org

Provides support and assistance to active duty, combat wounded, or veteran Service members to plan a wedding on a budget

Stress Relief Aides



Cause

www.cause-usa.org

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

Cell Phones for Soldiers

www.cellphonesforsoldiers.com

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

Hearts Apart

www.heartsapart.org

Provides Service members with professional photography of their spouses, children, and newborn babies

Hope for the Warriors Caregiver Dinners

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

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

Operation Live Well

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

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



Operation: Love Reunited ❤️🌐👨👩

www.oplove.org

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

Operation Second Chance Day Trips and Nights Out ❤️🌐

www.operationsecondchance.org/daytrips

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

Veterans Restorative Project ❤️🌐

veteransrestorativeprogram.org

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

Hobbies & Interests



Catch a Lift ❤️🌐

www.catchaliftfund.com/about-us

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

Connected Warriors ❤️🌐

connectedwarriors.org

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



Higher Ground

www.highergroundsv.org

Combines sports, family, and coping therapies to restore and rehabilitate Service members; specializes in serving veterans with traumatic brain injury (TBI), post-traumatic stress (PTS), military sexual trauma (MST), and polytrauma

Horses 4 Heroes

horses4heroes.org

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

United Through Reading

www.unitedthroughreading.org

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

Yoga for Vets

www.yogaforvets.org

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

Children's Needs

Child Care Assistance



Armed Forces Foundation

www.armedforcesfoundation.org

Offers child care during illness, surgery, and recovery

Army OneSource

www.myarmyonesource.com

Gives child care referrals

Childcare Aware

www.childcareaware.org

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

Gifting Warriors

www.giftingwarriors.org/index.php

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

Joint Services Support

www.jointservicesupport.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Little Warrior Respite Program (Easter Seals)

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

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

Military Child Care in Your Neighborhood

www.naccrra.org/military-families

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

Military Heroes Fund

www.pentagonfoundation.org

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

Military OneSource

www.militaryonesource.mil/parenting

Provides assistance with any child care related services and counseling

Operation Military Child Care

www.childcareaware.org

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

Operation Second Chance

www.operationsecondchance.org/supportandassistance

Provides child care during illness or surgery

Respite Child Care

www.naccrra.org/military-families

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

Yellow Ribbon Fund

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Children's Health and Wellbeing



4-H Military Partnerships

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

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

AASA—The School Superintendents Association

www.aasa.org/MilitaryChild.aspx

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

American Legion

www.legion.org

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

Armed Services YMCA's Operation Hero Program

www.asymca.org/programs/operation-hero4

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

Blue Star Families

bluestarfam.org

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

Camp C.O.P.E.

www.campcope.org

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

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

www.couragetotalk.org

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

Children and Youth Behavioral Military and Family Life Counselors

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

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



**Children of
Military Service
Members Resource
Guide** 🇺🇸 🧑🏫

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

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

**Defending the
Blue Line** ❤️ 🌐 🧑🏫

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

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

**Exceptional
Family Member
Program** 🇺🇸 🧑🏫

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

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

FOCUS Program 🌐 🧑🏫

www.focusproject.org

Offers resilience training for children and teens

Horses 4 Heroes 🌐 🧑🏫

horses4heroes.org

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

**K2 Adventures
Foundation** 🌐 🧑🏫

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

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

**Little Patriots
Embraced**

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

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



Military Child Education Coalition 🌐 👤

www.militarychild.org

Advocates for military children's educational needs

Military Families Knowledge Bank ❤️ 🇺🇸 👤

mfkb.nctsn.org

Includes useful resources available to assist traumatized children and their families

Military Kids Connect 🇺🇸 👤

militarykidsconnect.org

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

MilKidz Club 🌐 👤

www.bluestarfam.org/milkidz-club

Offers free tickets and other events for military children

Military OneSource 🇺🇸 ES 👤

www.militaryonesource.mil/parenting

Distributes free booklet, *Honoring Our Babies and Toddlers*

Military Tutor 🇺🇸 👤

militarytutor.com

Offers free online tutoring to active duty military members and their dependents

Mission Sleep ❤️ 🌐 👤

www.missionsleep.org

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

Mission Youth Outreach 🌐 👤

www.bgcaa.com

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

Moving Forward—Overcoming Life's Challenges 🇺🇸 ♻️

startmovingforward.t2.health.mil

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

New Parent Support Program 🇺🇸 👤

www.militaryonesource.mil/parenting?content_id=266691

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



Operation Homefront  	www.operationhomefront.net	Offers assistance with baby food, diapers, formula, etc.
Operation Military Kids  	www.operationmilitarykids.org	Supports military kids impacted by deployment and those geographically dispersed
Operation Purple Programs   	www.militaryfamily.org	Designs several programs for military children, such as summer camps, family retreats, and Operation Purple Healing Adventures
Operation Shower   	operationshower.org	Prepares a Shower in a Box for each mom-to-be who has a spouse or partner who was injured during deployment
Our Military Kids  	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities, such as sports, fine arts, and tutoring
Parenting for Service Members and Veterans  	militaryparenting.t2.health.mil/index.php	Provides information, strategies, reconnection tips for after deployment, and helpful exercises via free online course
Rand Corporation  	www.rand.org/pubs/corporate_pubs/2008/RAND_CP535-2008-03.pdf	Provides a booklet: <i>Post Deployment Stress, What Families Should Know, What Families Can Do</i>
Semper Fi Fund  	www.semperfund.org	Provides a Kids Camps week where campers are matched up with high school student mentors
Sesame Street Connections  	www.sesamestreet.org/tlc	Provides support and resources for military children between the ages of two and five; DVDs offered by USO at many centers

**STOMP**  

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

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

The General's Kids  

www.thegeneralskids.org

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

United Through Reading 

www.unitedthroughreading.org

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

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

www.uso.org

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

Yellow Ribbon Fund  

www.yellowribbonfund.org

Offers babysitting, kid matinees, and pool days

Zero to Three  

www.zerotothree.org

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

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

Veterans Service Organization (VSOs)

What They Are and How They Can Help

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

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

VA Grants for Home Modifications

Specially Adapted Housing (SAH) Grant: The SAH grant is designed to help provide a barrier-free living environment that affords the individual a level of independent living he or she may not otherwise enjoy, such as a wheelchair accessible home. Veterans with specific service-connected disabilities may be entitled to a grant for the purpose of constructing or modifying a home to meet their adaptive needs. The grant is currently limited to \$73,768.

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

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

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

Education and Training

Scholarships, Loans, and Grants



Air Force Aid Society

www.afas.org/ed-loans

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

Air Force Association Spouse Scholarships

www.afa.org/informationfor/military/scholarships

Encourages Air Force spouses to pursue undergraduate or graduate degrees

American Legion

www.legion.org/scholarships

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

AMVETS Scholarships

www.amvets.org/programs/scholarships

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

Army Emergency Relief

www.aerhq.org/dnn563

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

Blue Star Families

bluestarfam.org/resources/blue-star-careers

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



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
Department of Education—Financial Aid	www2.ed.gov/inaid/landing.jhtml?src=ln	Offers options for paying for college, including federal loans, grants, and work-study
Federal Student Aid 🧑🏫	studentaid.ed.gov/types/grants-scholarships/military	Offers scholarship information for military members and families; sponsored by the Department of Education
Fisher House Foundation Military Scholarships 🧑🏫	www.militaryscholar.org	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
Job Explorer ❤️ 🦅 🧑🏫	www.mcsfex.net	Allows users to search for military-friendly scholarships for Service members and families



John and Betty Pope Scholarship Program ❤️🌐

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

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

Marine Corps Scholarship Foundation 🌐👨👩

www.marine-scholars.org

Provides scholarships for children of active duty and veteran Marines

Mattie J. T. Stepanek Caregiving Scholarship ❤️🌐

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

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

Military Officers Association of America 🌐👨👩

www.moaa.org

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

Military Order of the Purple Heart Scholarship Program 🎗️👨👩

www.purpleheart.org

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

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

aiportal.acc.af.mil/mycaa

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

Military Warrior Support Foundation Education 4 Heroes 🌐

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

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



National Military Family Association Military Spouse Scholarships ❤️🌐	www.militaryfamily.org	Provides tuition, fees, and school room and board for GED/ESL, vocational training, professional certification, post-secondary, graduate school, in-class/online, and full/part time
Navy Marine Corps Relief Society 🌐👤	www.nmcra.org	Assists eligible Sailors, Marines, and families to pursue academic goals by providing a source of education financing
No Greater Sacrifice 🌐👤	www.nogreater sacrifice.org	Provides scholarships and other educational resources for children of America's heroes
Post GI Bill ❤️🌐👤	www.gibill.va.gov	Covers up to 36 months of education benefits, including monthly housing allowance; transferability of benefits to eligible dependents allowed
Post GI Bill Calculator (Iraq and Afghanistan Veterans of America) 🧡	newgibill.org/calculator	Calculates GI Bill benefits plus answers frequently asked questions
The Retired Enlisted Association Memorial Foundation Scholarship 🧡👤	www.trea.org	Awarded to dependent children, grandchildren, or great grandchildren of a TREA member; essay required
Semper Fi Fund 🌐	www.semperfund.org	Assists with costs of books, fees, and training; travel to job interviews; and equipment
ThanksUSA ❤️🌐👤	www.thanksusa.org	Awards college, technical, and vocational school need-based scholarships to children and spouses



Tillman Military Scholarship Program ❤️ 🌐

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

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

Veterans of Foreign Wars 🧑🏻 🇺🇸 🇯🇵

www.vfw.org/Community/Programs

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

Training, Rehabilitation, and Internships



Education and Employment Initiative (E2I) 🇺🇸

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

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

Entrepreneurship Bootcamp for Veterans with Disabilities (EBV)

whitman.syr.edu/ebv

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

Entrepreneurship Bootcamp for Veterans' Families (EBV-F) ❤️

whitman.syr.edu/ebv/programs/families

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

Military Tutor 🇺🇸 🇯🇵

militarytutor.com

Offers free online tutoring to active duty military members and their dependents



Mission Continues 🌐	missioncontinues.org	Provides community service fellowships for veterans followed by full time employment, pursuit of higher education, or permanent role in service
Operation Warfighter 🇺🇸	warriorcare.DODlive.mil/wounded-warrior-resources/operation-warfighter	Offers a federal internship program for active duty wounded, ill, and/or injured Service members
PAVE (Paving Access for Veterans Employment) 🧑🏻‍🔧	www.PVA.org	Provides one-on-one support for coordinating rehabilitation needs with medical care and VA benefits
Red Cross — Nursing Assistant Training ❤️	www.redcross.org/take-a-class/program-highlights/nurse-assistant-training	Places a high emphasis on learning excellent communication skills and the art of caregiving to provide compassionate care for people in the health care system
STOMP 🧑🏻‍🔧 🌐	wapave.org/programs/specialized-training-military-parents-stomp	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
VA Work-Study Program ❤️ 🧑🏻‍🔧 🌐	gibill.va.gov/resources/education_resources/programs/work_study_program.html	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility



Vet Power 

vetpower.org

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

Veterans Retraining Assistance Program 

www.benefits.gov/benefits/benefit-details/5884

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

Veterans Upward Bound

www2.ed.gov/programs/triovub

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

Vocational Rehabilitation and Employment 

www.vba.va.gov/bln/vre

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



Keep Your DEERS Information Up-to-Date!

Information at: www.tricare.mil/deers

P: 1-800-538-9552

F: 1-831-655-8317

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

You have several convenient options for updating DEERS:

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

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

Financial Support

General Assistance



Aid and Attendance Program

www.veteranaid.org/index.php

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

Air Force Aid Society

www.afas.org

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

Air Force Aid Society Falcon Fund

www.afas.org

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

American Legion

www.legion.org

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

American Red Cross

www.redcross.org

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

America's Fund

americasfund.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



Armed Forces Foundation	www.armedforcesfoundation.org	Provides financial support for utilities, rent, and mortgage
Armed Forces YMCA	www.asymca.org	Offers grants for junior enlisted personnel
Army Emergency Relief	www.aerhq.org/dnn563	Provides dedicated Army emergency financial assistance organization, "Helping the Army Take Care of Its Own"
Army OneSource	www.myarmyonesource.com	Offers tools such as Army Gold Game, and calculators
Cell Phones for Soldiers	www.cellphonesforsoldiers.com	Provides cost-free communication services, including cell phones and calling cards, to active duty military members and veterans
Certified Financial Planner Board of Standards	www.letsmakeaplan.org/financial-planning-resources	Offers financial planning resources for Service members and their families; search for CFP professionals who specialize in financial planning
Children of Fallen Patriots Foundation	fallenpatriots.org	Provides college scholarships and educational counseling to military children who have lost a parent in combat or training
Coast Guard Mutual Assistance	www.cgmahq.org	Offers grants; referrals; short-term, interest free loans; free financial counseling
The Coalition to Salute America's Heroes	saluteheroes.org	Provides financial aid assistance and other services to disabled veterans who are facing foreclosure, repossession, missed utilities, or other financial needs

**Gifting Warriors** ❤️ 🌐 🧑🏻www.giftingwarriors.org/index.php

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

Homeowners Assistance Program (Expanded) 🇺🇸hap.usace.army.mil

Assists eligible homeowners who face financial loss when selling their primary residence homes in areas where real estate values have declined

Homes on the Homefront 🌐www.homesonthehomefront.org

Provides assistance for Service members who don't currently own a home, are willing to live in a donated home as a primary residence, and are 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 RG 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/mfc_program.content

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

Military Heroes Fund Emergency Financial Assistance 

www.pentagonfoundation.org

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

Military OneSource Financial Consultations



www.militaryonesource.mil

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

Military Warriors Support Foundation 

www.militarywarriors.org/openhomes

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

Modest Needs 

www.modestneeds.org

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

Navy-Marine Corps Relief Society 

www.nmcrrs.org

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

Operation Comfort Warriors 

www.legion.org/operationcomfort

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 First Response

www.operationfirstresponse.org

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

Operation Homefront

www.operationhomefront.net

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

Operation: Love Reunited

www.oplove.org

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

Operation One Voice

operationonevoice.org

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

Operation Second Chance

www.operationsecondchance.org/supportandassistance

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

Pentagon Federal Credit Union Foundation

www.pentagonfoundation.org

Offers financial education, emergency loans, and home ownership grants

Rebuild Hope

www.rebuildhope.org

Connects donors to beneficiaries via a national network



Reserve Aid ★🌐	reserveaid.org	Provides grants for rent/ mortgage, utilities, car payments, car insurance, and gift cards for food/fuel
Save and Invest	saveandinvest.org	Offers a multifaceted program that includes online and on-the-ground training to get supported for key financial milestones; offers free credit score analysis for military families
Special Operations Warrior Foundation 🌐	www.specialops.org	Provides immediate financial assistance to Special Operations personnel severely wounded in combat; provides \$3,000 to families so they can be bedside at the hospital with loved ones
Thrift Savings Plan 🦅	www.tsp.gov	Provides guidance on accessing TSP funds in moments of distress (loans, distributions, and tax breaks)
Turbo Transition Assistance Program 🦅	www.dmdc.osd.mil/appj/dwp/index.jsp	Offers financial planning for transition
USA Cares 🌐	www.usacares.org	Pays basic expenses— mortgage/rent, food, and home utilities
VA Home Loan Guarantee Program ♻️	www.benefits.va.gov/homeloans	Offers guaranteed home loans, refinancing assistance, and special grants
VA Work-Study Program ❤️ ♻️ 👤	gibill.va.gov/resources/education_resources/programs/work_study_program.html	Offers part-time employment to students receiving VA education benefits related to VA; work at school or nearby VA facility

**Veterans of Foreign Wars Unmet Needs Program** 🧡www.vfw.org

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

Wounded Heroes Foundation 🌐www.woundedheroesfund.net

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

Temporary Lodging Expenses

**America's Fund** ❤️ 🌐americasfund.org

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

AMVETS National Service Foundation 🧡www.amvetsnsf.org

Offers the Healing Heroes Program

Fisher House 🌐www.fisherhouse.org

Offers the Hotels for Heroes Program

Navy Safe Harbor Foundation 🌐www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf

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

Operation Homefront Villages 🌐www.operationhomefront.net

Provides 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 Compassion for Veterans

www.aircompassionforveterans.org

Provides transportation through commercial airline tickets

Air Force Aid Society Falcon Fund

www.afas.org

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

America's Fund

americasfund.org

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

AMVETS National Service Foundation

www.amvetsnsf.org

Offers the Healing Heroes Program

Armed Forces Foundation

www.armedforcesfoundation.org

Pays car insurance, registration payments, and car payments

Armed Forces YMCA Jack Daniel's Operation Ride Home

www.asymca.org

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

Disabled American Veterans

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

Provides a transportation network for veterans at 190 medical centers to help veterans get needed treatment

**Fisher House** www.fisherhouse.org

Offers the Hero Miles program

Hope for the Warriors www.hopeforthewarriors.org

Provides gas cards for vehicles to get to appointments

Mercy Medical Angels mercymedical.org

Administers transportation through multiple programs that enable financially-stressed patients to travel to distant medical specialists for essential care and treatment

Luke's Wings www.lukeswings.org

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

Navy Safe Harbor Foundation www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf

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

Operation Second Chance www.operationsecondchance.org/supportandassistance

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

Soldiers' Angels Tank Support soldiersangels.org/index.php?mact=News,cntnt01,detail,0&cntnt01articlaid=133&cntnt01returnid=120

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

Veterans Airlift Command www.veteransairlift.org

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



**Weddings for
Heroes** ❤️🌐

www.weddingsforheroes.org

Provides support and assistance to active duty, combat wounded, or combat veteran Service members who are in the process of planning a wedding on a budget

**Yellow Ribbon
Fund** 🌐

www.yellowribbonfund.org

Provides free rental cars and taxi rides

Health Care Needs

Health Benefits and Coverage



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

www.warwithin.org

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

Civilian Health and Medical Program (CHAMPVA) ❤️ ♻️

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

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

Continued Health Care Benefit Program (CHCBP) ❤️ 🇺🇸

www.humana-military.com

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

Family and Medical Leave Act

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

Provides an overview of the Family and Medical Leave Act

Foreign Medical Program ♻️

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

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

❤️ Caring for the Caregiver

⭐ Reserve/Guard Specific Resource

👶 Military Children

🇺🇸 DOD Program

♻️ Non-Profit Organization

ES Español Available

♻️ VA Program

🇺🇸 Veterans Service Organization

📱 Smartphone App



InTransition Mental Health Coach and Support Program 🇺🇸	www.health.mil/intransition	Provides wounded, ill, and/or injured Service members with encouragement from a personal coach and other resources to get started with a new mental health provider
Meds by Mail 🇺🇸 📦	www.va.gov/hac/forbeneficiaries/forbeneficiaries.asp	Provides a safe, easy, and cost-free way to receive non-urgent maintenance medications delivered at home
Military Medical Support Office 🇺🇸 ★	www.tricare.mil/tma/MMSO	Supports medical care to remotely located active duty and Reserve Component Service members
My 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) ❤️ 🇺🇸 ★	www.marforres.marines.mil/GeneralSpecialStaffs/HealthServicesSupport/PsychologicalHealthOutreachProgram	Ensures USMC and Navy reservists and their families have access to psychological health care services; PHOP is not an emergency or first responder service; for more information, contact the regional PHOP team listed on the website
Quit Tobacco 🇺🇸 🌐	ucanquit2.org	Provides access to Quit Coaches who are available 7 days a week, 24 hours a day to answer your questions about quitting smoking and chewing tobacco and ways to stay smoke free; please indicate that you are a veteran enrolled in the VA health care system



Rebuilding America's Warriors 🌐

www.rebuildingamericaswarriors.com

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

Transitional Assistance Management Program ❤️ 🇺🇸

www.tricare.mil/Welcome/SpecialPrograms/TAMP

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

Transitional Care for Service-Related Conditions 🇺🇸

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

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

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 Telemental Health Services ❤️ 🇺🇸

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

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

TRICARE Tobacco Cessation Program 🇺🇸

www.tricare.mil/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** 🇺🇸

www.afterdeployment.org

Outlines DOD/VA clinical practice guidelines



Blind Rehabilitation Service ♿

www.va.gov/blindrehab

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

Depression Screening Tools 🇺🇸

afterdeployment.t2.health.mil/topics-depression

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

Hearing Center of Excellence 🇺🇸

hearing.health.mil

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

MedlinePlus ES

www.nlm.nih.gov/medlineplus

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

Mental Health America Resource Center 🌐

www.mentalhealthamerica.net

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

Military Pathways 🇺🇸 ES

www.militarymentalhealth.org

Provides military mental health screening and referrals

Moving Forward—Overcoming Life's Challenges 🇺🇸 ♿

startmovingforward.t2.health.mil

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

National Alliance on Mental Illness 🌐 ES

www.nami.org/veterans

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

National Institute of Mental Health

www.nimh.nih.gov

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



Polytrauma System of Care Centers ❤️ ♻️

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

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

Spinal Cord Injury and Disorders Centers ♻️

www.sci.va.gov

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

Vision Center of Excellence 🦅

vce.health.mil

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

War Related Illness and Injury Study Center ♻️

www.warrelatedillness.va.gov

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

Wounded Warrior Project Restore Warriors 🌐

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

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

Home-Based Health Care Assistance



Home Telehealth ❤️ ♻️

www.telehealth.va.gov

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



Home-Based Primary Care Program



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

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

Homemaker and Home Health Aide Program



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

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

Navy Marine Corps Relief Society Visiting Nurse Program



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

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

TRICARE Respite Care Program



www.tricare.mil/LifeEvents/InjuredonAD/HealthBenefits

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

TBI and PTSD Information and Programs



ABCT Find a Therapist

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

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



America's Heroes At Work 	www.AmericasHeroesAtWork.gov	Educates employers about signs/symptoms of combat PTSD and TBI and how to support warriors who need assistance; sponsored by DOL
Armed Forces Foundation 	www.armedforcesfoundation.org	Distributes "Hidden Battles on Unseen Fronts," authored by Foundation President Patricia Driscoll and Foundation Supporter/author Celia Straus
Brain Injury Association of America  	www.biausa.org/living-with-brain-injury.htm	Provides direct support, information, resources, education, and advocacy for individuals living with brain injury
BrainlineMilitary 	brainlinemilitary.org	Provides military-specific information and resources on TBI
Brave Heart Veterans  	braveheartveterans.org	Provides veterans and families in the Southeastern U.S. with web-based coping resources, such as anonymous online self-screening tools and a local resource finder
Braveminds  	www.braveminds.org	Provides programs, resources, and supportive communities for caregivers and families of military personnel and veterans who have sustained a TBI or PTSD
Caregiver's Journey  	www.traumaticbraininjuryatoz.org	Distributes <i>Traumatic Brain Injury: A Guide for Caregivers of Service Members and Veterans</i>
Center for American Military Music Opportunities (C*A*M*M*O) 	www.cammomusic.org	Provides opportunities to heal through music; trains and educates on music industry and career opportunities



Center for Deployment Psychology 🇺🇸

deploymentpsych.org/training/training-catalog/course-119-online-the-fundamentals-of-traumatic-brain-injury-tbi

Offers free training about TBI; click on “Take for Free” and receive an up-to-date review of TBI and how it may be diagnosed and/or treated

Center for the Study of Traumatic Stress ❤️ 🇺🇸 🧑🏻

www.couragetotalk.org

Provides family resources, fact sheets, etc.

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

www.warwithin.org

Connects Service members and their families to health care and behavioral health providers nearby; sponsored by UnitedHealth Group

Cognitive Systems

www.Cog-Systems.com

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

DCoE for PH and TBI Psychological Health Information ❤️ 🇺🇸 🧑🏻

www.dcoe.health.mil/PsychologicalHealth/Psychological_Health_Information

Includes resources on treatments for major depressive disorder, TBI, and PTSD

Defense Veterans Brain Injury Center ❤️ 🇺🇸 🧑🏻

www.dvbic.org

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

Depression Screening Tools 🇺🇸

afterdeployment.t2.health.mil/topics-depression

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

Disabled American Vets 🧑🏻

www.dav.org/veterans/documents/PTSDBrochure.pdf

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

**PTSD Program Locator** www.va.gov/directory/guide/ptsd_flash.asp

Helps locate nearby specialized PTSD programs; search by state or by program type

PTSD Treatment Help PTSDtreatmentHelp.com

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

Semper Fi Fund semperfund.org/resourcesDistributes movie: *Cover Me* (about combat operational stress)**Sidran Institute Traumatic Stress Education and Advocacy** www.sidran.org

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

Soldiers Heartwww.soldiersheart.net

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

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

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

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

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

Uniformed Services Medical University Clinical Research www.usuhs.mil

Offers information about research studies on brain injury

Vet Centers www.vetcenter.va.gov

Helps combat veterans and their families; 200 community locations



**Warrior Canine
Connection** 

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

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

Home and Automobile Modifications and Special Equipment



Automobiles and Adaptive Equipment



benefits.va.gov/benefits

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

Blind Rehabilitation Service



www.va.gov/blindrehab

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

Cell Phones for Soldiers



www.cellphonesforsoldiers.com

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

Clothing Allowance



www.va.gov/health

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App



Computer/ Electronics Accommodations Program 	www.cap.mil/wsm	Equips Service members with assistive technology devices, accommodations, and training to help individuals with dexterity impairments, cognitive difficulties, vision loss, and hearing loss recover and transition to employment
Help Our Military Heroes 	www.helpourmilitaryheroes.org	Provides wounded, ill, and/or injured Service members with fully-equipped handicapped vehicles
Helping a Hero 	www.helpingahero.org/	Builds homes for wounded warriors and offers mentoring, employment, emotional, financial, recreational, and educational support programs
Home Improvements and Structural Alterations (HISA) Grant 	www.benefits.va.gov/HOMELOANS	Provides assistance for any home improvement necessary for the continuation of treatment or for disability access to the home and essential lavatory and sanitary facilities; currently limited to \$4,100 (see pg. 50)
Homes for Our Troops 	www.hfotusa.org/home	Provides specially adapted homes for severely injured Service members; access eligibility requirements, discuss program goals, and receive application assistance
The LiveAbility House 	www.extension.org/pages/22208/the-liveability-house	Teaches individuals about real life assistive technology devices that may increase their ability to remain living at home
Navy Safe Harbor Foundation 	www.safeharborfoundation.org/pdf/2011NSHF_Brochure.pdf	Offers help for housing modifications, vehicle modifications, and other equipment



Project Evergreen  

project
evergreen.org

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

Prosthetic Appliances 

www.prosthetics.va.gov/
About_PSAS.asp

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

Semper Fi Fund 

semperfund.org/
assistance

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

Soldiers' Angels Project Valour-IT 

soldiersangels.org/
project-valour-it.html

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

Special Adapted Housing (SAH) Grant 

www.benefits.va.gov/
HOMELOANS

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

Special Home Adaptation (SHA) Grant 

www.benefits.va.gov/
HOMELOANS

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



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

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

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

For more information: militarypay.defense.gov

Legal Assistance

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



Employer Support of Guard and Reserve

www.esgr.mil

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

Justice for Vets (Veteran Mentors)

www.justiceforvets.org/veteran-mentors

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

Justice for Vets (Veterans Treatment Courts)

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

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

Military OneSource

www.militaryone-source.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

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 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



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

Online Social Networking

Facebook Pages

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

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



Caring for the Caregiver



Reserve/Guard Specific Resource



Military Children



DOD Program



Non-Profit Organization



Español Available



VA Program



Veterans Service Organization



Smartphone App

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

Wounded Warrior Project  

www.facebook.com/wwpinc.fans

Yellow Ribbon Fund  

www.facebook.com/YellowRibbonFund



Blogs (Web Logs)

Afterdeployment 

www.afterdeployment.org/blog

Battling Bare  

www.battlingbare.blogspot.com

Caregiver Action Network  

www.caregiveraction.org

Caring Bridge  

www.caringbridge.org

Courageous Caregivers: Those Who Serve by Caring for the Wounded 

www.veteranecaregivervoices.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

Operation Homefront Hearts of Valor  

www.wifeofawoundedsoldier.com

USO 

www.blog.uso.org

Warrior Care Blog 

www.warriorcare.DODlive.mil

Warrior Care Blog/Caregiver

www.warriorcare.DODlive.mil/caregiver-resources

Wounded Warrior Project Connect 🌐

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



Online Chat Rooms/Forums/Groups

**Afterdeployment—Peer-
to-Peer Forum** 🇺🇸

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

Aid and Attendance Program 🌐

www.veteranaid.org/index.php

Caring Bridge ❤️ 🌐

www.caringbridge.org

Courage Beyond ❤️ 🌐

www.couragebeyond.org

DCoE Outreach Center 🇺🇸

www.dcoe.health.mil/Families/Help

Family Caregiver Alliance ❤️ 🌐

[www.lists.caregiver.org/mailman/
listinfo/caregiver-online_lists.
caregiver.org](http://www.lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org)

Google for Veterans

www.googleforveterans.com

Marine Family Network 🌐

www.marinefamilynetwork.com

Marine Parents ❤️ 🌐

www.marineparents.com

Military Kids Connect 🇺🇸 🧑🏫

www.militarykidsconnect.org

Military SOS ❤️

www.militarysos.com

Operation Homefront Hearts of Valor ❤️ 🌐

www.heartsofvalor.org

Pinterest Resources for Caregivers of Wounded Warriors ❤️🌐

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

Restore Warriors 🌐

www.restorewarriors.org

Veteran Caregiver ❤️🌐

www.veterancaregiver.com

Vets 4 Warriors 🌐

www.vets4warriors.com/Services

Wounded Warrior Project Connect 🌐

www.connect.woundedwarriorproject.org



Personal Stories

Caregiver Action Network ❤️🌐

www.caregiveraction.org

Courage Beyond ❤️🌐

www.couragebeyond.org

Family Caregiver Alliance ❤️🌐

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

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

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

Restore Warriors 🌐

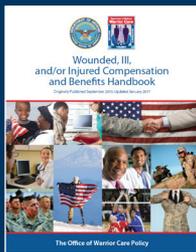
www.restorewarriors.org

VA Caregiver Connections Program ❤️🌐

www.caregiver.va.gov

Veteran Caregiver ❤️🌐

www.veterancaregiver.com



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

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

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

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

Peer Support and Mentoring



Alcoholics Anonymous  

www.aa.org

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

Blue Star Families (Careers)  

bluestarfam.org/resources/blue-star-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)  

bluestarfam.org/Programs/Caregivers_Empowering_Caregivers

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

Caregiver Action Network  

caregiveraction.org

Provides forums, peer networks, resources and advocacy

Caregiver Peer-to-Peer Initiative  

www.militaryonesource.mil/wounded-warrior?content_id=276551

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

Coaching into Care  

www.mirecc.va.gov/coaching

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

Codependents Anonymous 

www.coda.org

Provides information for people who live with someone who is using an addictive substance that is negatively affecting their life

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



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



Military and Veteran Caregiver Network (MVCN) ❤️

milvetcaregivernetwork.org

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

MilSpouse eMentor Program ❤️ 🌐

www.ementorprogram.org/p/milspouse

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

Narcotics Anonymous 🌐 🇺🇸

www.na.org

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

Operation Homefront Hearts of Valor ❤️ 🌐

www.hearts of valor.org/SupportGroups

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

Operation Shower ❤️ 🌐 🧑

operationshower.org

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



Safe Harbor Foundation Anchors Program 

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

Offers mentors to help Sailors manage the challenges associated with returning to civilian life

Stand Beside Them 

www.standbeside
them.org

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

Veterans' Family United Foundation  

veteransfamilies
united.org

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

Vets 4 Warriors  

www.vets4warriors.com/
Services

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

Wounded Warrior Project Peer Mentoring 

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

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

Yellow Ribbon Fund Mentoring Program 

www.yellowribbon
fund.org

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

Pet and Service Animal Assistance



Assistance Dogs International

www.assistedogsinternational.org

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

Guardian Angels Soldiers Pet

guardianangelsforsoldierspet.org

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

Guide and Service Dogs

www.va.gov/health/ServiceAndGuideDogs.asp

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

K9s for Warriors

www.k9sforwarriors.org

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

Mutts with a Mission

www.muttswithamission.org

Helps warriors train their dogs to become highly skilled service dogs

Operation Freedom Paws

operationfreedompaws.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



**Operation
Military Pets**

www.spcal.org/get-involved/military-support/operation-military-pets

Assists in keeping military families together by providing financial assistance for pet relocation costs

Patriot Paws

patriotpaws.org

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

**Puppies Behind
Bars**

www.puppiesbehindbars.com

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

**Semper Fi
Fund Canine
Companions**

semperfund.org/assistance

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

**Sherri's Project:
Wounded Warrior
Pack**

www.woundedwarriorpack.org

Assists combat wounded, injured, or disabled veterans of the Armed Forces who would benefit from the use of personally trained service dog

**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

Physical Evaluation Board (PEB) Disposition Findings

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

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

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

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

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

Rest and Relaxation

Retreats and Vacations



Armed Forces Recreation Centers Resorts

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

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

Boulder Crest Retreat

bouldercrestretreat.org

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

Coming Home Project—Stress Management Retreats

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

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

Compass Retreat Center

[www.compass
retreatcenter.org](http://www.compassretreatcenter.org)

Helps Service members and their families bridge the gap between military and civilian life

Hope for the Warriors Counseling Retreats

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

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

Lone Survivor Foundation

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

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

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 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



No Barriers—Soldiers to Summit ❤️🌐

www.nobarriers.com
soldiers.org

Helps active duty Service members, veterans, and their families overcome barriers through outdoor explorations and team building activities

Operation Black Hills Cabin Vacation ❤️🌐👤

operationblackhills.com
cabin.org

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

Operation Homefront Hearts of Valor—Retreats for Caregivers ❤️🌐

www.operationhomefront.net

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 their families; hiking, canoeing, and more

Operation Second Chance—Retreats 🌐

www.operationsecondchance.org/retreats

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

Project New Hope

www.projectnewhopema.org

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

**Project Sanctuary**projectsanctuary.us

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

Semper Fi Fund—Odyssey Campsemperfund.org/assistance

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

Serve Our Willing Warriors—Bull Run Retreatwww.willingwarriors.org

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

Strong Bondswww.StrongBonds.org

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

USO and Stronger Families—Couples Seminarwww.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 Seminarswww.uso.org

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

Veteran's Campground on Big Marine Lakewww.vetscampmn.org

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



Veterans Restorative Project ❤️🌐

veteransrestorativeprogram.org

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

Wounded Warrior Family Support—Vacations ❤️🌐🦽

www.wwfs.org

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

Wounded Warrior Project—Family Support Retreats ❤️🌐🦽

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

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

Short Breaks for the Caregiver

For caregivers who are reluctant to leave their wounded, ill, and/or injured Service member alone without nearby medical assistance, check out the [Home-Based Health Care Assistance](#) resources on page 74.



ARCH National Respite Network ❤️🌐

archrespite.org/state-respite-coalitions

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

Camp C.O.P.E. 🌐🦽

www.campcope.org

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

**Cause** ❤️ 🌐www.cause-usa.org

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

Childcare Awarewww.childcareaware.org

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

Defending the Blue Line ❤️ 🌐 🧑www.defendingtheblueline.org

Offers hockey programs for children of military members

Hope for the Warriors Caregiver Dinnerswww.hopeforthewarriors.org/story/18720877/family-support

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

Operation Second Chance—Day Trips and Nights Out ❤️ 🌐www.operationsecondchance.org/daytrips

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

Project Evergreen ❤️ 🌐projectevergreen.org

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

Respite Care Program ❤️ ♻️www.caregiver.va.gov/support/support_services.asp

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

Respite Child Care ❤️ 🌐 🧑www.naccrra.org/military-families

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



USO Day Rooms 	www.uso.org	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.wwfs.org	Provides short-term and temporary relief (child care, secondary caregiver assistance, respite aid for remote areas, and supplemental caregivers as needed)
Yellow Ribbon Fund Family Caregiver Program   	www.yellowribbonfund.org	Offers child care and family-oriented activities, massages and spa visits, mutually supportive dinners out, and more—at no charge

Smartphone Apps

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



American Red Cross First Aid

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



BioZen

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



Breathe2Relax

Provides portable stress management tool



Hero 2 Hired

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



ICE Standard—The Emergency Standard Card

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



Life Armor

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



mTBI pocket Guide

Provides quick-reference guide on improving care for mTBI patients



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



My Military Life

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



Operation Reach Out

Aimed at preventing suicide among military personnel and veterans



PE Coach

Supports the tasks associated with prolonged exposure treatment for PTSD



Positive Activity Jackpot

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



Project FOCUS on the Go

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



Psych Help

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



PTSD Coach

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



PTSD Support for Veterans

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



Real Warriors Campaign

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





Sesame Street for Military Families

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



T2 Mood Tracker

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



Tactical Breather

Help gain control over physiological and psychological responses to stress



Virtual Hope Box

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



Wounded Warrior Regiment

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





Military Caregiver PEER Initiative

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

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

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

Sports and Recreation



**Adaptive
Adventures Military
Operations**  

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

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

**The Armed Forces
Foundation—Classic
Outdoor Sports
Program** 

www.armedforcesfoundation.org

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

**Blue Star
Families**  

bluestarfam.org

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

Camp C.O.P.E.  

www.campcope.org

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

Catch a Lift  

www.catchaliftfund.com/about-us/

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

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

www.cammomusic.org

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

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**Challenged Athletes Foundation—
Operation Rebound**

[challengedathletes.org/
site/c.4nJHJQPqEiKUE/
b.6449449/k.B480/
Operation_Rebound.htm](http://challengedathletes.org/site/c.4nJHJQPqEiKUE/b.6449449/k.B480/Operation_Rebound.htm)

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

Combat Paper Project

[www.combatpaper.org/
index.html](http://www.combatpaper.org/index.html)

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

Defending the Blue Line   

www.defendingtheblueline.org

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

Disabled Sports USA 

www.dsusa.org

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

**Easter Seals—
Camping and Recreation**   

www.easterseals.com

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

Healing Warrior Hearts  

[starfishfound.org/
veterans/](http://starfishfound.org/veterans/)

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

Heroes on the Water  

www.heroesonthewater.org

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

**Horses 4 Heroes**  horses4heroes.org

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

Higher Ground www.highergroundsv.org

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

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

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

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

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

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

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

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

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

No Barriers—Soldiers to Summit  www.nobarriersoldiers.org

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



Operation: Love Reunited ❤️🌐👨👩	www.oplove.org	Provides free professional photography sessions and photo gifts to military families pre- and post-deployment
Operation One Voice—Wounded Warrior Bike Program 🌐	www.operationonevoice.org	Provides a variety of bikes to wounded Special Operations warriors to aid in the warrior's rehab and quality of life
Our Military Kids 🌐👨👩	www.ourmilitarykids.org	Pays for children's participation nationwide in extra-curricular activities
Resounding Joy—Semper Sound 🌐	http://resoundingjoyinc.org/programs-2/military-music-therapy/	Provides a music therapy program devoted to working directly with Service members and veterans diagnosed with PTSD, TBI, substance abuse, and other physical and psychological diagnoses related to combat stress and trauma
Semper Fi Fund—Horsemanship Program ❤️🌐	www.semperfund.org	Provides confidence-building horsemanship clinics to wounded Service members and their families across the nation
Semper Fi Fund—Recovery Through Sport 🌐	www.semperfund.org	Networks Service men and women who have embraced a fighting, athletic spirit on their road to recovery
Semper Fi Fund—Therapeutic Arts 🌐	www.semperfund.org	Provides grants for therapeutic arts such as instruments, art supplies, and art education
Strive Recreational Therapy 🌐	www.striveonline.org	Creates recreational therapy programs for Service members and veterans with disabilities



There and Back Again 🌐

thereandbackagain.org

Helps veterans and wounded warriors integrate through free yoga and other fitness programs related to combat injuries

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

www.teamusa.org/US-Paralympics/Military

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

USO and Family Care—Recreation Programs 🌐

www.uso.org/warriorandfamilycare/

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

USO Warrior and Family Care Programs—Rivers of Recovery 🌐

www.uso.org/warriorandfamilycare

Offers small fishing retreats

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 them deal with various mental and physical challenges



[www.militaryonesource.mil/
wounded-warrior](http://www.militaryonesource.mil/wounded-warrior)
Support Line: 800-342-9647

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

General Information

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

Keeping It All Together Handbook

Free download; find information on:

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

Independent Living

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

Living with a Disability

- Advocacy
- Emotional Well-Being
- Information and Resources

Severely Injured Service Members

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

Caring for an Injured Service Member

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

Tools & Resources

Free downloads; must log in to order

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

Suicide Prevention



American Foundation for Suicide Prevention ❤️ 🧑🏻

www.afsp.org

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

Dstress Line ❤️

www.dstressline.com

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

Military Crisis Line ❤️ 🇺🇸

www.militarycrisisline.net

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

Military OneSource Wounded Warrior ❤️ 🇺🇸 ES

www.militaryonesource.mil/wounded-warrior

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

Operation Reach Out 📱

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

Aims to prevent suicide among military personnel and veterans

Real Warriors Campaign ❤️

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

Provides suicide prevention tools and resources for warriors and their families

Suicide Prevention Action Network 🌐

capwiz.com/spanusa/home

Provides a bibliography on various topics concerning suicide

❤️ 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



The Trevor Project ❤️ 🏳️‍🌈	www.thetrevorproject.org	Provides crisis intervention and suicide prevention services to LGBTQ teens and young adults ages 13-24
Wingman Project ❤️ 🦅 ⭐ ES	wingmanproject.org	Raises suicide awareness by encouraging every Guard member and their family to know the ACE (Ask, Care, Escort) suicide intervention method
You Matter ❤️	www.youmatter.suicidepreventionlifeline.org	National Suicide Prevention Lifeline: 800-273-TALK (800-273-8255); sponsored by SAMHA

Women Veterans



American Women Veterans

www.americanwomenveterans.org

Offers retreats, conferences, and outreach campaigns

Fatigues to Fabulous

www.fatiguestofabulous.com

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

Grace After Fire

www.graceafterfire.org

Provides links to treatment options

Joining Forces Mentoring Plus

www.joiningforcesmentoringplus.org

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

Joint Services Support

www.jointservicesupport.org

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

 Caring for the Caregiver

 Reserve/Guard Specific Resource

 Military Children

 DOD Program

 Non-Profit Organization

 Español Available

 VA Program

 Veterans Service Organization

 Smartphone App



No Barriers—Soldiers to Summit ❤️🌐	www.nobarriers.com soldiers.org	Helps active duty Service members, veterans, and their families overcome barriers through active participation in outdoor explorations and team building activities
Operation Engaging Vision ❤️	www.f7group.com	Secures and provides resources, training, support, and mentoring for female veterans and women in military families
Operation Reinvent	operationreinvent.org	Provides post 9/11 women veterans with the professional guidance, tools, and resources they need to identify career paths that suit their skills, education, experience, goals, and interests—and find the right job
PTSD Treatment Help	ptsdtreatmenthelp.com/women-in-the-military-and-ptsd	Provides information on women in the military and PTSD; helps identify symptoms and how to get help; offers 24/7 free, brief, confidential assessment at 877-259-5637
Trauma Informed Care for Women Veterans 🌐	www.dol.gov/wb/trauma	Addresses psychological and mental needs of women veterans
Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) ❤️🌐	whitman.syr.edu/vwise	Provides the tools women veterans, active duty, and female family members need to become successful entrepreneurs
Women Veterans Call Center ❤️♻️	www.womenshealth.va.gov/ProgramOverview/wvcc.asp	Offers a call center that receives and responds to questions from women veterans, their families, and caregivers across the nation about available VA services and resources



**Women Veterans
Health Care** 

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

Provides comprehensive health care services for women veterans at VA health facilities nationwide

**Women Veterans
ROCK!**  

[www.WomenVets
Rock.org](http://www.WomenVetsRock.org)

Provides a coalition of women veterans organizations and women advocacy organizations supporting America's women veterans and military families in the areas of housing, jobs, education, financial stability, health, and wellness



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

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

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

Find information on:

Assistance

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

Referrals

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

On-Site Resources

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

Briefings

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

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?

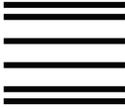
- Daily Weekly Monthly Rarely Never

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

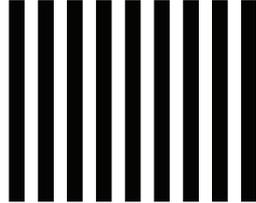
- | | | | | | |
|---------------------------------|---|---|---|---|---|
| • Information/Content Relevance | 1 | 2 | 3 | 4 | 5 |
| • Ease of Use/Directory Layout | 1 | 2 | 3 | 4 | 5 |

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

Thank you taking the time to give us your feedback!



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Additional copies of this directory are available from:

THE OFFICE OF WARRIOR CARE POLICY

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

