

## National, State and Local Resources that Support Military Caregivers

### Military Resources

- Internet Resources
  - Military OneSource-<http://www.militaryonesource.mil/>
    - Counseling Services
    - Access to other resources
    - Information on benefits
    - And many more resources
- On Installation
  - Soldier and Family Assistance Center
  - Army Community Services
  - Chaplain Services
  - Family Life Counselors
  - Exceptional Family Member Program
  - Wounded Warrior Program

### Veterans Administration

- Toll free number-1-855-260-3274
- Caregiver website-<http://www.caregiver.va.gov/>

### National Resources

- National Resource Directory (NRD)-provides access to links to services and resources that support Service Members, Veterans, families and caregivers. The NRD lists resources from federal, state and local government websites, as well as those of non-profit organizations and educational institution- <https://www.nrd.gov/>
- Caregiver Resource Directory-from the Office of Warrior Care Policy. A resource designed specifically for caregivers of recovering Service members with information from over 300 government and non-profit organizations-  
<http://warriorcare.dodlive.mil/wounded-warrior-resources/caregiver-resources/>

## Educational Resources

- eXtension- is an interactive learning environment which brings the resources of the land-grant universities to families. It has sites on Parent (TBI); otherwise probably spouse/significant other military family caregiving, parenting, and managing finances. The military family caregiver website is:  
<http://www.extension.org/pages/60576/military-family-caregiving#.UkCdndwo7IU>

## National Caregiver Organizations

- Family Caregiver Alliance is an alliance which provides education, services, research and advocacy for family caregivers. <http://www.caregiver.org/caregiver/jsp/home.jsp>
- National Alliance for Caregiving (NAC) is a non-profit coalition of national organizations focusing on issues of family caregiving. Alliance members include grassroots organizations, professional associations, service organizations, disease-specific organizations, a government agency, and corporations.  
<http://www.caregiving.org/> .
- Caregiver Action Network is a network which educates, supports, empowers and advocates for family caregivers. <http://caregiveraction.org/>
- Organizations focused on specific medical conditions. Organizations which conduct research, provide education, and/or services for individuals with specific diseases, illnesses or disabilities are another source for information. Conduct an internet search to find organizations that focus on your Service member's or veteran's specific medical condition(s). Examples of some organizations are:
  - Brainline provides information on traumatic brain injury.  
<http://www.brainline.org/>
  - American Cancer Society provides information on different types of cancer.  
<http://www.cancer.org/>

## State and Local Resources

- ElderCare Locator is a public service of the U.S. Administration on Aging. The Eldercare Locator connects you to state and local services for older adults and their families by calling 1-800-677-1116 or <http://www.eldercare.gov/>. Although their focus is on older adults they are aware of local resources that can be helpful to you regardless of your age.

## **Local Resources:**

- Aging and Disability Resource Center (ADRC) are designed to assist anyone who has a disability or is an older adult and their families. ADRCs are often a part of the County Human Service Department and can be found under county government in the local phone book or on the internet.
- Information and Referral Systems are common in many communities and will connect you with local resources. One national system is 211 or <http://www.211.org/>
- Cooperative Extension Service a nationwide, non-credit educational network available locally, will provide you with useful, practical, and research-based information on many topics. Educational programs for families include caregiving, parenting, money management, foods and nutrition, and family relationships. This link will help you find the closest local or regional office to you: <http://www.csrees.usda.gov/Extension/>