DEPARTMENT OF DEFENSE

# Military Caregiver Support







Defense Health Agency

NATIONAL RESOURCE DIRECTORY

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# Advocacy & Benefits

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Alzheimer's Association

https://www.alz.org/

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

## AMVETS

https://www.amvets.org

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

## Arizona Caregiver Coalition

https://azcaregiver.org/

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

## Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caring For Our Hidden Heroes

https://hiddenheroes.org/

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

## Code of Support Foundation

https://www.codeofsupport.org/

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

## Disabled American Veterans

https://www.dav.org/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Recovery Coordination Program

https://warriorcare.dodlive.mil/Care-Coordination/Recovery-Coordination-Program-RCP-/

Provides support to wounded, ill, and injured service members through Recovery Care Coordinators (RCCs) in the DoD Recovery Coordination Program that are available at military treatment facilities and installations across the country. RCCs develop a comprehensive recovery plan identifying goals and resources, such as assistive technology, education, employment, or housing, needed to achieve rehabilitation and return service members to duty or reintegration into the civilian community.

## DoD Warrior Care

https://warriorcare.dodlive.mil

Provides information and resources for the recovering military community, proactively supporting wounded, ill, and injured service members in their recovery and reintegration or transition to civilian life. DoD Warrior Care programs include the Disability Evaluation System (DES), Recovery Coordination Program (RCP), military caregiver support, Education and Employment Initiative (E2I), Operation Warfighter (OWF), Military Adaptive Sports Program (MASP), the National Resource Directory, and more.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## InTransition Mental Health Coaching

https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition

Assists active-duty service members and veterans receiving mental health treatment transition between health care systems or providers by connecting them to the right resources. InTransition Mental Health Coaching is a free, voluntary and confidential program operated by DoD.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Military Order of the Purple Heart Auxiliary

https://www.purpleheartauxiliary.org/

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

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## My Army Benefits

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

Find information about Army benefits on their official benefits website. My Army Benefits resource locator helps identify locations and offices that may offer assistance in your area.

## National Association of American Veterans

https://www.naavets.org/

Assists eligible service members, veterans, and their families experiencing financial hardship through emergency assistance referrals, and helps ease the burden of caregivers through the military family program. Concentrated assistance efforts to national capitol region as well as rural areas and southern communities with outreach to returning soldiers and veterans in Alabama, Georgia, North and South Carolina, Mississippi, Louisiana, and Texas.

## National Veterans Foundation (NVF) - Lifeline for Vets

https://nvf.org/

Provides a one-stop resource for veterans and their families needing help finding food, clothing, transportation, employment, and other essential resources. The National Veterans Foundation (NFV) serves the crisis management, information, and referral needs of all veterans and their families through a toll-free helpline, public awareness programs, and outreach services.

## Navy Family Ombudsman Registry

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Ombudsman-Program/Commanders-Guide/Omb

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

## Navy Supply Corps Foundation

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

Offers a member organization for every person who has ever worn the oak leaf in the United States Navy. The Navy Supply Corps Foundation, with both social and charitable goals, programs, and services, supports the Navy Supply Corps community while promoting its heritage and traditions.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Paralyzed Veterans of America (PVA)

https://www.pva.org/

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

## Quality of Life Foundation Wounded Veteran Family Care

https://woundedveteranfamilycare.org/

Provides advocacy and support for caregivers of wounded veterans and their families by coordinating with agencies to remove barriers and negotiating benefits on their behalf. Wounded Veteran Family Care Program (WVFCP) addresses the unmet needs of caregivers who provide daily care for their injured veteran and their families, thereby contributing to the quality of life for both.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## The American Legion

https://www.legion.org/

Helps veterans and families understand and apply for VA benefits. The American Legion is a U.S. war veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge to Veterans and their families.

## The Family Resource Network

https://www.familyresourcenetwork.org/

Enhances the lives of children, youths and families in New Jersey by providing programs aimed to help families in poverty, families caring for the elderly, children with disabilities or chronic illness and those at risk of abuse and neglect. The Family Resource Network is a family focused network of community programs and services to meet the needs of the disabled.

## Transition Assistance Advisors

https://www.militaryonesource.mil/national-guard/transition-assistance/what-transition-assistance-advisors-can-do-for-you/

Lists statewide points of contact to assist service members in accessing VA benefits and health care services. Transition Assistance Advisors can connect you to Veterans Affairs benefits, health care and more, walking you through the system to get you the services you deserve.

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## VA Transition & Care Management

https://www.va.gov/post911veterans/

Provides information about the benefits that the VA offers to Post 9/11 veterans through the Transition and Care Management (formerly OEF/OIF/OND) program. The VA offers programs for five years of cost-free health care, 180-day Dental benefit, and Vet Centers to help with readjustment counseling and outreach services for free.

## VeteranAid.org

https://www.veteranaid.org/

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

## Veterans Benefits Administration

https://benefits.va.gov/benefits/

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

## Veterans of Foreign Wars (VFW) of the United States

https://www.vfw.org/

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

## Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

# Career Transitions & Employment

## Air Force Wounded Warrior (AFW2) Program

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

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

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Boots to Business

https://www.sba.gov/sba-learning-platform/boots-business

Provides an entrepreneurship course with an overview of entrepreneurship and applicable business ownership fundamentals for service members (including National Guard and Reserve), veterans of all eras, and their spouses. Boots to Business (B2B) is an entrepreneurial education and training program offered by the Small Business Administration (SBA) as part of the DoD Transition Assistance Program (TAP).

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## CareerOneStop

https://www.careeronestop.org

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

## Caregiverlist

https://www.caregiverlist.com/

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

## Code of Support Foundation

https://www.codeofsupport.org/

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

## Commader Navy Installations Command - Transition Assistance Program

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/work-and-family-life/transition_assistance.html

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

## Defense Finance Accounting Service (DFAS)

https://www.dfas.mil/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD - Civilian Careers

https://www.dcpas.osd.mil/dodciviliancareers

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

## DoD Transition Assistance Program

https://www.dodtap.mil/dodtap/app/home

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

## Education & Employment Initiative

https://warriorcare.dodlive.mil/Care-Coordination/Education-Employment-Initiative-E2I/

Assists wounded, ill and injured service members early in their recovery process to identify their skills and match them with the education and career opportunities that will help them successfully transition to civilian life. The Education and Employment Initiative (E2I) regional coordinators establish and maintain relationships with private, public, and nonprofit sector employers interested in helping place wounded, ill, and injured service members into new careers.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Farmer Veteran Coalition

https://farmvetco.org/

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

## Feds Hire Vets

https://www.fedshirevets.gov/

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

## GI Go Fund Veterans Center

https://www.gigo.org/

Assists all military veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings together corporate, educational, and nonprofit partners to support giving veterans from across the country the tools and benefits they need to thrive.

## Helmets to Hardhats

https://helmetstohardhats.org/

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

## Hire Heroes USA

https://www.hireheroesusa.org/

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

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Job Opportunities for Disabled American Veterans

https://www.jofdav.com/

Provides job listings for veterans with disabilities, where they can post resumes and find job opportunities through both email and SMS texting job alerts. Job Opportunities for Disabled American Veterans works in concert with many wounded warrior transition command centers, DVOPs, LVERs and multiple military organizations to support veterans with disabilities in their job search for employment.

## Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Marine Corps Tuition Assistance Funding Policy

https://usmc-mccs.org/taguide/

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

## Military Officers Association of America

http://www.moaa.org/

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

## Military Spouse Employment Partnership (MSEP)

https://www.militaryonesource.mil/benefits/spouseworks-career-education/

Connects military spouses seeking career opportunities with employers who are actively recruiting. The Military Spouse Employment Partnership (MSEP) is a targeted recruitment and employment solution for spouses and companies.

### Military Warriors Support Foundation

https://militarywarriors.org/

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

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Partnership for Youth Success (PaYS)

https://www.armypays.com/GENERAL%20INFORMATION.html

Helps soldiers find employment after leaving the Army, by connecting the business community and public sector employers with soldiers.

### REBOOT Workshops

https://www.nvtsi.org/

Provides a free three-week intensive military-to-civilian transition workshop called REBOOT to help service members and veterans transition from the military to civilian life and secure employment. The National Veterans Transition Service created REBOOT Workshops which focus on personal identity, lifestyle transition, and career transition for a successful transition.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

### Stand Beside Them

https://www.standbesidethem.org/

Founded in 2013, Stand Beside Them has grown into a national network of more than 200 certified professional coaches across 46 states. Together, we partner with Post-9/11 military veterans, service members within one year of separation or retirement, spouses and caregivers to provide no-cost confidential, client-centered coaching that supports clarity, resilience, and purposeful forward movement during life's transitions.

### Still Serving Veterans

https://ssv.org/

Provides a variety of no-cost services to help veterans in North Alabama locate employment, access VA benefits, and get connected to resources needed to build meaningful lives after military service. Still Serving Veterans' Huntsville office has a team of support counselors who specialize in connecting veterans and their families to community resources and answering questions about anything veteran or military related.

### The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

### Transition Readiness Program

http://www.usmc-mccs.org/services/career/transition-readiness/

Offers a comprehensive transition and employment assistance program for Marines and their families, emphasizing a proactive approach that will enable effective post-transition employment, educational, and entrepreneurial goals. The Transition Readiness Program includes a transition readiness seminar, Marine For Life Cycle services, and career services and advising.

### United Service Organizations (USO)

http://www.uso.org

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

### USA JOBS

https://www.usajobs.gov/

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

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

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

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

## VA Careers & Employment

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

Provides information about how to get career and employment assistance, manage your career, and more to help build your career and find the opportunities that are right for you. If you have a service-connected disability that limits your ability to work or prevents you from working, find out if you're eligible for vocational rehab.

## VA - Veteran Readiness & Employment

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

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

## VA - Veterans Opportunity to Work (VOW)

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

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

## Veteran Employment Services Office (VESO)

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

Offers employment and training resources that help veterans launch or advance their civilian careers at VA. The Veteran Employment Services Office (VESO) provides employment readiness assistance and outreach to transitioning service members, veterans, and eligible military spouses.

## Yellow Ribbon Reintegration Program

https://www.yellowribbon.mil/

Connects National Guardsmen, Reservists and their families to benefits, programs and referrals before, during and after deployments. The Yellow Ribbon Reintegration Program (YRRP) help service members and their families connect with local resources before, during, and after deployments.

# Caregiver

### 10 CAN Outdoors

https://www.10can.org/

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

### Air Force Association

https://www.afa.org/

Supports the Airman for Life family while advocating and educating the public on the need for aerospace power and a technically superior workforce. The Air Force Association awards grants to educators, scholarships to help students pursue higher education, and more.

### Alabama Cares - Support for Family Caregivers

https://alabamaageline.gov/alabama-cares/

Provides information on the Alabama program that allows families to keep their loved ones at home for as long as possible, thereby preventing premature nursing home placement.

### Alabama Head Injury Foundation (AHIF)

https://www.ahif.org/

Provides resources and support for individuals with brain and spinal cord injuries and their families. Alabama Head Injury Foundation (AHIF) works to increase public awareness of traumatic brain injury (TBI) and stimulate supportive services development.

### Alabama Lifespan Respite Resource Network

https://alabamarespite.org/

Offers respite services for caregivers in Alabama. The Alabama Lifespan Respite Resource Network helps increase access to and availability of respite resources for all caregivers in Alabama.

### Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

### Alzheimer's Association

https://www.alz.org/

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

## American Association of Caregiving Youth

https://www.aacy.org/

Serves children and adolescents who are 18 years of age or younger and who provide significant or substantial assistance, often on a regular basis, to relatives or household members who need help because of physical or mental illness, disability, frailty associated with aging, substance misuse, or other condition. Headquartered in Boca Raton, FL, the American Association of Caregiving Youth is the only organization in the U.S. dedicated solely to addressing caregiving youth issues.

## American Association of Retired Persons

https://www.aarp.org/

Provides discounted membership for service members, veterans and their spouses who are 50+ years of age. The American Association of Retired Persons (AARP) is a nonprofit, nonpartisan organization that empowers retired people to choose how they live as they age.

## American Psychological Association

https://www.apa.org/

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

## American Red Cross

https://www.redcross.org/

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

## American Red Cross Military & Veteran Caregiver Network

https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html

Provides peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries, or aging. The Military and Veteran Caregiver Network (MVCN) provides military and veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

## Amputee Coalition of America

https://amputee-coalition.org/

Provides resources, support and advocacy on limb loss. The Amputee Coalition offers a broad range of resources and programs for healthcare providers, amputees and their families.

## AMVETS

https://www.amvets.org

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

## ARCH National Respite Network & Resource Center

https://archrespite.org/

Provides information and resources to find respite in your community. The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community, the National Respite Coalition, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the Lifespan Respite Technical Assistance Center which is funded by the Administration for Community Living in the US Department of Health and Human Services.

## Arizona Caregiver Coalition

https://azcaregiver.org/

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

## Armed Services YMCA

https://www.asymca.org/

Provides resiliency programs at no or low cost without any membership fee to military service members and their families, helping them navigate military life amidst transfers, deployments, increased child care needs, and financial burdens. The Armed Services YMCA is an association of the YMCA, specifically dedicated to serving junior-enlisted military service members and their families of all five armed services.

## Asian American Health Initiative (AAHI)

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

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

## Atlas of Caregiving

https://atlasofcaregiving.com/

Inspires people through educational programs and tools to see and talk about how they care for themselves and those around them in order to build stronger, more resilient families, communities, and organizations. The mission of Atlas of Caregiving is to transform how we care for ourselves and our communities through innovative research, practical solutions, and rich collaborations.

## Believe In Tomorrow Children's Foundation - Military Initiative

https://www.believeintomorrow.org/military-initiative/

Provides hospital and respite housing services to critically ill children and their families. Believe In Tomorrow has two respite properties dedicated specifically to military families, one in Ocean City, MD, and the other in Pinnacle Falls, just outside of Asheville, NC.

## Blue Star Families

https://bluestarfam.org/

Serves as a bridge between the families of Servicemen and women and housing, emergency, education, and other support services. Blue Star Families establishes and fosters connections between military families and community members to strengthen support.

## Bon Secours Hospice Services

https://hospicerichmond.com/

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

## Brain Injury Alliance of Oklahoma

http://www.braininjuryoklahoma.org/

Provides a list of support groups and additional resources and links in Oklahoma for people living with Traumatic Brain Injury (TBI). Brain Injury Alliance of Oklahoma educates survivors, family members, professionals, and the public about all matters related to brain injury.

## Brain Injury Alliance of Washington

https://brainnw.org/

Offers a statewide resource for individuals with brain injury, managing the Washington State Brain Injury Resource Center and offering intensive resource management in most counties. The services at the Brain Injury Alliance of Washington are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.

## Brain Injury Alliance of Wisconsin

http://biaw.org/

Provides information about support services for people in Wisconsin living with traumatic brain injury. The Brain Injury Alliance of Wisconsin offers a list of resources to educate and support veterans and their family members.

## Brain Injury Association of Delaware (BIADE)

https://biade.org/

Provides a list of support groups and additional resources and links in Delaware for people living with traumatic brain injury (TBI). Brain Injury Association of Delaware (BIADE) works to raise awareness and support individuals and families dealing with brain injuries.

## Brain Injury Association of Maryland (BIAMD)

https://www.biamd.org/

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

## Brain Injury Association of Michigan (BIAMI)

https://www.biami.org/

Provides a list of support groups and additional resources and links in Michigan for people living with brain injury. Brain Injury Association of Michigan (BIAMI) mission is to improve the lives of those affected by brain injury through advocacy, awareness, education, prevention, research, and support.

## Brain Injury Association of New Hampshire (BIANH)

https://nh-veteran.com/

Provides information, support, and resources for brain injury service members, their families, and caregivers. The Brain Injury Association of New Hampshire (BIANH) is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers.

## Brain Injury Association of North Carolina (BIANC)

https://www.bianc.net/

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

## Brain Injury Association of Rhode Island (BIARI)

https://biari.org/

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries. Brain Injury Association of Rhode Island (BIARI) is dedicated to increasing awareness of brain injury and its consequences, and helping those dealing with brain injuries find ways to live comfortably.

## Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

## Brain Injury Association of Tennessee

https://braininjurytenn.org/

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

## Brain Injury Association of Virginia

https://www.biav.net/

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

## Brain Injury Association of Wyoming

https://www.wybia.org/

Provides a list of support groups and additional resources and links in Wyoming for people living with traumatic brain injury (TBI). Brain Injury Association of Wyoming is committed to the well-being of individuals and the vitality of our community.

## Brain Injury Services

https://braininjurysvcs.org/

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

## BrainLine

https://www.brainline.org/

Offers authoritative information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. Through BrainLine, we seek to provide a sense of community, a place where people who care about brain injury can go 24 hours a day for information, support, and ideas.

## Brightpoint

https://www.brightpoint.org/

Provides early child care and education, child welfare services, counseling and treatment programs, and parent support services. Children's Home and Aid offices are located across Illinois and serve children and families in over 65 counties, linking them to a network of resources.

## Building Better Caregivers (BBC)

https://va.buildingbettercaregivers.org/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cape Fear Council of Governments - Senior Resources

https://capefearcog.org/area-agency-on-aging/resource-guide-for-senior-services/

Offers information to senior services in the State of North Carolina including where to turn for support and assistance as well as services for caregivers. Cape Fear Council of Governments shares resources servicing Brunswick, Columbus, New Hanover and Pender Counties.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## Caregiver Support

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

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

## CaringBridge

https://www.caringbridge.org/

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

## Caring For Our Hidden Heroes

https://hiddenheroes.org/

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

## Cell Phones for Soldiers

https://www.cellphonesforsoldiers.com/

Connects veterans, service members, and military family members with cell phones and domestic airtime minutes. Cell Phones For Soldiers is a national nonprofit dedicated to serving troops and veterans with free communication services and emergency funding.

## Centennial Adultcare Center

http://centennialadultcare.com/

Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimers and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.

## Center for the Study of Traumatic Stress

https://www.cstsonline.org/

Offers education and training, publications (journal articles, books, newsletters, and reports), military fact sheets, and research that advances knowledge in military psychiatry, disaster psychiatry and disaster and behavioral health. The Center for the Study of Traumatic Stress is part of the Uniformed Services University, and one of the nations oldest and most highly regarded, academic-based organizations dedicated to advancing trauma-informed knowledge, leadership, and methodologies.

## Challenged Athletes - Operation Rebound Program

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

Provides grant opportunities and support to military veterans, service members and first responders with permanent physical injuries. Challenged Athletes Foundation's Operation Rebound program assists with reintegration through sports and fitness.

### Christopher & Dana Reeve Foundation

https://www.christopherreeve.org/todays-care/get-support/military-veterans-program-mvp/

Assists service members and veterans living with spinal cord injury and paralysis to help connect them with military services, programs, and benefits. The Christopher and Dana Reeve Foundation is dedicated to curing spinal cord injury by advancing innovative research and improving quality of life for individuals and families impacted by paralysis.

### Coalition to Salute America's Heroes

https://saluteheroes.org/

Provides direct financial aid and support services to help eligible veterans and their families who are facing severe financial hardships. The mission of the Coalition to Salute Americas Heroes is to help severely wounded veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn recover from their injuries and illnesses, and to inspire other organizations and the general public to participate in this effort.

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

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

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

### Community Brain Injury - Support Services

https://communitybraininjury.org/

Delivers long-term community-based support services to individuals with brain injury in the Metro Richmond and Hampton Roads Area. Community Brain Injury Services encourages brain injury patients to be active in their rehabilitation become independent in the community.

### Connecticut - National Family Caregiver Support Program

https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/National-Family-Caregiver-Support-Program

The National Family Caregiver Support Program (NFCSP) helps people who take care of family members or loved ones—often without pay. Caregiving can be hard, so this program gives caregivers support and time to rest.

### Crotched Mountain Community Care

https://cmf.org/cmcc/

Provides case management services to clients throughout all of New Hampshire.  Crotched Mountain Community Care Program offers an alternative to nursing home placement by connecting family members with community supports.

### DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

## Developmental Disabilities Institute

https://www.ddiny.org/

Provides educational, residential, habilitative, vocational, transportation, and service coordination support to individuals with developmental disabilities on Long Island. With sites across Suffolk and Nassau Counties, Developmental Disabilities Institute (DDI) helps children and adults with autism and other developmental disabilities experience personal growth and fulfillment.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Warrior Care

https://warriorcare.dodlive.mil

Provides information and resources for the recovering military community, proactively supporting wounded, ill, and injured service members in their recovery and reintegration or transition to civilian life. DoD Warrior Care programs include the Disability Evaluation System (DES), Recovery Coordination Program (RCP), military caregiver support, Education and Employment Initiative (E2I), Operation Warfighter (OWF), Military Adaptive Sports Program (MASP), the National Resource Directory, and more.

## Eagle Rock Camp

https://eaglerockcamp.org/

Provides military families no cost therapeutic retreats at host locations that offer peaceful and secluded settings with access to walking trails and scenic views. Eagle Rock Camp teaches essential life skills and offers time to reflect and learn a new way to heal the body, mind, spirit, and heart.

## Easterseals - Military & Veterans Services

https://www.easterseals.com/get-support/areas-of-support/veterans-military-families

Provides resources and support for veterans and military families through 69 local affiliates in communities nationwide. Easterseals works to break down barriers, engage organizations and communities, and connect veterans and military families with what they need for meaningful employment, education, and overall wellness.

## Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

## El Paso Veterans One Stop Center

https://www.epveteranonestop.org

Provides services to the SMVF (Service Member, Veterans, and family) community for free and regardless of discharge status. Services provided are as follows: clinical services, one-on-one peer support, peer support groups and community resources.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Family Service Agency of Mid Michigan

https://fsamich.org/

Provides counseling, senior services, help for the visually impaired, guardianship, and more. Family Service Agency is a social service agency serving Genesee, Lapeer, and Shiawassee Counties by keeping individuals and families in their homes and helping enhance their emotional and physical quality of life.

## Family Voices of Minnesota

https://familyvoicesofminnesota.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies in Minnesota. Family Voices of Minnesota connects families of special needs kids together for support and empowerment.

## FINRA Investor Education Foundation

https://www.finra.org/investors#/

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

## Fisher Nightingale Houses

https://www.fnhi.org/

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

## Florida Department of Children & Families

https://www.myflfamilies.com

Provides public assistance information including access to food, medical assistance and cash in Florida. The Florida Department of Children and Families also offers services for child care, substance abuse prevention and recovery, domestic violence, homelessness, public benefits, and much more.

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## GetCareSC

https://www.getcaresc.com/

Provides a search tool for seniors, caregivers, and adults with disabilities to find providers and available services, like assisted living, transportation, and insurance -- and if you need help and you don't know where to start. The GetCareSC website is maintained by the South Carolina Department on Aging, helping connect you to local resources and find help in your community.

## Girl Scout Council of the Colonial Coast (GSCCC)

https://www.gsccc.org/en/about/our-program/military-families.html

Provides a youth organization for girls (grades K–12) with activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects. Girl Scout Council of the Colonial Coast (GSCCC) offers engaging programs and a supportive network that help girls continue their leadership journeys and build new friendships no matter where a family's military service takes them.

## Give an Hour

https://giveanhour.org/military/

Delivers free and confidential mental health support to military, veterans, and their loved ones. Through a national network of licensed mental health providers, Give an Hour offers mental health care services complements DOD and VA healthcare delivery by serving veterans and military families seeking care outside the current system, those no longer eligible for healthcare provided by the DOD or VA, and non-eligible siblings, parents, partners, and other loved ones.

## Global & Regional Asperger Syndrome Partnership

https://grasp.org/

Provides support, education, and programs for individuals on the autism spectrum, related disabilities, and their families. GRASP, the Global and Regional Asperger Syndrome Partnership, is a member organization that offers information and referral services, peer support groups, online chat groups, and community support.

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

https://gesmv.org/Job-Readiness

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

## GreenCare for Troops

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

Offers a needs based program for active duty deployed service members of the rank E-6 and below. Project EverGreen's GreenCare for Troops connects military families across the nation to complimentary lawn and landscape services, while their sister program, SnowCare for Troops, provides basic snow removal.

### Haven Hospice

https://beyourhaven.org/

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

### HealthinAging.org

https://www.healthinaging.org/

Gives older adults and caregivers up-to-date information and access to a network of geriatric healthcare professionals. HealthinAging.org is the Health in Aging Foundation's public education portal, and a great resource for information on common diseases and disorders that affect us all as we age.

### Helmets to Hardhats

https://helmetstohardhats.org/

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

### HelpGuide

https://www.helpguide.org/

Provides a wide range of information and self-help tools to improve your mental health and wellness. HelpGuide is a nonprofit web resource with over 250 articles, interactive quizzes, and other resources covering topics such as depression, anxiety, stress management, post-traumatic stress disorder and trauma, and much more.

### Helping Hands of Vegas Valley - Nevada

https://hhovv.org/

Helps elderly individuals remain independent and healthy through free social services programs available in Nevada such as: transportation assistance, respite care vouchers and food delivery. Helping Hands of Vegas Valley welcomes volunteers to assist with deliveries and working in the pantry.

### Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

### Ho'ola Farms - Veterans Services

https://www.hoolafarms.org/

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

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Hospice & Community Care

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

Provides compassionate physical, emotional, and spiritual support at end of life. It is common for veterans at this stage to face unique issues related to their military experiences that possibly have never been addressed with their families, so the staff at Hospice and Community Care are specially trained to care for veteran patients offering a Veteran-to-Veteran program where they pair volunteers who are veterans with veteran hospice patients.

## IMD Guest House

http://www.imdguesthouse.org/

Illinois Medical District Guest House welcomes outpatients receiving treatment for post-traumatic stress disorder through the Road Home Program at Rush and accompanied by their caregivers, families, and friends with a referral from a patient's medical team.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## International Myeloma Foundation

https://www.myeloma.org

Provides research, education, support, and advocacy for myeloma patients, caregivers, and providers. The International Myeloma Foundation is the first and largest organization focusing specifically on multiple myeloma. It is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure.

## Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

## Keystone Chapter Paralyzed Veterans of America

http://www.kpva.org/

Advocates for health care, research, education, veterans benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights. Keystone Chapter Paralyzed Veterans of America (PVA) is one of 33 chartered chapters of the PVA that works to improve the quality of life of paralyzed veterans in the United States.

## Legacy Corps for Veterans and Military Families

https://theseniorsource.org/

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

## LifeStream Services

https://lifestreaminc.org/

Provides community services and information on aging and disability, community services, nutrition and wellness and transportation for individuals in East Central Indiana. LifeStream offers aging and disability resource center to assist individuals and caregivers.

## LINK of Hampton Roads

https://www.linkhr.org/

Provides fast and affordable housing solutions to homeless individuals, families, and veterans, as well as emergency services to men, women, and children facing unmet basic needs, housing crises, or other emergency situations. LINK is a nonprofit volunteer organization which exists to help people help themselves through education, direct services, advocacy and outreach programs.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Maine Office of Aging & Disability Services (OADS)

https://www.maine.gov/dhhs/oads/

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

## Marine Parents

https://www.marineparents.com/

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

## Massachusetts Executive Office of Elder Affairs

https://www.mass.gov/orgs/executive-office-of-elder-affairs

Provides resources for older people and individuals with disabilities to access programs and services such as elder advocacy, assisted living, special needs, in-home services, caregiver support, legal help, and more throughout the state of Massachusetts. The Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers.

## Massachusetts Family Caregiver Support Program

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

Offers a free program in Massachusetts to help you care for a member of your family. Find your regional agency and ask to speak to a Caregiver Specialist. Massachusetts Family Caregiver Support Program is free.

### Mental Health America of Hawaii

https://mentalhealthhawaii.org/

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

### Mental Health Association of Oklahoma

https://mhaok.org/

Promotes mental health, preventing mental disorders, and achieving victory over mental illness through education, research, service, and housing. The Mental Health Association of Oklahoma deals with mental health issues by empowering individuals, families, and communities.

### Mental Health Association of Rhode Island (MHA RI)

https://mhari.org/

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness. Mental Health Association of Rhode Island (MHARI) makes sure those dealing with mental health issues are treated with dignity and respect.

### Mercy Medical Angels

https://www.mercymedical.org/

Provides free medical transportation services on the ground and in the air to ensure that no one in need is denied medical care. Helping Veterans and their families, Mercy Medical Angels provides travel to clinical care, service dog acquisition, healing retreats and PTS and TBI treatments.

### Military Health System

https://www.health.mil/

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

### Minnesota Board on Aging - Family Caregivers

https://mn.gov/board-on-aging/connect-to-services/family-caregiving/

Provides guidance, support and resources for Minnesota caregivers of the elderly. Minnesota family caregivers are fortunate that different types of support are available at little or no cost, services are available in person or online.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Mission Adult Care Services

https://missionhealth.org/services-treatments/adult-care/

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

### Mississippi Department of Human Services (MDHS) - Family Caregiver Support Program

http://www.mdhs.ms.gov/adults-seniors/services-for-seniors/family-caregiver-support-program/

Offers information to families and caregivers in the State of Mississippi including where to turn for support and assistance as well as services for caregivers. Mississippi Department of Human Services (MDHS) - Family Caregiver Support Program works in partnership with the 10 Area Agencies on Aging and local community service providers to provide basic need services to families.

### Missouri Department of Health & Senior Services

https://health.mo.gov/

Offers senior and disability services for residents of Missouri, including caregiver support, help for independent living, and advocacy for elderly people who are too frail to speak up for themselves.

### Mountain Valley Hospice & Pallative Care

https://www.mtnvalleyhospice.org/we-honor-veterans

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness. Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that veterans and their families may face at the end of life.

### National Adult Day Services Association

https://www.nadsa.org/

Provides Adult Day Services professionals with a host of services and support. The National Adult Day Services Association is a professional membership association for adult day center providers, associations of providers, corporations, educators, students, retired workers and others interested in working to build better lives for adults in adult day programs.

### National Alliance For Caregiving

https://www.caregiving.org/

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

### National Alliance on Mental Illness - Alaska

https://namialaska.org/

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

## National Alliance on Mental Illness - Rhode Island

https://namirhodeisland.org/

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

## National Alliance on Mental Illness - South Carolina

https://namisc.org/

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

## National Alliance on Mental Illness - Wyoming

https://www.namiwyoming.com/

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

## National Association of American Veterans

https://www.naavets.org/

Assists eligible service members, veterans, and their families experiencing financial hardship through emergency assistance referrals, and helps ease the burden of caregivers through the military family program. Concentrated assistance efforts to national capitol region as well as rural areas and southern communities with outreach to returning soldiers and veterans in Alabama, Georgia, North and South Carolina, Mississippi, Louisiana, and Texas.

## National Long Term Care Ombudsman Resource Center

https://ltcombudsman.org/

Provides support, technical assistance and training to the 53 state long-term care ombudsman programs and their statewide networks of over 500 local ombudsman entities. The National Long-Term Care Ombudsman Resource Center's objectives are to enhance the skills, knowledge, and management capacity of the State programs to enable them to handle residents' complaints and represent resident interests in both individual and systems advocacy.

## National Military Family Association

https://www.militaryfamily.org/

Provides education and information regarding rights, benefits, and services for military families. The National Military Family Association also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, resilience strengthening experiences, and healing adventures.

## National Veterans Legal Services Program

https://www.nvlsp.org/

Provides free legal representation to veterans from all eras with disability claims for discharge upgrades, combat related special compensation, applications to boards for correction of military records, claims for mental health and/or physical condition(s), applications to the physical disability board of review for an increase in the military disability rating, and representation to service members being processed through IDES.

### Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

### Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

### Operation Showers of Appreciation

http://osoamil.org/

Supports the military community through programs designed to provide assistance within everyday life such as hosting and co-hosting large scale baby showers, baby care packages and diaper programs. Showers are held throughout the year in various locations with Southern California being the main location of Operation Showers of Appreciation events.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Oregon Human Services - Seniors & People with Disabilities

https://www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx

Provides information on health and medical-related programs available from the Oregon Department of Human Services for the elderly and people with disabilities.

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

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

Advocates for health care, research, education, veterans' benefits and rights, accessibility and removing architectural barriers, sports programs, and disability rights. Paralyzed Veterans of America (PVA) Mid-South Chapter is a congressionally chartered Veterans Service Organization (VSO) committed to assisting veterans and their dependents living in the Memphis, TN area with finding the benefits and services they have earned.

### Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Paralyzed Veterans of America (PVA) Nevada Chapter

https://nevadapva.org/

Works to maximize the quality of life for veterans with spinal cord injuries in Nevada. The Paralyzed Veterans of America (PVA) has 33 chapters and 70 National Service Offices throughout the United States and Puerto Rico, providing services to disabled veterans and their families.

## Paralyzed Veterans of America - West Virginia Chapter

http://www.wvpva.org/

Works to maximize the quality of life and advocate for people with spinal cord injury and disease in West Virginia. Paralyzed Veterans of America (PVA), West Virginia Chapter, serves those in the Petersburg, WV community.

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

## Patriot Hospice & Palliative Care

http://www.patriotcares.com/

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

## Phoenix Society for Burn Survivors

https://www.phoenix-society.org/

Works with burn survivors, their loved ones, firefighters and medical teams across the country to care for the whole person after a burn injury through educational programs, peer-to-peer support, online community, in-person events and other support mechanisms.

## Pleasant Care & Nurse Staffing

https://pleasantcare.health/

Offers home care and nursing to assist seniors and disabled clients with daily living in Maryland, Washington D.C., and Virginia. Pleasant Care and Nurse Staffing matches seniors and caregivers together to make sure they are not only content with their relationship, but fully communicate with and trust each other.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

## Project Sanctuary

https://projectsanctuary.us/

Offers therapeutic retreats in eight states across the country for active duty service members and veterans of all branches of the military and all eras. Project Sanctuary also offers services for all military and veteran families to include financial assistance, counseling referrals and connection to services offered by collaborating partners.

## Quality of Life Foundation Wounded Veteran Family Care

https://woundedveteranfamilycare.org/

Provides advocacy and support for caregivers of wounded veterans and their families by coordinating with agencies to remove barriers and negotiating benefits on their behalf. Wounded Veteran Family Care Program (WVFCP) addresses the unmet needs of caregivers who provide daily care for their injured veteran and their families, thereby contributing to the quality of life for both.

## R.A.I.N. Total Care

https://www.raininc.org/

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities. R.A.I.N. Total Care serves those living in Bronx and Manhattan New York.

## Real Warriors Campaign

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign

the Department of Defense's Real Warriors Campaign is a public health campaign designed to decrease stigma, increase psychological health literacy, and open doors to access to care by encouraging psychological health help seeking among active-duty service members, veterans, and their families.

## Respite Care Association of Wisconsin

https://respitecarewi.org/

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin supports and advocates for quality respite care for Wisconsin families.

## Richmond Fisher House & Foundation

http://richmondfisherhouse.org/

Provides cost-free living quarters for patient families of veterans receiving care at the Hunter Holmes McGuire VA Medical Center. The Richmond Fisher House, located on the medical center campus, offers 21 family suites, including private baths, dining areas, recreation, and entertainment.

## Rosalynn Carter Institute for Caregiving

https://www.rosalynncarter.org/

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

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Self-Management Resource Center

https://selfmanagementresource.com/

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

### Sesame Street for Military Families

https://sesamestreetformilitaryfamilies.org/

Offers support and education to help military kids.  The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

### Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### Soldiers Angels

https://soldiersangels.org/

Provides aid, comfort and resources to service members, veterans and their families through morale boosting care packages, technology for recovery, food assistance, and helping families navigate challenges. Soldiers Angels Team has a network of volunteers representing all 50 states working to support, uplift, and remember military members through a variety of support programs.

### Southeastern Guide Dogs

https://www.guidedogs.org/

Provides service dogs and a lifetime of follow-up at no cost to veterans living with post-traumatic stress disorder (PTSD) or other disabilities. Southeastern Guide Dogs, a nonprofit with a national reach, creates elite working dogs and offers life-changing services for people with vision loss, veterans with disabilities, and children with significant challenges such as vision loss or the loss of a parent in the military.

### Stand Beside Them

https://www.standbesidethem.org/

Founded in 2013, Stand Beside Them has grown into a national network of more than 200 certified professional coaches across 46 states. Together, we partner with Post-9/11 military veterans, service members within one year of separation or retirement, spouses and caregivers to provide no-cost confidential, client-centered coaching that supports clarity, resilience, and purposeful forward movement during life's transitions.

## Substance Abuse & Mental Health Services Administration

https://www.samhsa.gov/

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

## Syracuse University - Institute for Veterans & Military Families

https://ivmf.syracuse.edu

Provides veteran and military connected programs and services for transitioning service members, veterans or military spouses looking for career training, inspiring entrepreneurship, helping communities, and furthering their education. The Institute for Veterans and Military Families (IVMF) is a research institution housed at Syracuse University.

## Tee It Up for the Troops

https://teeitupforthetroops.org/

Provides support for veterans and their families through six critical areas of need including treatment of PTSD and traumatic brain injuries, suicide awareness and prevention, sports and recreation, family and caregiver support, and housing. Tee It Up for the Troops is a national nonprofit organization that fundraises and donates to programs that deliver these critical services to help veterans from all eras heal and transition from the battlefront to the home front.

## Temple University - Family Friends

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

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

## Terra Nova Films

https://terranova.org/

Provides videos follow a documentary format using real people and following real situations. Videocaregiving.org is a website from Terra Nova Films offering streaming visual educational material to family caregivers, focusing on the challenges faced by the caregiver.

## The American Legion

https://www.legion.org/

Helps veterans and families understand and apply for VA benefits. The American Legion is a U.S. war veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge to Veterans and their families.

## The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

## The Center for Volunteer Caregiving

https://volunteercaregiving.org/

Offers free services to help older adults and adults with disabilities in Wake County live independently for as long as possible. The Center for Volunteer Caregiving trained volunteers provide friendly visits, light housekeeping, escorted transportation to medical appointments and food stores, shopping services for people who cannot leave their home, telephone check-ins, and caregiver respite.

## The Independence Center

https://www.theindependencecenter.org/

Provides information, resources, and support to help veterans with disabilities in the Colorado Springs, CO area. Through the Veteran In Charge Program, veterans work with coaches to plan and manage VA-funded supports and services, such as assistive devices, transportation, emergency response system, in-home personal care, homemaker services, caregiver support, home modifications, and adult day care.

## The Independence Fund

https://independencefund.org/

Provides programs to bridge the gap of unmet needs for veterans and their caregivers. The Independence Fund is dedicated to improving the lives of both Veterans and their families through mobility, caregiver, adaptive sports, advocacy, and family programs.

## The Military Family Research Institute at Purdue University

https://www.mfri.purdue.edu/

Conducts research and outreach for communities and professionals who serve military and veteran families helping to shape policies, programs and practices that improve their overall well-being. The Military Family Research Institute at Purdue University uses research and best practices to achieve their goals within the military and veteran space.

## Tidewater Arts Outreach

https://tidewaterartsoutreach.org/

Offers art therapy programs, workshops and other events for military caregivers living in Hampton Roads, VA. Tidewater Arts Outreach programs promotes healing through arts.

## Traumatic Brain Injury Center of Excellence

health.mil/TBICoE

The Traumatic Brain Injury Center of Excellence (TBICoE), part of the Defense Health Agency, unifies TBI healthcare across the Military Health System, drives scientific progress for warfighters, and remains prepared to address emerging brain health challenges. TBICoE develops tools and educational resources for service members, veterans, family members, caregivers, and providers. If you or a loved one requires medical attention, contact your local military or veteran hospital or clinic. TBICoE does not provide direct patient care, case management, referrals, or patient consultations. Primary care providers can refer to the National Intrepid Center of Excellence and its Defense Intrepid Network for Traumatic Brain Injury and Brain Health.

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

https://admissions.ouhsc.edu/current-students/veterans-active-military

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

## Upper Peninsula Commission for Area Progress (Upcap) Services

https://upcap.org/

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Upper Peninsula Commission for Area Progress (Upcap) Services advocates for those with low to moderate income levels, disabilities, veterans and the homeless.

## USAging

https://www.usaging.org/

Provides information and resources for long-term support programs including transportation options for seniors and people with disabilities. The National Association of Area Agencies on Aging is a membership association representing America's national network of Area Agencies on Aging and providing a voice in the nation's capital for Title VI aging programs.

## Utah Aging & Adult Services

https://daas.utah.gov/

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

## Utah Caregiver Support

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

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

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## VA Coaching Into Care

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

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

## VA - Vet Centers (Readjustment Counseling)

https://www.vetcenter.va.gov/index.asp

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

### VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

### Veterans Campground on Big Marine Lake

https://vetscampmn.org/

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

### Veterans Crisis Line

https://www.veteranscrisisline.net/

Connects veterans in crisis with caring, qualified responders from the VA, many of whom are veterans themselves. The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.

### Veterans Families United Foundation

https://veteransfamiliesunited.org/

Offers educational tools and resources, support, peer support and information for Oklahoma veterans and their families dealing with war-related illness and trauma. Veterans Families United Foundation connect veterans and their families to resources and services to meet their needs.

### Veterans' services and resources - King County, Washington

https://kingcounty.gov/en/dept/council/governance-leadership/county-council/councilmembers-districts/pete-von-reichbauer/links-to-resources/veterar

Provides information on public services available in King County. The King County Department of Community and Human Services (DCHS) manages a range of programs and services to help the most vulnerable residents.

### Virginia Department for the Aging - Caregiving Information

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

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

### VirginiaNavigator

https://virginianavigator.org/

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

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

https://vda.virginia.gov/

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

### Washington Aging & Disability Services - Caregiving Information

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

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

### Washington County New York - Caregiver Support Services

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

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks. Washington County New York Caregiver Support Services goal is to make sure caregivers have the training and support needed to properly care for their loved ones and themselves.

### Washington State - Aging & Long-Term Support Administration (ALTSA)

https://www.dshs.wa.gov/altsa

Oversees programs designed to help Seniors and people with disabilities to live with good health, independence, dignity and control over decisions that affect their lives. Aging & Long-Term Support Administration (ALTSA) promotes choice, independence, and safety through innovative services and local partnerships.

### Well Spouse Association

https://wellspouse.org/

Supports spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

### Wisconsin Family Caregiver Support Program

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

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable. Wisconsin's local aging and disability resource center (ADRC) provides free and unbiased information and assistance to connect families with in-home care providers, respite services and other caregiver resources in the area.

### Women's Institute For A Secure Retirement

https://www.wiserwomen.org/

Offers financial information and resources for all women, including caregivers who provide unpaid care for family members. The Women's Institute for a Secure Retirement is a nonprofit organization helping women, educators and policymakers understand the important issues surrounding women's retirement income.

### Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

### Wounded Warriors Family Support

https://wwfs.org/

Provides both financial and psychological support to the families of service members who have been wounded, injured, or killed during combat operations. Wounded Warriors Family Support offers programs to include caregiver respite, veteran training, family retreats, custom outfitted vehicles, and more.

### Zero to Three - Military Families

https://www.zerotothree.org/our-work/military-families/

Provides resources designed for military and veteran families and the professionals who serve them, including tools for parents to use as they navigate the many transitions that are a part of military life. Zero to Three supports military families by increasing awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families.

# Caregiver Helplines

## 988 Suicide and Crisis Lifeline

https://988lifeline.org/

Call the 24-hour, toll-free suicide prevention service if you feel you are in crisis and need to talk to someone immediately. The 988 Suicide & Crisis Lifeline (formally the National Suicide Prevention Lifeline) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## Air Force Wounded Warrior (AFW2) Program

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

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

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Red Cross

https://www.redcross.org/

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

## Army Recovery Care Program

https://www.arcp.army.mil/

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

## Army Reserve Fort Family Outreach & Support Center

https://www.usar.army.mil/arfp/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## GetCareSC

https://www.getcaresc.com/

Provides a search tool for seniors, caregivers, and adults with disabilities to find providers and available services, like assisted living, transportation, and insurance -- and if you need help and you don't know where to start. The GetCareSC website is maintained by the South Carolina Department on Aging, helping connect you to local resources and find help in your community.

## Helpline Center

https://www.helplinecenter.org/

Connects individuals with thoughts of suicide to resources and local agency volunteers through a 211 helpline. The Helpline Center provides contractual services with a staff that is trained in information and referral, as well as listening/support and crisis calls serving people across the state of South Dakota.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## InTransition Mental Health Coaching

https://health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition

Assists active-duty service members and veterans receiving mental health treatment transition between health care systems or providers by connecting them to the right resources. InTransition Mental Health Coaching is a free, voluntary and confidential program operated by DoD.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Marine Corps Community Services - DSTRESS Line

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

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

## Marine Corps Wounded Warrior Regiment

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

Provides recovery and success of Marines and their families who are wounded, ill or injured, whether they are assigned to the regiment, remain with a parent unit, or have already transitioned to civilian life.

## Military Health System

https://www.health.mil/

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

## Minnesota Board on Aging - Family Caregivers

https://mn.gov/board-on-aging/connect-to-services/family-caregiving/

Provides guidance, support and resources for Minnesota caregivers of the elderly. Minnesota family caregivers are fortunate that different types of support are available at little or no cost, services are available in person or online.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### My HealtheVet (MHV)

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

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

### National Domestic Violence Hotline

https://www.thehotline.org/

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

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Rape, Abuse & Incest National Network

https://www.rainn.org/

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

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

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

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

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

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## VA Coaching Into Care

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

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

## VA Vet Call Center

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

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

## VA - Women Veterans Call Center

https://www.womenshealth.va.gov/wvcc.asp

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

## Veterans Crisis Line

https://www.veteranscrisisline.net/

Connects veterans in crisis with caring, qualified responders from the VA, many of whom are veterans themselves. The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.

## Washington Aging & Disability Services - Caregiving Information

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

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

## Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

# Caregiver Mental Health & Wellbeing

## 10 CAN Outdoors

https://www.10can.org/

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Asian American Health Initiative (AAHI)

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

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

## Brain Injury Association of North Carolina (BIANC)

https://www.bianc.net/

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

## Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Foundation For Senior Living

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

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

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## Global & Regional Asperger Syndrome Partnership

https://grasp.org/

Provides support, education, and programs for individuals on the autism spectrum, related disabilities, and their families. GRASP, the Global and Regional Asperger Syndrome Partnership, is a member organization that offers information and referral services, peer support groups, online chat groups, and community support.

### Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

### Ho'ola Farms - Veterans Services

https://www.hoolafarms.org/

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

### Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Maryland Coalition of Families

https://www.mdcoalition.org/

Provides service members, veterans and their children with mental health and behavioral conditions in the Howard County, Maryland area.

### Minnesota Board on Aging - Family Caregivers

https://mn.gov/board-on-aging/connect-to-services/family-caregiving/

Provides guidance, support and resources for Minnesota caregivers of the elderly. Minnesota family caregivers are fortunate that different types of support are available at little or no cost, services are available in person or online.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### New York City Parks - Resources For Seniors

https://www.nycgovparks.org/seniors

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. New York City Parks activities include sports to nature walks, dancing, swimming for older adults to continue to lead physically active lives through sports, fitness, and outdoor adventure.

### Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

### Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

### Respite Care Association of Wisconsin

https://respitecarewi.org/

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin supports and advocates for quality respite care for Wisconsin families.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Self-Management Resource Center

https://selfmanagementresource.com/

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

### The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

### Utah Aging & Adult Services

https://daas.utah.gov/

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

### VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

### Women's Institute For A Secure Retirement

https://www.wiserwomen.org/

Offers financial information and resources for all women, including caregivers who provide unpaid care for family members. The Women's Institute for a Secure Retirement is a nonprofit organization helping women, educators and policymakers understand the important issues surrounding women's retirement income.

# Caregiving Knowledge & Skills

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Assistance for Caregivers - Delaware

https://www.dhss.delaware.gov/dhss/dsaapd/caregivers_assistance.html

Provides support for family members or caregivers of people with disabilities or the elderly in Delaware.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

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## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers.  Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

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### Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Lutheran Social Service of Minnesota

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Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

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

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### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

### VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### Veterans Services of Shelby County Tennessee

https://www.shelbycountytn.gov/220/Veterans-Services

Provides funding to a variety of community programs that support healthy aging. The Aging Commission of the Mid-South (ACMS) is the designated Area Agency on Aging and Disability (AAAD) for Fayette, Lauderdale, Shelby, and Tipton Counties in West Tennessee.

### Women's Institute For A Secure Retirement

https://www.wiserwomen.org/

Offers financial information and resources for all women, including caregivers who provide unpaid care for family members. The Women's Institute for a Secure Retirement is a nonprofit organization helping women, educators and policymakers understand the important issues surrounding women's retirement income.

# Caring for Injured Service Members & Veterans

## About Face

https://www.ptsd.va.gov/apps/AboutFace/

Offers videos with real stories and interviews about post-traumatic stress disorder (PTSD) from veterans who have experienced PTSD, their family members, and VA clinicians. On AboutFace, you can learn about PTSD and treatment from people who have been there.

## Air Force Association

https://www.afa.org/

Supports the Airman for Life family while advocating and educating the public on the need for aerospace power and a technically superior workforce. The Air Force Association awards grants to educators, scholarships to help students pursue higher education, and more.

## Alabama Head Injury Foundation (AHIF)

https://www.ahif.org/

Provides resources and support for individuals with brain and spinal cord injuries and their families. Alabama Head Injury Foundation (AHIF) works to increase public awareness of traumatic brain injury (TBI) and stimulate supportive services development.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Alpha One - Adaptive Driver Evaluation Program

https://alphaonenow.org/services/driving/

Helps people resume driving following a disability or help young adults with developmental disabilities start driving. Alpha One empowers people with special needs to be independent and active in their community.

## American Council of the Blind of Ohio

https://www.acbohio.org/

Provides information and resources for persons who are blind or visually impaired and living in Ohio. The American Council of the Blind of Ohio (ACB-Ohio) is a membership organization with offices in Columbus, offering advocacy for blind or visually impaired individuals on local, state, and federal levels.

## American Diabetes Association

https://diabetes.org/

Provides funds research to prevent and cure diabetes, delivers education programs on diabetes and its management, and provides objective and credible information to improve the lives of those affected by diabetes. The American Diabetes Association is a professional society of healthcare professionals treating patients with diabetes.

## American Psychological Association

https://www.apa.org/

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

## American Red Cross Military & Veteran Caregiver Network

https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html

Provides peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries, or aging. The Military and Veteran Caregiver Network (MVCN) provides military and veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

## American Samoa Department of Human & Social Services

http://dhss.as

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

## Amputee Coalition of America

https://amputee-coalition.org/

Provides resources, support and advocacy on limb loss. The Amputee Coalition offers a broad range of resources and programs for healthcare providers, amputees and their families.

## Area Agency on Aging Region IV

https://areaagencyonaging.org/

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

## Army Family Web Portal (AFWP)

https://www.armyfamilywebportal.com/

Provides a network of services to support service members and their families regardless of their component or geographical location. Army Family Web Portal (AFWP) offers information on topics including family programs and services, health care, housing, education, and more.

## Army Recovery Care Program

https://www.arcp.army.mil/

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

## Asian American Health Initiative (AAHI)

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

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

## Blue Star SeniorTech

https://bluestarseniortech.com/

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

## Brain Injury Alliance of Idaho (BIAID) - Veteran's Services

https://biaid.org/services/veterans-services/

Provides awareness, understanding, and prevention of brain injury through support, advocacy, and education based on the expressed needs of persons affected by brain injury in Idaho. The Brain Injury Alliance of Idaho's (BIAID) goal is to provide answers and support avenues for all Idaho residents living with brain injury.

## Brain Injury Alliance of Oklahoma

http://www.braininjuryoklahoma.org/

Provides a list of support groups and additional resources and links in Oklahoma for people living with Traumatic Brain Injury (TBI). Brain Injury Alliance of Oklahoma educates survivors, family members, professionals, and the public about all matters related to brain injury.

## Brain Injury Alliance of Washington

https://brainnw.org/

Offers a statewide resource for individuals with brain injury, managing the Washington State Brain Injury Resource Center and offering intensive resource management in most counties. The services at the Brain Injury Alliance of Washington are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.

## Brain Injury Alliance of Wisconsin

http://biaw.org/

Provides information about support services for people in Wisconsin living with traumatic brain injury. The Brain Injury Alliance of Wisconsin offers a list of resources to educate and support veterans and their family members.

## Brain Injury Association of America

https://biausa.org/

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

### Brain Injury Association of Arizona (BIAAZ)

https://www.biaaz.org/

Provides a list of support groups and additional resources and links in Arizona for people living with Traumatic Brain Injury (TBI). Brain Injury Association of Arizona (BIAAZ) supports individuals with brain injuries and the professionals who serve them through prevention, education, and awareness.

### Brain Injury Association of Connecticut (BIAC)

https://biact.org/

Provides a list of support groups and additional resources and links in Connecticut for people living with traumatic brain injury (TBI). Brain Injury Association of Connecticut (BIAC) is committed to improving lives through brain injury awareness, prevention, advocacy, support, research and community engagement.

### Brain Injury Association of Georgia (BIAG) - Veterans Programs & Resources

https://www.braininjurygeorgia.org/veteran-programs--resources.html

Provides a list of support groups and additional resources and links in Georgia for people living with traumatic brain injury (TBI). Brain Injury Association of Georgia's (BIAG) goal is to raise awareness and understanding of brain injury within the community.

### Brain Injury Association of Illinois (BIA of IL)

https://www.biail.com

Lists support groups and additional resources and links in Illinois for people living with traumatic brain injury (TBI). The Brain Injury Association of Illinois (BIA of IL) works with local, state, and national organizations to provide information, resources, and services to individuals and families affected by brain injuries.

### Brain Injury Association of Kentucky (BIAK)

https://biak.us

Shares information on Kentucky resources and services that are available to people living with brain injury. Brain Injury Association of Kentucky (BIAK) works to connect individuals and families with community resources to meet their needs.

### Brain Injury Association of Maryland (BIAMD)

https://www.biamd.org/

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

### Brain Injury Association of Michigan (BIAMI)

https://www.biami.org/

Provides a list of support groups and additional resources and links in Michigan for people living with brain injury. Brain Injury Association of Michigan (BIAMI) mission is to improve the lives of those affected by brain injury through advocacy, awareness, education, prevention, research, and support.

### Brain Injury Association of New Hampshire (BIANH)

https://nh-veteran.com/

Provides information, support, and resources for brain injury service members, their families, and caregivers. The Brain Injury Association of New Hampshire (BIANH) is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers.

### Brain Injury Association of North Carolina (BIANC)

https://www.bianc.net/

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

### Brain Injury Association of Rhode Island (BIARI)

https://biari.org/

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries. Brain Injury Association of Rhode Island (BIARI) is dedicated to increasing awareness of brain injury and its consequences, and helping those dealing with brain injuries find ways to live comfortably.

### Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

### Brain Injury Association of Tennessee

https://braininjurytenn.org/

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

### Brain Injury Association of Utah

https://www.biausa.org/find-bia/utah

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

### Brain Injury Association of Vermont

https://www.biavt.org/

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

### Brain Injury Association of Virginia

https://www.biav.net/

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

## Brain Injury Association of Wyoming

https://www.wybia.org/

Provides a list of support groups and additional resources and links in Wyoming for people living with traumatic brain injury (TBI). Brain Injury Association of Wyoming is committed to the well-being of individuals and the vitality of our community.

## Brain Injury Services

https://braininjurysvcs.org/

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

## Brightpoint

https://www.brightpoint.org/

Provides early child care and education, child welfare services, counseling and treatment programs, and parent support services. Children's Home and Aid offices are located across Illinois and serve children and families in over 65 counties, linking them to a network of resources.

## Bronx Independent Living Services

https://bils.org/

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

## Building Better Caregivers (BBC)

https://va.buildingbettercaregivers.org/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

### Caregiver Assistance - My HealtheVet

https://www.myhealth.va.gov/mhv-portal-web/make-room-for-mom-tips-for-new-caregivers

Offers tips for new caregivers. Caregivers are inclined to overlook their own health and well-being. Manage Your Health Care

### Caregiverlist

https://www.caregiverlist.com/

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

### CaringBridge

https://www.caringbridge.org/

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

### Caring For Our Hidden Heroes

https://hiddenheroes.org/

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

### Chippewa County Veterans Services

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

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

### Cleveland Clinic

https://my.clevelandclinic.org/

Provides new regenerative medicine therapies to treat war wounded. Cleveland Clinic is one of only a few centers in the country that is screening patients for reconstructive transplant of the face, arms and hands.

### Community Access Unlimited

https://www.caunj.org/

Allows veterans who are potential candidates for nursing home placement to receive in-home support through the Veterans Direct Home and Community Based Services Program. Community Access Unlimited is a Union County-based nonprofit that serves people with disabilities and at-risk youth across New Jersey.

### DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Recovery Coordination Program

https://warriorcare.dodlive.mil/Care-Coordination/Recovery-Coordination-Program-RCP-/

Provides support to wounded, ill, and injured service members through Recovery Care Coordinators (RCCs) in the DoD Recovery Coordination Program that are available at military treatment facilities and installations across the country. RCCs develop a comprehensive recovery plan identifying goals and resources, such as assistive technology, education, employment, or housing, needed to achieve rehabilitation and return service members to duty or reintegration into the civilian community.

## Easterseals New York

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

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs to help service members and veterans reintegrate into the civilian workforce, including programs for homeless veterans.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Family Service Agency of Mid Michigan

https://fsamich.org/

Provides counseling, senior services, help for the visually impaired, guardianship, and more. Family Service Agency is a social service agency serving Genesee, Lapeer, and Shiawassee Counties by keeping individuals and families in their homes and helping enhance their emotional and physical quality of life.

## Fedcap Rehabilitation Services

https://www.fedcap.org/

Provides an array of services to youths and adults with disabilities to graduate from high school and obtain vocational certification or a college degree. Fedcap Rehabilitation Services prepares individuals to become work-ready, obtain meaningful employment, and achieve long-term economic well-being.

## Fire Safety for People with Disabilities

https://www.usfa.fema.gov/prevention/home-fires/at-risk-audiences/people-with-disabilities/index.html

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

## Fisher House of Alaska

http://www.akfisherhouse.com/

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

## Fisher Nightingale Houses

https://www.fnhi.org/

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

## Florence County Disability & Special Needs Board

http://www.fcdsn.org/

Provides support services for people with intellectual disabilities, autism, and head and spinal cord injuries throughout Florence County, including work centers, on-the-job training, residential living facility options, case management, and early intervention services. Florence County Disabilities and Special Needs Board services are located in the communities of Florence, Lake City, Timmonsville, Johnsonville, Olanta and Pamplico.

## Florida Department of Elder Affairs

https://elderaffairs.org/

Shares information to Florida families and caregivers on where to go for support and assistance. The Florida Department of Elder Affairs which works through the state's 11 Area Agencies on Aging and local service providers to deliver essential services to a vital segment of the population.

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## Friends of Parkinsons

https://www.friendsofparkinsons.org/

Offers professionally facilitated support groups at no cost to individuals living with Parkinson's and their caregivers. Friends of Parkinson's is a nonprofit organization that supports the neurological community and communities related to Parkinson's disease.

## Genesee County New York - Department of Social Services

https://www.co.genesee.ny.us/departments/socialservices/index.php

Helps New York individuals and families receive financial assistance, food stamps, childcare and other social services to meet their needs. The Genesee County Department of Social Services is responsible for a significant part of the "social safety net" which make sure basic human needs are met.

### Gold Coast Blue Star Mothers

http://www.goldcoastbsma.com/

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

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

https://gesmv.org/Job-Readiness

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

### Guam Department of Integrated Services for Individuals with Disabilities

http://disid.guam.gov/

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

### Guam Get Care Program - Family Caregiver Support

https://www.guamgetcare.org/consumer/explore/caregiver_resources/caregiver_support.php

Provides information, assistance and resources to family caregivers in Guam. Addressing the needs of families and friends providing long-term care at home. FCA serves as a public voice for caregivers, offering them assistance and championing their cause through education, services, research and advocacy.

### Hawaii - Executive Office on Aging (EOA)

https://health.hawaii.gov/eoa/

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

### HealthinAging.org

https://www.healthinaging.org/

Gives older adults and caregivers up-to-date information and access to a network of geriatric healthcare professionals. HealthinAging.org is the Health in Aging Foundation's public education portal, and a great resource for information on common diseases and disorders that affect us all as we age.

### Heartland Senior Services

https://www.heartlandofstorycounty.org/

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

### Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

### Ho'ola Farms - Veterans Services

https://www.hoolafarms.org/

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

### HOPE Network

https://hopenetwork.org/

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

### Hospice & Community Care

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

Provides compassionate physical, emotional, and spiritual support at end of life. It is common for veterans at this stage to face unique issues related to their military experiences that possibly have never been addressed with their families, so the staff at Hospice and Community Care are specially trained to care for veteran patients offering a Veteran-to-Veteran program where they pair volunteers who are veterans with veteran hospice patients.

### Hospice of Marion County - Veterans Care

https://hospiceofmarion.org/veterans/

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

### Idaho Commission on Aging - Caregiver Support Program

https://aging.idaho.gov/stay-at-home/national-family-caregiver-support-program/

If you help another person accomplish their “Activities of Daily Living” like bathing, dressing, or using the toilet, or help them with activities such as shopping, cooking, or cleaning, YOU are a caregiver.  Offers information to Idaho families and caregivers on where to go for support and assistance.

### IMD Guest House

http://www.imdguesthouse.org/

Illinois Medical District Guest House welcomes outpatients receiving treatment for post-traumatic stress disorder through the Road Home Program at Rush and accompanied by their caregivers, families, and friends with a referral from a patient's medical team.

### Impact A Hero

https://impactahero.org/

Funds and facilitates the personal and professional growth of combat veterans and their caregivers. Impact A Hero is a nonprofit organization based out of Ohio, but they hold several yearly events in the Houston and San Antonio areas.

### Informal Caregiving - Compassion in Action

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

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

### Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### International Myeloma Foundation

https://www.myeloma.org

Provides research, education, support, and advocacy for myeloma patients, caregivers, and providers. The International Myeloma Foundation is the first and largest organization focusing specifically on multiple myeloma. It is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure.

### Jewish Association Serving The Aging (JASA)

https://www.jasa.org/

Provides Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities. Jewish Association for Services for the Aged (JASA) helps the aging remain in their homes.

### Keystone Chapter Paralyzed Veterans of America

http://www.kpva.org/

Advocates for health care, research, education, veterans benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights. Keystone Chapter Paralyzed Veterans of America (PVA) is one of 33 chartered chapters of the PVA that works to improve the quality of life of paralyzed veterans in the United States.

### Louisiana State Office of Aging & Adult Services (OAAS)

https://ldh.la.gov/index.cfm/subhome/12

Helps older Louisiana residents to be independent through advocacy, development and delivery of policies, programs and services.

### Love Our Vets

https://www.loveourvets.org/

Provides resources for understanding post-traumatic stress disorder (PTSD). Love Our Vets, a book and blog on PTSD and veterans, offers hope, encouragement, practical help, and connection for all loved ones of those who serve or have served in the military, especially those who battle PTSD.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Marine Corps Wounded Warrior Regiment

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

Provides recovery and success of Marines and their families who are wounded, ill or injured, whether they are assigned to the regiment, remain with a parent unit, or have already transitioned to civilian life.

### Maryland Department of Aging - Family Caregiver Support Program

http://aging.maryland.gov/Pages/National-Family-Caregiver-Support.aspx

Helps Maryland family and informal caregivers through a variety of services designed to reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

### Mary's Center - Health Care Services

https://maryscenter.org/

Embraces all communities and provides high-quality healthcare, education, and social services to build better futures. Mary's Center works to save lives and strengthen it's community.

### McDowell Senior Center - Veterans Services

https://www.mcdowellseniorcenter.org/veterans.html

Assists veterans and their families in Marion, NC with applying for and obtaining VA benefits. Veterans Services at McDowell Senior Center are free of charge and available Monday through Friday by appointment only.

### Mental Health America of Palm Beach County (MHAPB)

https://mentalhealthpbc.org/

Provides public education, information, and referrals to support groups, rehabilitation services, socialization, and housing services for Florida residents dealing with mental health issues. Mental Health America of Palm Beach County's (MHAPB) goal is to create a supportive community and raise awareness about mental health.

### Mental Health Association In New Jersey (MHANJ)

https://www.mhanj.org/

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services. Mental Health Association in New Jersey (MHANJ) vision is for people with behavioral health disorders to achieve their full potential and receive quality care.

## Mental Health Association of Oklahoma

https://mhaok.org/

Promotes mental health, preventing mental disorders, and achieving victory over mental illness through education, research, service, and housing. The Mental Health Association of Oklahoma deals with mental health issues by empowering individuals, families, and communities.

## Mental Health Association of Rhode Island (MHA RI)

https://mhari.org/

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness. Mental Health Association of Rhode Island (MHARI) makes sure those dealing with mental health issues are treated with dignity and respect.

## Mental Health Colorado

https://www.mentalhealthcolorado.org/

Shares information to help individuals in Colorado dealing with mental illness and substance abuse find resources and services. Mental Health Colorado works to promote mental well-being, ensure equitable access to mental health and substance use care, and end discrimination.

## Military Health System

https://www.health.mil/

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

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Mission Adult Care Services

https://missionhealth.org/services-treatments/adult-care/

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

## National Adult Day Services Association

https://www.nadsa.org/

Provides Adult Day Services professionals with a host of services and support. The National Adult Day Services Association is a professional membership association for adult day center providers, associations of providers, corporations, educators, students, retired workers and others interested in working to build better lives for adults in adult day programs.

## National Alliance For Caregiving

https://www.caregiving.org/

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

## National Alliance on Mental Illness - Rhode Island

https://namirhodeisland.org/

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

## National Alliance on Mental Illness - South Carolina

https://namisc.org/

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

## National Association of American Veterans

https://www.naavets.org/

Assists eligible service members, veterans, and their families experiencing financial hardship through emergency assistance referrals, and helps ease the burden of caregivers through the military family program. Concentrated assistance efforts to national capitol region as well as rural areas and southern communities with outreach to returning soldiers and veterans in Alabama, Georgia, North and South Carolina, Mississippi, Louisiana, and Texas.

## National Hospice & Palliative Care Organization

https://www.nhpco.org/

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

## National Institute on Aging

https://www.nia.nih.gov/

Offers health information, research and funding on the biomedical, social, and behavioral aspects of the aging process, the prevention of age related diseases and disabilities, and the promotion of a better quality of life for all older Americans. The National Institute on Aging, one of the 27 institutes and centers of the National Institutes of Health, is the primary federal agency supporting and conducting Alzheimer's disease research.

## National Spinal Association Connecticut Chapter (SCIACT)

http://www.sciact.org/

Provides support to individuals with spinal-related injuries or diseases and their families by advocating for their rights. The Connecticut Spinal Cord Injury Association (SCIACT) serves as a resource to its members and the general public.

## New York City Parks - Resources For Seniors

https://www.nycgovparks.org/seniors

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. New York City Parks activities include sports to nature walks, dancing, swimming for older adults to continue to lead physically active lives through sports, fitness, and outdoor adventure.

## Operation Family Caregiver

http://www.operationfamilycaregiver.org/

Provides free and confidential support to the families of returning service members and veterans through a nationwide personalized program of specially-trained coaches that teach caregivers how best to navigate their challenges. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.

## Operation Helping Hand of Tampa

https://www.operationhelpinghandtampa.com

Provides assistance and support to the wounded active duty military patients and their families during their recovery at the James A. Haley Veterans Hospital. Operation Helping Hand presents welcome kits to the wounded/injured and their families upon arrival at the hospital, and they receive gift bags and flowers at the monthly dinners at the American Heroes Café.

## Operation Never Forgotten

https://www.10can.org/onf

Creates public service announcement billboards to honor post-9/11 fallen heroes. Operation Never Forgotten (ONF) also offers transition workshops, therapeutic outdoor retreats, and suicide prevention first aid training for veterans and caregivers struggling with the effects of war.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Paralyzed Veterans America (PVA) Cal-Diego

https://www.caldiegopva.org/

Provides free, comprehensive benefits assistance and advocacy to paralyzed veterans, their families, and disabled veterans. The Paralyzed Veterans America (PVA) Cal-Diego Chapter works through a national network of National Service Offices to provide services ranging from bedside visits to guidance in the VA claims process to legal representation for appealing denied claims.

## Paralyzed Veterans of America Buckeye Chapter (BPVA)

https://www.buckeyepva.org/

Assists Ohio Veterans with spinal cord injuries or diseases, including Multiple Sclerosis and ALS (Amyotrophic Lateral Sclerosis, better known as Lou Gehrig's Disease). The Paralyzed Veterans of America Buckeye Chapter (BPVA) offers a variety of sports programs to cater to different needs, including the Treatment and Support Center (TASC) in Columbus, Three Trackers in Cleveland and Toledo, and Wright State University in Dayton.

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

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

Advocates for health care, research, education, veterans' benefits and rights, accessibility and removing architectural barriers, sports programs, and disability rights. Paralyzed Veterans of America (PVA) Mid-South Chapter is a congressionally chartered Veterans Service Organization (VSO) committed to assisting veterans and their dependents living in the Memphis, TN area with finding the benefits and services they have earned.

### Paralyzed Veterans of America - North Central Chapter

http://www.ncpva.org/

Advocates for health care, research, education, veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs, and disability rights. Paralyzed Veterans of America (PVA) North Central Chapter serves North Dakota, South Dakota, Southwest Minnesota, Northwest Iowa, and a small portion of Montana and Wyoming.

### Paralyzed Veterans of America (PVA)

https://www.pva.org/

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

### Paralyzed Veterans of America (PVA) Arizona

https://azpva.org/

Provides a variety of services to veterans in Arizona, including help with filing VA claims for disability compensation. Paralyzed Veterans of America (PVA) holds 33 chapters and 70 National Service Offices in the United States and Puerto Rico.

### Paralyzed Veterans of America (PVA) Bayou Gulf-States Chapter

https://www.bayougulfstatespva.org/

Provides contact information for chapters in Mississippi that work to maximize the quality of life for people in the state with spinal cord injury and disease. Paralyzed Veterans of America (PVA) holds 33 chapters and 70 National Service Offices in the United States and Puerto Rico.

### Paralyzed Veterans of America (PVA) California Chapter

https://pvacc.org/

Provides support to California veterans and their families through employment services, legal services, assistance with benefits and more. Paralyzed Veterans (PVA) of America California chapter, based in Long Beach, CA, works to change lives and build brighter futures for our seriously injured heroes by providing opportunities to improve quality of life.

### Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Paralyzed Veterans of America (PVA) Colonial Chapter

https://www.colonialpva.org/

Provides a variety of services to Delaware veterans, including help with filing VA claims for disability compensation. Paralyzed Veterans of America (PVA) Colonial Chapter works to improve the quality of life for veterans with paralysis due to spinal cord injury.

## Paralyzed Veterans of America (PVA) Florida Chapter

https://pvaflorida.org

Provides services for veterans with a spinal cord injury or dysfunction (SCI/D) and other persons with disabilities ensuring quality health care, advocating and educating the public. The Paralyzed Veterans of America (PVA) Florida Chapter is based in the Fort Lauderdale Area and is serving South FL to Port St. Lucie.

## Paralyzed Veterans of America (PVA) - Florida Gulf Coast Chapter

https://floridagulfcoastpva.org/

Works with veterans and their families dealing with spinal cord injuries, providing healthcare resources, job opportunities, and adaptive sports activities. The mission of the Paralyzed Veterans of America (PVA) Florida Gulf Coast Chapter is to encourage independent living for people with spinal cord injuries or disabilities.

## Paralyzed Veterans of America (PVA) Lone Star Chapter

https://www.mylspva.org/

Advocates for health care, research, education, veterans' benefits and rights, accessibility, the removal of architectural barriers, sports programs, and disability rights of people with spinal cord injuries. Paralyzed Veterans of America (PVA) Lone Star Chapter works to maximize the quality of life for people with spinal cord injury and disease in Texas.

## Paralyzed Veterans of America (PVA) Michigan Chapter

https://www.michiganpva.org/

Helps veterans file a claim with the VA or for a disability compensation rating adjustment, advocates for healthcare, research, education, VA benefits, veterans rights, and more. Paralyzed Veterans of America (PVA) Michigan's focus is to enhance the lives of veterans living with spinal cord injuries.

## Paralyzed Veterans of America (PVA) Mid-America Chapter

https://macpva.org/

Provides advocacy for healthcare, research, education, veterans' benefits and rights, accessibility, and the removal of architectural barriers, as well as sports programs and disability rights. The Paralyzed Veterans of America (PVA) Mid-America Chapter's services expand to include helping veterans in Kansas and Arkansas.

## Paralyzed Veterans of America (PVA) - Mid-Atlantic Chapter

https://www.pvamidatlantic.org/

Advocates for veterans' benefits and rights, accessibility, and the removal of architectural barriers, sports programs, and disability rights. The Mid-Atlantic Chapter of Paralyzed Veterans of America (PVA) is located in Chesterfield County, Virginia.

## Paralyzed Veterans of America (PVA) Nevada Chapter

https://nevadapva.org/

Works to maximize the quality of life for veterans with spinal cord injuries in Nevada. The Paralyzed Veterans of America (PVA) has 33 chapters and 70 National Service Offices throughout the United States and Puerto Rico, providing services to disabled veterans and their families.

## Paralyzed Veterans of America (PVA) Northwest Chapter

https://nwpva.org/

Works to maximize the quality of life for people with spinal cord injury and disease in Washington, Idaho, Alaska and Montana. Paralyzed Veterans of America (PVA) holds 33 chapters and 70 National Service Offices in the United States and Puerto Rico.

## Paralyzed Veterans of America (PVA) Wisconsin Chapter

https://wisconsinpva.org/

Provides various services to veterans in Wisconsin, including help filing VA claims for disability compensation. Paralyzed Veterans of America (PVA) Wisconsin Chapter's primary focus is the needs of those living with spinal cord injuries and diseases.

## Paralyzed Veterans of America - West Virginia Chapter

http://www.wvpva.org/

Works to maximize the quality of life and advocate for people with spinal cord injury and disease in West Virginia. Paralyzed Veterans of America (PVA), West Virginia Chapter, serves those in the Petersburg, WV community.

## Parkinson's Foundation

https://www.parkinson.org/living-with-parkinsons/management

Provides free resources and advice for veterans with Parkinson's, including information to help understand what the disease is, the signs and symptoms, and available treatment options.  The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure.

## Patriot Hospice & Palliative Care

http://www.patriotcares.com/

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of  family caregiving.

### PsychArmor

https://psycharmor.org/

Presents a library of online education courses providing information, resources, and strategies on how to manage the demands and stress involved with caregiving. PsychArmor offers online training courses at no cost and other resources to support military members, veterans, and their families.

### R.A.I.N. Total Care

https://www.raininc.org/

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities. R.A.I.N. Total Care serves those living in Bronx and Manhattan New York.

### Richmond Fisher House & Foundation

http://richmondfisherhouse.org/

Provides cost-free living quarters for patient families of veterans receiving care at the Hunter Holmes McGuire VA Medical Center. The Richmond Fisher House, located on the medical center campus, offers 21 family suites, including private baths, dining areas, recreation, and entertainment.

### Rosalynn Carter Institute for Caregiving

https://www.rosalynncarter.org/

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

### Rural Caregivers

http://www.agrability.org/resources/caregivers/

Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region. Rural Caregivers offers links to other sites and care resources that can be downloaded.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Self-Management Resource Center

https://selfmanagementresource.com/

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

## Soldiers Angels

https://soldiersangels.org/

Provides aid, comfort and resources to service members, veterans and their families through morale boosting care packages, technology for recovery, food assistance, and helping families navigate challenges. Soldiers Angels Team has a network of volunteers representing all 50 states working to support, uplift, and remember military members through a variety of support programs.

## Terra Nova Films

https://terranova.org/

Provides videos follow a documentary format using real people and following real situations. Videocaregiving.org is a website from Terra Nova Films offering streaming visual educational material to family caregivers, focusing on the challenges faced by the caregiver.

## Texas Chapter Paralyzed Veterans of America

https://texaspva.org/

Helps Texas veterans and all people with disabilities with accessibility issues, civil rights, VA benefits, transportation issues, and new laws to enhance the lives of people with disabilities. Texas Chapter Paralyzed Veterans of America (Texas PVA) also advocates for veterans and individuals suffering from spinal cord injury or disease in order to assist them in integrating into mainstream society and to open avenues towards living life to its fullest.

## The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

## The Center for Volunteer Caregiving

https://volunteercaregiving.org/

Offers free services to help older adults and adults with disabilities in Wake County live independently for as long as possible. The Center for Volunteer Caregiving trained volunteers provide friendly visits, light housekeeping, escorted transportation to medical appointments and food stores, shopping services for people who cannot leave their home, telephone check-ins, and caregiver respite.

## The Elizabeth Dole Foundation

https://www.elizabethdolefoundation.org/

To empower military and veteran caregivers, their families, and their communities through programs, partnerships, and advocacy that drive innovative, impactful, and sustainable solutions.

Information about registering for the 10th Annual Convening, A Blueprint for Action: Mapping the Future of Caregiving in a Changing World: Join us for this incredible opportunity to connect with others, gather helpful resources, and experience moments of respite. Visit https://www.elizabethdolefoundation.org/events/annual-national-convening to register for the Convening and stay up to date on our dynamic keynote speakers, our interactive and informative breakouts, and our powerful main stage panels!

### The RAND Military Caregivers Study

https://www.rand.org/well-being/social-and-behavioral-policy/projects/military-caregivers.html

Provides research findings focused on caregivers of wounded, ill, and injured military service members and veterans. Funded by the Elizabeth Dole Foundation, the RAND Military Caregivers Study aims to quantify military caregivers' needs and examine existing policies and programs for meeting them.

### Todd Baird Lindsey Foundation

https://www.tbld.org/

Provides elderly individuals (55 years or older) remain in independent living situations for as long as practical. The Todd Baird Lindsey Foundation offers direct financial support responding to each individual's needs in Carlisle Borough, Mount Holly Springs Borough, Newville Borough, West Pennsboro Township, Dickinson Township, Middlesex Township, South Middleton and North Middleton Townships, Penn Township, Lower Frankford and Upper Frankford Townships.

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

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

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

### VA App Store

https://mobile.va.gov/appstore

Provides access to dozens of apps, including those created specifically for veterans and their health care professionals. The VA App Store features the VA Video Connect app to secure video visits with your VA care team from anywhere, the Rx Refill app to request, refill and track VA prescriptions, the VA Health Chat app for online access to chat with VA staff, the Virtual Care Manager app to create, view and join video visits, and many more.

### VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### VA North Texas Health Care System - Fisher House

https://www.va.gov/north-texas-health-care/programs/fisher-house/

The VA North Texas Fisher House is available free of charge to families and caregivers, of Veterans being treated for long-term illnesses at VA North Texas and in conjunction with the Veterans Health Administration (VHA). Provides free temporary housing for families of patients receiving medical care at major military and VA medical centers near Dallas, Texas.

### VA Palo Alto Health Care System's Fisher House

https://www.fisherhouse.org/programs/houses/current-houses/california-va-palo-alto-health-care-system-i-ii/

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

## Vaughan Paralyzed Veterans of America (VPVA)

(708) 947-9790

Advocates for veterans and their spouses dealing with spinal cord injury and disease (SCI/D). Vaughan Paralyzed Veterans of America (VPVA) has a National Service Officers (NSO) located in VA facilities in the Chicago area that assist veterans and their dependents with obtaining benefits to which they are entitled.

## Vermont Developmental Disabilities Services Division (DDSD)

https://ddsd.vermont.gov/

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

## Veterans Services of Shelby County Tennessee

https://www.shelbycountytn.gov/220/Veterans-Services

Provides funding to a variety of community programs that support healthy aging. The Aging Commission of the Mid-South (ACMS) is the designated Area Agency on Aging and Disability (AAAD) for Fayette, Lauderdale, Shelby, and Tipton Counties in West Tennessee.

## Virginia Easy Access

https://easyaccess.virginia.gov/

Easy Access is your No Wrong Door to a supportive community.  Provides connection older adults, individuals with disabilities, veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

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

https://vda.virginia.gov/

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

## Washington Aging & Disability Services - Caregiving Information

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

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

## Well Spouse Association

https://wellspouse.org/

Supports spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day.  The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

### West Texas Counseling & Guidance - Veterans Services

https://www.sanangelocounseling.org/veteran-services

Offers free or low-cost outreach mental health services to veterans in Del Rio, Texas. Veterans Outreach Services of West Texas Counseling & Guidance services are available for any individual who has served in the U.S. Armed Services regardless of branch, time served, or character of discharge.

### West Virginia Bureau of Senior Services

http://www.wvseniorservices.gov/

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

### Wisconsin Family Caregiver Support Program

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

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable. Wisconsin's local aging and disability resource center (ADRC) provides free and unbiased information and assistance to connect families with in-home care providers, respite services and other caregiver resources in the area.

### Wounded Warrior Support Network

https://woundedwarriorsupportnetwork.org

Assists active duty service members and veterans from hospital to home through events, fundraising, and community support. Wounded Warrior Support Network programs connect individuals and families to resources and services that can help them transition to wellness.

# Children's Needs

## 4-H Military Partnerships

https://4-hmilitarypartnerships.org/

Provides information about youth development educational programs for military children offered through formal 4-H military partnerships with Army Child, Youth and School Services, Air Force Airman and Family Services, and Navy Family Readiness.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Association of Caregiving Youth

https://www.aacy.org/

Serves children and adolescents who are 18 years of age or younger and who provide significant or substantial assistance, often on a regular basis, to relatives or household members who need help because of physical or mental illness, disability, frailty associated with aging, substance misuse, or other condition. Headquartered in Boca Raton, FL, the American Association of Caregiving Youth is the only organization in the U.S. dedicated solely to addressing caregiving youth issues.

## American Association of School

https://www.aasa.org/resources/resource/supporting-the-military-child-toolkit

Provides guidance for school leaders on meeting the unique educational needs of children whose parents are deployed or in transition. American Association of School Administrators (AASA) is the premier association for school system leaders and serves as the national voice for public education and district leadership on Capitol Hill.

## Army Family Web Portal (AFWP)

https://www.armyfamilywebportal.com/

Provides a network of services to support service members and their families regardless of their component or geographical location. Army Family Web Portal (AFWP) offers information on topics including family programs and services, health care, housing, education, and more.

## Autism Care Today For Military Families

https://www.act-today.org/our-funds/autism-care-today-for-military-families/

Assists American military families with treatment programs and other special needs in order to help their children with autism realize their full potential.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## Developmental Disabilities Institute

https://www.ddiny.org/

Provides educational, residential, habilitative, vocational, transportation, and service coordination support to individuals with developmental disabilities on Long Island. With sites across Suffolk and Nassau Counties, Developmental Disabilities Institute (DDI) helps children and adults with autism and other developmental disabilities experience personal growth and fulfillment.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Early Learning Resource Centers (ELRC)

https://elrc-csc.org

Provides a one-stop hub for early education and child care needs, including child care subsidy payments for low-income, working families in Pennsylvania. Early Learning Resource Centers (ELRC) connect families with community services and early learning programs like Head Start, Early Head Start, Pre-K Counts and early intervention.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Florida Department of Children & Families

https://www.myflfamilies.com

Provides public assistance information including access to food, medical assistance and cash in Florida. The Florida Department of Children and Families also offers services for child care, substance abuse prevention and recovery, domestic violence, homelessness, public benefits, and much more.

## FOCUS Program

https://www.semel.ucla.edu/

Designs programs for military families, children and couples to learn how to deal with relationship stress and changes. Located at designated Navy, Marine Corps, Army, and Air Force installations, FOCUS (Families OverComing Under Stress) teaches practical skills to help families and couples overcome common challenges related to military life.

## Global & Regional Asperger Syndrome Partnership

https://grasp.org/

Provides support, education, and programs for individuals on the autism spectrum, related disabilities, and their families. GRASP, the Global and Regional Asperger Syndrome Partnership, is a member organization that offers information and referral services, peer support groups, online chat groups, and community support.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

## K2 Adventures Foundation

https://www.k2adventures.org

Provides services, support and funds to be used for educational and medical enrichment to care for children, adults and families with special needs and or life-changing medical and financial circumstances. K2 Adventures works with Arizonas disabled individuals on a case-by-case basis through an application process.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Maryland Coalition of Families

https://www.mdcoalition.org/

Provides service members, veterans and their children with mental health and behavioral conditions in the Howard County, Maryland area.

## Military Child Education Coalition

https://militarychild.org/

Offers programs, services, and professional development to meet the needs of military connected students, parents, and professionals. The Military Child Education Coalition (MCEC) is a nonprofit organization that helps the military child thrive in the face of transition and separation.

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

## Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

## Operation Second Chance

https://operationsecondchance.org/

Provides financial and community support for wounded, injured or ill veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping veterans transition back into civilian life, reconnect with family, and build a network of peers.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

### Sesame Street for Military Families

https://sesamestreetformilitaryfamilies.org/

Offers support and education to help military kids. The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

### The American Legion

https://www.legion.org/

Helps veterans and families understand and apply for VA benefits. The American Legion is a U.S. war veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge to Veterans and their families.

### The Comfort Crew

https://www.comfortcrew.org/

Helps kids through the unique situations they experience as a military kid such as dealing with deployment, handling loss, and being a kid of an injured hero. The Comfort Crew for Military Kids delivers resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

### The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

### United Through Reading

https://unitedthroughreading.org/

Provides an online tool for a deployed parent to record themselves reading a book, then send the recording home. United Through Reading military families can still read together even when they are apart.

### VA - Moving Forward

https://www.veterantraining.va.gov/movingforward/index.asp

Offers free online life coaching program to service members, veterans and their families overcome life challenges such as: stress, relationship problems, financial difficulties, personal injuries, family life and adjustment issues.

### VA Veteran Training

https://www.veterantraining.va.gov/index.asp

Offers free online courses designed specifically for veterans, service members, and their families to help them move forward and enhance different aspects of their lives. The Veteran Training portal has tools to help veterans work on problem-solving skills, manage anger, develop parenting skills, and more.

### Zero to Three - Military Families

https://www.zerotothree.org/our-work/military-families/

Provides resources designed for military and veteran families and the professionals who serve them, including tools for parents to use as they navigate the many transitions that are a part of military life. Zero to Three supports military families by increasing awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families.

# Continuous Learning & Instruction

## Air Force Aid Society

https://afas.org/

Provides emergency assistance, education support, and community programs to help Air Force members by relieving emergency financial distress, helping Airmen's families achieve their educational goals, and improving their quality of life through proactive programs. The Air Force Aid Society (AFAS), located at Air Force bases around the world, is the official charity of the Air Force.

## Air Force Association

https://www.afa.org/

Supports the Airman for Life family while advocating and educating the public on the need for aerospace power and a technically superior workforce. The Air Force Association awards grants to educators, scholarships to help students pursue higher education, and more.

## Alabama Cares - Support for Family Caregivers

https://alabamaageline.gov/alabama-cares/

Provides information on the Alabama program that allows families to keep their loved ones at home for as long as possible, thereby preventing premature nursing home placement.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Alzheimer's Association

https://www.alz.org/

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

## American Red Cross

https://www.redcross.org/

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

## AMVETS

https://www.amvets.org

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

## Building Better Caregivers (BBC)

https://va.buildingbettercaregivers.org/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Operation Warfighter

https://warriorcare.dodlive.mil/Care-Coordination/Operation-Warfighter-OWF/

Assists service members with reintegration to duty or transition into the civilian work environment. Operation Warfighter (OWF) is a DoD internship program that matches qualified wounded, ill and injured service members with non-funded federal internships in order for them to gain valuable work experience during their recovery and rehabilitation.

## DoD Warrior Care

https://warriorcare.dodlive.mil

Provides information and resources for the recovering military community, proactively supporting wounded, ill, and injured service members in their recovery and reintegration or transition to civilian life. DoD Warrior Care programs include the Disability Evaluation System (DES), Recovery Coordination Program (RCP), military caregiver support, Education and Employment Initiative (E2I), Operation Warfighter (OWF), Military Adaptive Sports Program (MASP), the National Resource Directory, and more.

## Education & Employment Initiative

https://warriorcare.dodlive.mil/Care-Coordination/Education-Employment-Initiative-E2I/

Assists wounded, ill and injured service members early in their recovery process to identify their skills and match them with the education and career opportunities that will help them successfully transition to civilian life. The Education and Employment Initiative (E2I) regional coordinators establish and maintain relationships with private, public, and nonprofit sector employers interested in helping place wounded, ill, and injured service members into new careers.

## Fallen Patriots Foundation

https://fallenpatriots.org/

Provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. Children of Fallen Patriots is dedicated to serving the families of service members from all branches of the armed forces who have died as a result of combat casualties, military training accidents, service-related illnesses, suicide, as well as other duty-related deaths as ruled by the VA.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Federal Student Aid

https://studentaid.gov/

Access education and career development information and resources from the U.S. government. Includes links to help plan and pay for your education, including college search directories, financial student aid and scholarship resources, online education, internships and more.

## Folds of Honor Foundation

https://foldsofhonor.org/scholarships/

Provides educational scholarships for dependents and spouses of service members who were either killed or disabled while serving and defending our nation. Folds of Honor Foundation awards scholarships up to 5K for a first bachelor's degree or private school grades K through 12.

## Foundation For Senior Living

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

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

## Freedom Alliance

https://freedomalliance.org/

Supports military heroes and their families by awarding college scholarships to their sons and daughters, providing outdoor adventures to wounded troops, offering retreats and vacations to military families, sending care packages to deployed troops, and more. Freedom Alliance's mission is to honor and support service members and their families.

## Girl Scout Council of the Colonial Coast (GSCCC)

https://www.gsccc.org/en/about/our-program/military-families.html

Provides a youth organization for girls (grades K–12) with activities like earning badges, going on trips, selling cookies, exploring science, getting outdoors, and doing community service projects. Girl Scout Council of the Colonial Coast (GSCCC) offers engaging programs and a supportive network that help girls continue their leadership journeys and build new friendships no matter where a family's military service takes them.

## Green Beret Foundation

https://greenberetfoundation.org/

Provides valuable case by case assistance to Green Beret families including help with transitioning to life after service, in whatever ways are needed.  The Green Beret Foundation provides direct and continuous support to the Green Beret community by connecting them with the right resources to prosper and thrive during and after military service.

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence.  Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Marine Corps Scholarship Foundation

https://www.mcsf.org/

Provides scholarships for post-high school education to eligible children of active duty, retired, or honorably discharged Marines and Navy Corpsmen. The Marine Corps Scholarship Foundation honors Marines by educating their children.

### Military Officers Association of America

http://www.moaa.org/

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

### Military Warriors Support Foundation

https://militarywarriors.org/

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

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### National Military Family Association

https://www.militaryfamily.org/

Provides education and information regarding rights, benefits, and services for military families. The National Military Family Association also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, resilience strengthening experiences, and healing adventures.

### Navy-Marine Corps Relief Society

https://www.nmcrs.org/

Offers financial assistance to members of the Naval Services for urgent financial needs, providing money for immediate situations and helping to prepare a better long-term financial plan. The Navy-Marine Corps Relief Society provides funds to help with a variety of financial needs including rent and mortgage, utilities, essential home repairs, establishing a new residence, car expenses, medical expenses, funeral expenses and military pay shortage.

## No Greater Sacrifice

https://nogreatersacrifice.org/

Offers scholarships for higher education to the children of post 9/11 fallen and wounded service members and veterans. No Greater Sacrifice honors the sacrifices of military service by investing in their children's education for a bachelor's degree or associate's degree from an approved institution or certificate from a trade school.

## Operation Welcome Home

https://welcomehomewv.com/

Offers employment assistance for veterans seeking jobs and skilled workers for businesses/organizations in the Morgantown or Greater North Central West Virginia area. Operation Welcome Home helps veterans and their families overcome barriers to employment.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Paralyzed Veterans of America (PVA)

https://www.pva.org/

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

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

## Pat Tillman Foundation

https://pattillmanfoundation.org/

Provides academic scholarships, leadership development opportunities, and access to a national network of high-performing peers, mentors, and industry leaders. Pat Tillman Foundation's Tillman Scholar program is the premier academic fellowship for military service members, veterans, and spouses.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

### Rosalynn Carter Institute for Caregiving

https://www.rosalynncarter.org/

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

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Self-Management Resource Center

https://selfmanagementresource.com/

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

### Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

### Syracuse University - Institute for Veterans & Military Families

https://ivmf.syracuse.edu

Provides veteran and military connected programs and services for transitioning service members, veterans or military spouses looking for career training, inspiring entrepreneurship, helping communities, and furthering their education. The Institute for Veterans and Military Families (IVMF) is a research institution housed at Syracuse University.

### Temple University - Family Friends

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

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

### The American Legion

https://www.legion.org/

Helps veterans and families understand and apply for VA benefits.  The American Legion is a U.S. war veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts.  Accredited American Legion service officers are specially trained to provide assistance, free of charge to Veterans and their families.

### The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

### The Retired Enlisted Association

https://www.trea.org/

Advocates for the rights and interests of enlisted veterans. The Retired Enlisted Association (TREA) is a charter member organization for enlisted personnel in the uniformed services, their families, and survivors, with active chapters throughout the US.

### Troops to Teachers

https://troopstoteachers.mil/

Assists transitioning service members and veterans with state specific information about starting a new career as a K-12 schoolteacher in a public, charter, or Bureau of Indian Affairs school. Troops to Teachers provides counseling and referral services to help participants meet education and licensing requirements to teach and secure a teaching position.

### U.S. Department of Education

https://www.ed.gov/

Provides information about education policy including student loans, forgiveness, college accreditation, Every Student Succeeds Act (ESSA), FERPA, FAFSA, 1098, tax forms, and more. The US Department of Education, headquartered in Washington, D.C., promotes student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.

### VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### VA Education & Training Benefits

https://www.benefits.va.gov/gibill/

Offers information on how to apply for and manage the VA education and training benefits you've earned. VA education benefits help veterans, service members, and their qualified family members with needs like paying college tuition, finding the right school or training program, and getting career counseling.

### VA - Veterans Opportunity to Work (VOW)

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

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

### Veterans of Foreign Wars (VFW) of the United States

https://www.vfw.org/

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

# Financial & Legal Resources for Caregivers

## Air Force Aid Society

https://afas.org/

Provides emergency assistance, education support, and community programs to help Air Force members by relieving emergency financial distress, helping Airmen's families achieve their educational goals, and improving their quality of life through proactive programs. The Air Force Aid Society (AFAS), located at Air Force bases around the world, is the official charity of the Air Force.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Civil Liberties Union (ACLU) of Pennsylvania

https://www.aclupa.org/

Protects individual rights and personal freedoms through advocacy, education, and litigation. American Civil Liberties Union (ACLU) of Pennsylvania fights to protect the rights and freedoms of people throughout the country.

## American Red Cross

https://www.redcross.org/

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

## AMVETS

https://www.amvets.org

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

## Armed Services YMCA

https://www.asymca.org/

Provides resiliency programs at no or low cost without any membership fee to military service members and their families, helping them navigate military life amidst transfers, deployments, increased child care needs, and financial burdens. The Armed Services YMCA is an association of the YMCA, specifically dedicated to serving junior-enlisted military service members and their families of all five armed services.

## Army Family Web Portal (AFWP)

https://www.armyfamilywebportal.com/

Provides a network of services to support service members and their families regardless of their component or geographical location. Army Family Web Portal (AFWP) offers information on topics including family programs and services, health care, housing, education, and more.

## Army Ranger Lead The Way Fund

https://www.leadthewayfund.org/

Provides Ranger assistance programs to support the needs of Rangers and their families beyond what the government can offer. Lead the Way Fund, Inc. is a nonprofit organization established to raise funds in support of disabled U.S. Army Rangers and the families of Rangers who have died, have been injured or are currently serving in harm's way around the world.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cell Phones for Soldiers

https://www.cellphonesforsoldiers.com/

Connects veterans, service members, and military family members with cell phones and domestic airtime minutes. Cell Phones For Soldiers is a national nonprofit dedicated to serving troops and veterans with free communication services and emergency funding.

## Certified Financial Planner (CFP)

https://www.letsmakeaplan.org

Find individuals who are currently authorized by the Certified Financial Planner (CFP) Board of Standards to provide financial planning services. CFP professionals are trained to help you develop a comprehensive strategy to reach your short- and long-term financial goals.

## Coalition to Salute America's Heroes

https://saluteheroes.org/

Provides direct financial aid and support services to help eligible veterans and their families who are facing severe financial hardships. The mission of the Coalition to Salute Americas Heroes is to help severely wounded veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn recover from their injuries and illnesses, and to inspire other organizations and the general public to participate in this effort.

## Coast Guard Mutual Assistance

https://mycgma.org/

Provides financial assistance for emergency, short-term situations to everyone associated with the U.S. Coast Guard. Coast Guard Mutual Assistance representatives, located throughout the Coast Guard, are who to contact when you need assistance.

## Disabled American Veterans

https://www.dav.org/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Special Compensation for Assistance with Activities of Daily Living

https://warriorcare.dodlive.mil/Benefits/Special-Compensation-for-Assistance-with-Activities-of-Daily-Living-SCAADL/

Provides monthly compensation to eligible catastrophically injured or ill service members who require assistance with activities of daily living or who are at a high risk for personal safety and cannot live independently in the community without caregiver support. The amount of compensation a service member receives through the Special Compensation for Assistance with Activities of Daily Living (SCAADL) program is based on a three-tier system.

## DoD Transition Assistance Program

https://www.dodtap.mil/dodtap/app/home

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

## DoD Warrior Care

https://warriorcare.dodlive.mil

Provides information and resources for the recovering military community, proactively supporting wounded, ill, and injured service members in their recovery and reintegration or transition to civilian life. DoD Warrior Care programs include the Disability Evaluation System (DES), Recovery Coordination Program (RCP), military caregiver support, Education and Employment Initiative (E2I), Operation Warfighter (OWF), Military Adaptive Sports Program (MASP), the National Resource Directory, and more.

## Employer Support of the Guard & Reserve

https://www.esgr.mil

Provides assistance in resolving conflicts between Service Members and their employers by offering free, neutral mediation and information on what the law requires. Local Employer Support of the Guard and Reserve (ESGR) representatives are available on the state and local contacts pages.

## Fallen Patriots Foundation

https://fallenpatriots.org/

Provides college scholarships and educational counseling to military children who have lost a parent in the line of duty. Children of Fallen Patriots is dedicated to serving the families of service members from all branches of the armed forces who have died as a result of combat casualties, military training accidents, service-related illnesses, suicide, as well as other duty-related deaths as ruled by the VA.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Family & Medical Leave Act

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

Provides 26 workweeks of leave during a single 12-month period to care for a covered service member with a serious injury or illness. The Family and Medical Leave Act (FMLA) entitles eligible employees of covered employers to take unpaid, job-protected leave with continuation of group health insurance coverage.

## FINRA Investor Education Foundation

https://www.finra.org/investors#/

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

## Florida Department of Elder Affairs

https://elderaffairs.org/

Shares information to Florida families and caregivers on where to go for support and assistance. The Florida Department of Elder Affairs which works through the state's 11 Area Agencies on Aging and local service providers to deliver essential services to a vital segment of the population.

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## GetCareSC

https://www.getcaresc.com/

Provides a search tool for seniors, caregivers, and adults with disabilities to find providers and available services, like assisted living, transportation, and insurance -- and if you need help and you don't know where to start. The GetCareSC website is maintained by the South Carolina Department on Aging, helping connect you to local resources and find help in your community.

## Help Hope Live

https://helphopelive.org/

Supports fundraising for people with unmet medical and related expenses due to cell and organ transplants or catastrophic injuries and illnesses. After fundraising for Help Hope Live, you are eligible to submit Fund Request Forms to cover unmet medical needs.

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

## Luke's Wings

https://lukeswings.org/

Provides complimentary airfare to wounded, ill, and injured service members and their loved ones during recovery and rehabilitation. Luke's Wings bridges the gap provided by government benefits, keeping military families connected on their journey to recovery.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Mass Vets Advisor

https://www.mass.gov/massvetsadvisor

Provides online resources to assist Massachusetts veterans, their family members, and caregivers with accessing benefits and programs for counseling, education, employment, finance and tax, medical, housing, memorial, transportation, and more. MassVetsAdvisor.org is an easy to use one-stop shop of state and federal benefits, as well as nonprofit resources.

## Mercy Medical Angels

https://www.mercymedical.org/

Provides free medical transportation services on the ground and in the air to ensure that no one in need is denied medical care. Helping Veterans and their families, Mercy Medical Angels provides travel to clinical care, service dog acquisition, healing retreats and PTS and TBI treatments.

## Military Warriors Support Foundation

https://militarywarriors.org/

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

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## National Alliance For Caregiving

https://www.caregiving.org/

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

## National Hospice & Palliative Care Organization

https://www.nhpco.org/

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

## National Veterans Legal Services Program

https://www.nvlsp.org/

Provides free legal representation to veterans from all eras with disability claims for discharge upgrades, combat related special compensation, applications to boards for correction of military records, claims for mental health and/or physical condition(s), applications to the physical disability board of review for an increase in the military disability rating, and representation to service members being processed through IDES.

## Navy-Marine Corps Relief Society

https://www.nmcrs.org/

Offers financial assistance to members of the Naval Services for urgent financial needs, providing money for immediate situations and helping to prepare a better long-term financial plan. The Navy-Marine Corps Relief Society provides funds to help with a variety of financial needs including rent and mortgage, utilities, essential home repairs, establishing a new residence, car expenses, medical expenses, funeral expenses and military pay shortage.

## Ohio Department of Aging - Caregiver Support

https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/caregiver-support

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.

## Operation First Response

https://www.operationfirstresponse.org/

Delivers personal and financial services to wounded military personnel and their families from the onset of injury through their recovery period and along their journey from military service to civilian life. Financial aid services offered by Operation First Response vary, as each case is based on individual needs, which may include rent, utilities, vehicle payments, groceries, clothing, and travel expenses.

## Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

## Operation Second Chance

https://operationsecondchance.org/

Provides financial and community support for wounded, injured or ill veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping veterans transition back into civilian life, reconnect with family, and build a network of peers.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Self-Management Resource Center

https://selfmanagementresource.com/

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

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

## Special Operations Warrior Foundation

https://specialops.org

Provides full college funding to every surviving child of a special operator who loses their life in the line of duty. The Special Operations Warrior Foundation offers full financial assistance for post-secondary education as well as educational counseling, preschool grants, tutoring and financial grants to eligible Special Operations personnel and their families.

## The American Legion

https://www.legion.org/

Helps veterans and families understand and apply for VA benefits. The American Legion is a U.S. war veterans organization made up of state, U.S. territory, and overseas departments, and these are in turn made up of local posts. Accredited American Legion service officers are specially trained to provide assistance, free of charge to Veterans and their families.

## The Veterans Consortium

https://www.vetsprobono.org/

Provides free attorneys to veterans and family members who need assistance with discharge upgrades or filing an appeal to the U.S. Court of Appeals for veterans claims. The Veterans Consortium pro bono program (TVC) is the leading national charity providing free legal services in federal venues for veterans in need.

## The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

## Thrift Savings Plan

http://www.tsp.gov

Provides information and tools to manage your retirement savings plan, learn about fund options, fund performance, use your savings, and manage life changes. The Thrift Savings Plan (TSP) is a retirement savings and investment plan for federal employees and members of the uniformed services, including the Ready Reserve.

## Thurston County Washington Veterans Assistance Program

https://www.co.thurston.wa.us/health/ssveteran/index.html

Provides information about applying for emergency financial assistance and other veteran benefits in Washington State. Thurston County Washington Veterans Assistance Program is an emergency fund for past due basic living expenses such as mortgage payments and rent.

## USA Cares

https://usacares.org/

Arranges emergency financial assistance and post service skills training for post-9/11 military veterans, service members and their families. USA Cares, located in Louisville, KY, offers services that improve the quality of life, create long-term stability, and reduce potential factors that may contribute to veteran suicide.

## VA - Home Loans

https://benefits.va.gov/homeloans/

Provides information about the benefits, eligibility and application details of VA home loans that feature a guarantee enabling the lender to provide you with more favorable terms. VA helps Service Members, Veterans, and eligible surviving spouses to buy, build, repair, retain, or adapt a home.

## Veterans Airlift Command

http://www.veteransairlift.org

Offers free air transportation for wounded warriors, veterans, and their families for medical and other compassionate purposes. The Veterans Airlift Command is a national network of volunteer aircraft owners and pilots who perform valuable service while maintaining their proficiency.

## Veterans of Foreign Wars (VFW) of the United States

https://www.vfw.org/

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

## Well Spouse Association

https://wellspouse.org/

Supports spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

## Women's Institute For A Secure Retirement

https://www.wiserwomen.org/

Offers financial information and resources for all women, including caregivers who provide unpaid care for family members. The Women's Institute for a Secure Retirement is a nonprofit organization helping women, educators and policymakers understand the important issues surrounding women's retirement income.

## Wounded Heroes Foundation

708-212-2272

Visits wounded heroes in military medical centers, facilitates an annual U.S. military adaptive sports camp, and provides immediate financial assistance to severely injured military and their families so they can purchase plane tickets and hotel rooms allowing them to be together during recovery.

# Health Care Needs

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Asian American Health Initiative (AAHI)

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

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

## Brain Injury Association of America

https://biausa.org/

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

## BrainLine

https://www.brainline.org/

Offers authoritative information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. Through BrainLine, we seek to provide a sense of community, a place where people who care about brain injury can go 24 hours a day for information, support, and ideas.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cape Fear Council of Governments - Senior Resources

https://capefearcog.org/area-agency-on-aging/resource-guide-for-senior-services/

Offers information to senior services in the State of North Carolina including where to turn for support and assistance as well as services for caregivers. Cape Fear Council of Governments shares resources servicing Brunswick, Columbus, New Hanover and Pender Counties.

## Caregiverlist

https://www.caregiverlist.com/

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

## Center for the Study of Traumatic Stress

https://www.cstsonline.org/

Offers education and training, publications (journal articles, books, newsletters, and reports), military fact sheets, and research that advances knowledge in military psychiatry, disaster psychiatry and disaster and behavioral health. The Center for the Study of Traumatic Stress is part of the Uniformed Services University, and one of the nations oldest and most highly regarded, academic-based organizations dedicated to advancing trauma-informed knowledge, leadership, and methodologies.

## Civilian Health & Medical Program of the Department of Veterans Affairs (CHAMPVA) Benefits

https://www.va.gov/health-care/family-caregiver-benefits/champva/

Provides information about the Civilian Health & Medical Program of the Department of Veterans Affairs and how to apply. If you dont qualify for TRICARE (the DoDs health care program for active-duty and retired Service Members and their families), you may be able to get health insurance through the Civilian Health and Medical Program of the Department of Veterans Affairs.

## Crotched Mountain Community Care

https://cmf.org/cmcc/

Provides case management services to clients throughout all of New Hampshire. Crotched Mountain Community Care Program offers an alternative to nursing home placement by connecting family members with community supports.

## DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

## Delta Dental - Federal Employees Dental Program

https://feds.deltadentalins.com/federal/fedvip.html

Manages Delta Dental benefit plans created by Congress for military retirees and their families.

## Disabled American Veterans

https://www.dav.org/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Hearing Center of Excellence

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/HCE

Offers information about the prevention, diagnosis, mitigation, treatment, rehabilitation and research for hearing loss and auditory injury in service members and veterans. The Hearing Center of Excellence (HCE) is committed to promoting hearing loss programs and hearing loss prevention initiatives across the DoD.

## DoD Warrior Care

https://warriorcare.dodlive.mil

Provides information and resources for the recovering military community, proactively supporting wounded, ill, and injured service members in their recovery and reintegration or transition to civilian life. DoD Warrior Care programs include the Disability Evaluation System (DES), Recovery Coordination Program (RCP), military caregiver support, Education and Employment Initiative (E2I), Operation Warfighter (OWF), Military Adaptive Sports Program (MASP), the National Resource Directory, and more.

## Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

## Everyday Health

https://www.everydayhealth.com/coronavirus/

Provides information about everyday health for mobile-first millennials, desktop boomers, multitasking parents, concerned caregivers, wellness-conscious warriors, and symptom solvers for whom health decisions are multifaceted. Everyday Health makes sure that all the medical professionals on the front-line share advice to help inspire and enable self-care during the pandemic.

## Express Scripts

https://express-scripts.com/

Offers online pharmacy services to eligible TRICARE members to manage there prescriptions. Express Scripts also offers delivery services.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Family & Medical Leave Act

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

Provides 26 workweeks of leave during a single 12-month period to care for a covered service member with a serious injury or illness. The Family and Medical Leave Act (FMLA) entitles eligible employees of covered employers to take unpaid, job-protected leave with continuation of group health insurance coverage.

## Fisher House of Alaska

http://www.akfisherhouse.com/

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

## Florida Department of Children & Families

https://www.myflfamilies.com

Provides public assistance information including access to food, medical assistance and cash in Florida. The Florida Department of Children and Families also offers services for child care, substance abuse prevention and recovery, domestic violence, homelessness, public benefits, and much more.

## Foundation For Senior Living

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

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

## HelpGuide

https://www.helpguide.org/

Provides a wide range of information and self-help tools to improve your mental health and wellness. HelpGuide is a nonprofit web resource with over 250 articles, interactive quizzes, and other resources covering topics such as depression, anxiety, stress management, post-traumatic stress disorder and trauma, and much more.

## Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Intrepid Spirit Centers

https://www.fallenheroesfund.org/intrepid-spirit

Offers facilities on military bases where injured service members can be diagnosed and treated for traumatic brain injury (TBI) and post-traumatic stress (PTS). The National Intrepid Center of Excellence is located on the grounds of Walter Reed National Military Medical Center, with satellite centers at Fort Belvoir, Camp Lejeune, Fort Campbell, Fort Bragg, Fort Hood, Camp Pendleton, Joint Base Lewis-McChord, and Eglin Air Force Base.

## Jewish Association Serving The Aging (JASA)

https://www.jasa.org/

Provides Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities. Jewish Association for Services for the Aged (JASA) helps the aging remain in their homes.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Maryland Coalition of Families

https://www.mdcoalition.org/

Provides service members, veterans and their children with mental health and behavioral conditions in the Howard County, Maryland area.

## MedlinePlus

https://medlineplus.gov/

MedlinePlus is an online health information resource for patients and their families and friends. It is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

## Mental Health America

https://mhanational.org/

Provides mental health resources and information on where to get help in your community. Mental Health America affiliates and associates around the country offer programs and initiatives to promote mental health and prevent mental illness through advocacy, education, research and services.

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Mission Adult Care Services

https://missionhealth.org/services-treatments/adult-care/

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

## Mountain Valley Hospice & Pallative Care

https://www.mtnvalleyhospice.org/we-honor-veterans

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness. Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that veterans and their families may face at the end of life.

## My HealtheVet (MHV)

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

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

## National Alliance on Mental Illness

https://www.nami.org/

Provides real-time mental health support and guidance so that all individuals and families affected by mental illness can build better lives. The National Alliance on Mental Illness (NAMI) is a mental health association of local affiliates working to raise community awareness and provide support and education about mental illness.

## National Intrepid Center of Excellence (NICoE)

https://walterreed.tricare.mil/NICoE

Provides evaluation, treatment planning, research and education dedicated to providing care to service members and families dealing with traumatic brain injuries and psychological health conditions. The National Intrepid Center of Excellence (NICoE) offers therapy sessions for individuals and families.

## Navy Reserve - Psychological Health Outreach Program

https://www.mynavyhr.navy.mil/Career-Management/Reserve-Personnel-Mgmt/IRR/IRR-Resources/

Ensures Marine Corps and Navy reservists and their families have access to psychological health care services. Psychological Health Outreach Program (PHOP) services are free and confidential but is not an emergency or first responder service.

## Nevada Department of Health & Human Services - Aging & Disability Services Division

https://adsd.nv.gov/Programs/Physical/Physical/

Offers programs and services that help Nevada residents with disabilities go to work or care for themselves or be cared for in their homes and community rather than in a care facility. The Aging and Disability Services Division (ADSD) in the state of Nevada, Department of Health and Human Services, represents Nevada's elders, children and adults with disabilities or special health care needs.

## Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Pleasant Care & Nurse Staffing

https://pleasantcare.health/

Offers home care and nursing to assist seniors and disabled clients with daily living in Maryland, Washington D.C., and Virginia. Pleasant Care and Nurse Staffing matches seniors and caregivers together to make sure they are not only content with their relationship, but fully communicate with and trust each other.

## Rebuilding America's Warriors

https://www.rebuildingamericaswarriors.com/

Provides free reconstructive surgery to wounded and disfigured active-duty warriors and veterans of all wars post 2001. Rebuilding America's Warriors offers board certified surgeons in all major specialties including dental.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Substance Abuse & Mental Health Services Administration

https://www.samhsa.gov/

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

## The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

## Traumatic Brain Injury Center of Excellence

health.mil/TBICoE

The Traumatic Brain Injury Center of Excellence (TBICoE), part of the Defense Health Agency, unifies TBI healthcare across the Military Health System, drives scientific progress for warfighters, and remains prepared to address emerging brain health challenges. TBICoE develops tools and educational resources for service members, veterans, family members, caregivers, and providers. If you or a loved one requires medical attention, contact your local military or veteran hospital or clinic. TBICoE does not provide direct patient care, case management, referrals, or patient consultations. Primary care providers can refer to the National Intrepid Center of Excellence and its Defense Intrepid Network for Traumatic Brain Injury and Brain Health.

## TRICARE

https://tricare.mil/

Provides comprehensive coverage to all eligible TRICARE beneficiaries including health plans, special programs, prescriptions, and dental plans. TRICARE, a government managed health insurance, is the health care program for uniformed service members, retirees, and their families.

## TRICARE Overseas Program

http://www.tricare-overseas.com/

Provides health coverage to military members living abroad.

## Upper Peninsula Commission for Area Progress (Upcap) Services

https://upcap.org/

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Upper Peninsula Commission for Area Progress (Upcap) Services advocates for those with low to moderate income levels, disabilities, veterans and the homeless.

## VA Blind Rehabilitation and Prosthetic Services

https://www.rehab.va.gov/blindrehab/

Supports blind and low vision Veterans and active duty Servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## VA Community Care

https://department.va.gov/vha/community-care/

Provides healthcare from community providers outside of the VA, on behalf of, and paid for by the VA, when the VA cannot provide the care needed. Community care is available to veterans based on certain conditions and eligibility requirements, and in consideration of a veteran's specific needs and circumstances, and must be first authorized by VA before a veteran can receive care from a community provider.

## VA Foreign Medical Program

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

Provides information on the VA's Foreign Medical Program that is designed to manage the health care benefits program for Veterans who are residing or traveling abroad and have VA-rated, service-connected disabilities.

## VA - Home Telehealth Services

https://telehealth.va.gov/type/home

Get information on how the VA uses technologies that allows medical teams to check older Veterans health conditions through telephone, cellular modem and cell phones.

## VA - Moving Forward

https://www.veterantraining.va.gov/movingforward/index.asp

Offers free online life coaching program to service members, veterans and their families overcome life challenges such as: stress, relationship problems, financial difficulties, personal injuries, family life and adjustment issues.

## VA National Center for PTSD

https://www.ptsd.va.gov/index.asp

Provides information and tools for providers to help with the assessment and treatment of post-traumatic stress disorder (PTSD). The VA's National Center for PTSD also offers resources and support to help families and friends understand and manage the symptoms of PTSD.

## VA - Polytrauma & TBI System of Care

https://www.polytrauma.va.gov/index.asp

Offers an integrated network of specialized rehabilitation programs dedicated to serving Veterans and Service Members with both combat and civilian related traumatic brain injury and polytrauma. Polytrauma network sites are located in each Veterans Integrated Service Network throughout the United States.

## VA PTSD Program

https://www.va.gov/directory/guide/PTSD.asp

Provides a directory of all VA medical centers that offer post-traumatic stress disorder (PTSD) treatment, even if there is no specific PTSD program. Many Vet Centers and VA Community Based Outpatient Clinics also offer PTSD treatment.

## VA - Spinal Cord Injuries & Disorders System of Care

http://www.sci.va.gov/

Offers a coordinated life-long continuum of services for veterans with a spinal cord injury or disorder.

## VA - Vet Centers (Readjustment Counseling)

https://www.vetcenter.va.gov/index.asp

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

## VA War Related Illness & Injury Study Center

https://www.warrelatedillness.va.gov/

Provides post-deployment health expertise to veterans and their health care providers through clinical care, research, education, and risk communication. The War Related Illness and Injury Study Center Program is part of VA's Health Outcomes Military Exposures and is uniquely qualified to care for veterans with health concerns related to potentially toxic exposures.

## VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

## Veterans Services of Shelby County Tennessee

https://www.shelbycountytn.gov/220/Veterans-Services

Provides funding to a variety of community programs that support healthy aging. The Aging Commission of the Mid-South (ACMS) is the designated Area Agency on Aging and Disability (AAAD) for Fayette, Lauderdale, Shelby, and Tipton Counties in West Tennessee.

## Virginia Department for the Aging - Caregiving Information

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

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

## Vision Center of Excellence

https://health.mil/Military-Health-Topics/Centers-of-Excellence/VCE

Provides a comprehensive list of resources to make it easier to get information by searching DoD, VA, state, or national resources to find links to providers, facilities, eligibility and benefit information, and low-vision and blind rehabilitation tools and resources. Vision Center of Excellence works with TRICARE, Military Health System, VA and other centers of excellence to improve vision health of service members, veterans, families, and beneficiaries.

## Warrior Canine Connection

https://warriorcanineconnection.org/

Utilizes service members and veterans with combat stress in the critical mission of training service dogs for fellow wounded warriors.

## WeConnect Health

https://www.weconnecthealth.io/

Offers an app that rewards members who adhere to their treatment plan for substance use disorder. WEconnect peer recovery support services is a suite of flexibly delivered services provided by and for people in recovery.

## YouCanQuit2 - Tobacco Cessation Campaign

https://www.ycq2.org/

Offers tools and information from the Department of Defense to help quit smoking.

# Hospice

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Billet Health

https://www.billethealth.com/

Provides home care focused on empowering patients to manage a chronic disease, palliative care for those with a terminal illness, or hospice care at the end of life. Billet Health operates home health and hospice agencies in Arizona, California, Nevada, New Mexico and Texas.

## Bon Secours Hospice Services

https://hospicerichmond.com/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## Centennial Adultcare Center

http://centennialadultcare.com/

Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimers and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.

## Commonwealth of Pennsylvania Department of Health

https://www.health.pa.gov

Provides programs and services that benefit the health, safety and well-being of all Pennsylvanians. The Bureau of Community Health Systems, through the six health districts, operates a network of state health centers and supports public health programs throughout the Commonwealth of Pennsylvania.

## District of Columbia Department of Aging & Community Living

https://dacl.dc.gov/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Encompass Health

https://www.encompasshealth.com/

Offers both facility-based and home-based patient care through a network of inpatient rehabilitation hospitals, home health agencies, and hospice agencies. With locations in 39 states and Puerto Rico, Encompass Health is one of the nation's largest providers of integrated healthcare.

## Fedcap Rehabilitation Services

https://www.fedcap.org/

Provides an array of services to youths and adults with disabilities to graduate from high school and obtain vocational certification or a college degree. Fedcap Rehabilitation Services prepares individuals to become work-ready, obtain meaningful employment, and achieve long-term economic well-being.

## Haven Hospice

https://beyourhaven.org/

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

## Hinds Hospice

https://www.hindshospice.org/

Provides comfort, care, and support for those living with a terminal condition, their caregivers, and those who have lost a loved one. The We Honor Veterans program provides the best end-of-life care for Hinds Hospice veterans, including rural and homeless veterans in Fresno, Madera, and Merced, California.

## Hospice & Community Care

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

Provides compassionate physical, emotional, and spiritual support at end of life. It is common for veterans at this stage to face unique issues related to their military experiences that possibly have never been addressed with their families, so the staff at Hospice and Community Care are specially trained to care for veteran patients offering a Veteran-to-Veteran program where they pair volunteers who are veterans with veteran hospice patients.

## Hospice Foundation of America

https://hospicefoundation.org/

Offers programs to educate the public and healthcare professionals about death, dying, and grief. Hospice Foundation of America programs for healthcare professionals improve care of those with terminal illness and those experiencing the process of grief, and programs for the public assist individual consumers of health care who are coping with issues of caregiving, terminal illness, and grief.

## Hospice of Marion County - Veterans Care

https://hospiceofmarion.org/veterans/

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

## InnovAge

https://www.myinnovage.com

Provides customized healthcare and social engagement to keep seniors independent and living at home, primarily through the Program of All-inclusive Care for the Elderly, or PACE (Program of All-inclusive Care for the Elderly). Headquartered in Denver, InnovAge offers PACE in Colorado, California, New Mexico, Pennsylvania, and Virginia.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence.  Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Jewish Association Serving The Aging (JASA)

https://www.jasa.org/

Provides Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities. Jewish Association for Services for the Aged (JASA) helps the aging remain in their homes.

## Kokua Kalihi Valley Comprehensive Family Services

https://www.kkv.net/

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.

### LifeStream Services

https://lifestreaminc.org/

Provides community services and information on aging and disability, community services, nutrition and wellness and transportation for individuals in East Central Indiana. LifeStream offers aging and disability resource center to assist individuals and caregivers.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Mountain Valley Hospice & Pallative Care

https://www.mtnvalleyhospice.org/we-honor-veterans

Provides hospice care to terminally ill persons, and inpatient and outpatient palliative medical care for people with a serious or advanced illness.  Mountain Valley Hospice participates in the We Honor Veterans program, understanding the unique challenges that veterans and their families may face at the end of life.

### National Alliance For Caregiving

https://www.caregiving.org/

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

### National Hospice & Palliative Care Organization

https://www.nhpco.org/

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

### Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Patriot Hospice & Palliative Care

http://www.patriotcares.com/

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

### Pleasant Care & Nurse Staffing

https://pleasantcare.health/

Offers home care and nursing to assist seniors and disabled clients with daily living in Maryland, Washington D.C., and Virginia. Pleasant Care and Nurse Staffing matches seniors and caregivers together to make sure they are not only content with their relationship, but fully communicate with and trust each other.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Veterans Services of Shelby County Tennessee

https://www.shelbycountytn.gov/220/Veterans-Services

Provides funding to a variety of community programs that support healthy aging. The Aging Commission of the Mid-South (ACMS) is the designated Area Agency on Aging and Disability (AAAD) for Fayette, Lauderdale, Shelby, and Tipton Counties in West Tennessee.

### West Virginia Bureau of Senior Services

http://www.wvseniorservices.gov/

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

### Wisconsin Family Caregiver Support Program

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

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.  Wisconsin's local aging and disability resource center (ADRC) provides free and unbiased information and assistance to connect families with in-home care providers, respite services and other caregiver resources in the area.

# Maintenance & Home Care Assistance

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## Community Access Unlimited

https://www.caunj.org/

Allows veterans who are potential candidates for nursing home placement to receive in-home support through the Veterans Direct Home and Community Based Services Program. Community Access Unlimited is a Union County-based nonprofit that serves people with disabilities and at-risk youth across New Jersey.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## GetCareSC

https://www.getcaresc.com/

Provides a search tool for seniors, caregivers, and adults with disabilities to find providers and available services, like assisted living, transportation, and insurance -- and if you need help and you don't know where to start. The GetCareSC website is maintained by the South Carolina Department on Aging, helping connect you to local resources and find help in your community.

## Haven Hospice

https://beyourhaven.org/

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

## Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### R.A.I.N. Total Care

https://www.raininc.org/

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities. R.A.I.N. Total Care serves those living in Bronx and Manhattan New York.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Virginia Department for the Aging - Caregiving Information

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

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

# Mental Health

## 10 CAN Outdoors

https://www.10can.org/

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Brain Injury Association of North Carolina (BIANC)

https://www.bianc.net/

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

## Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

## Brain Injury Association of Tennessee

https://braininjurytenn.org/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cape Fear Council of Governments - Senior Resources

https://capefearcog.org/area-agency-on-aging/resource-guide-for-senior-services/

Offers information to senior services in the State of North Carolina including where to turn for support and assistance as well as services for caregivers. Cape Fear Council of Governments shares resources servicing Brunswick, Columbus, New Hanover and Pender Counties.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

## Developmental Disabilities Institute

https://www.ddiny.org/

Provides educational, residential, habilitative, vocational, transportation, and service coordination support to individuals with developmental disabilities on Long Island. With sites across Suffolk and Nassau Counties, Developmental Disabilities Institute (DDI) helps children and adults with autism and other developmental disabilities experience personal growth and fulfillment.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Eagle Rock Camp

https://eaglerockcamp.org/

Provides military families no cost therapeutic retreats at host locations that offer peaceful and secluded settings with access to walking trails and scenic views. Eagle Rock Camp teaches essential life skills and offers time to reflect and learn a new way to heal the body, mind, spirit, and heart.

## Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

## El Paso Veterans One Stop Center

https://www.epveteranonestop.org

Provides services to the SMVF (Service Member, Veterans, and family) community for free and regardless of discharge status. Services provided are as follows: clinical services, one-on-one peer support, peer support groups and community resources.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Fisher House of Alaska

http://www.akfisherhouse.com/

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

## GI Go Fund Veterans Center

https://www.gigo.org/

Assists all military veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings together corporate, educational, and nonprofit partners to support giving veterans from across the country the tools and benefits they need to thrive.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## International Myeloma Foundation

https://www.myeloma.org

Provides research, education, support, and advocacy for myeloma patients, caregivers, and providers. The International Myeloma Foundation is the first and largest organization focusing specifically on multiple myeloma. It is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure.

## Kokua Kalihi Valley Comprehensive Family Services

https://www.kkv.net/

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.

### Lutheran Services Carolinas

https://lscarolinas.net/adult-programs/#tbi-services

Offers programs across North and South Carolina that provide shelter and supportive services to adults with severe and persistent mental illness, developmental disabilities, and traumatic brain injury. Lutheran Services Carolinas, a member agency of Lutheran Services in America (LSA), provides health and human services through the Lutheran ministry.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Mary's Center - Health Care Services

https://maryscenter.org/

Embraces all communities and provides high-quality healthcare, education, and social services to build better futures. Mary's Center works to save lives and strengthen it's community.

### Mental Health America of Hawaii

https://mentalhealthhawaii.org/

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

### Mental Health America of Palm Beach County (MHAPB)

https://mentalhealthpbc.org/

Provides public education, information, and referrals to support groups, rehabilitation services, socialization, and housing services for Florida residents dealing with mental health issues. Mental Health America of Palm Beach County's (MHAPB) goal is to create a supportive community and raise awareness about mental health.

### Mental Health Association In New Jersey (MHANJ)

https://www.mhanj.org/

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services. Mental Health Association in New Jersey (MHANJ) vision is for people with behavioral health disorders to achieve their full potential and receive quality care.

### Mental Health Association of Rhode Island (MHA RI)

https://mhari.org/

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness. Mental Health Association of Rhode Island (MHARI) makes sure those dealing with mental health issues are treated with dignity and respect.

### Mercy Medical Angels

https://www.mercymedical.org/

Provides free medical transportation services on the ground and in the air to ensure that no one in need is denied medical care. Helping Veterans and their families, Mercy Medical Angels provides travel to clinical care, service dog acquisition, healing retreats and PTS and TBI treatments.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### NAMI Arizona

http://www.namiarizona.org/

Provides a member organization dedicated to improving the lives of people with mental illness through education and support programs. NAMI Arizona is a statewide grassroots organization dedicated to serving individuals and families affected by mental illness to improve their quality of life and achieve recovery.

### National Alliance on Mental Illness - Rhode Island

https://namirhodeisland.org/

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

### National Alliance on Mental Illness - South Carolina

https://namisc.org/

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

### National Alliance on Mental Illness - Wyoming

https://www.namiwyoming.com/

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

### Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

## Resounding Joy

https://resoundingjoyinc.org/

Offers music therapy services through three main programs to include Healing Notes, Semper Sound, and Community Connections. The Semper Sound program provides music therapy to military service members and veterans to enrich lives and to progress toward non-musical goals, such as symptom management, pain reduction, career development, or building stronger familial relationships.

## Respite Care Association of Wisconsin

https://respitecarewi.org/

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin supports and advocates for quality respite care for Wisconsin families.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Southeastern Guide Dogs

https://www.guidedogs.org/

Provides service dogs and a lifetime of follow-up at no cost to veterans living with post-traumatic stress disorder (PTSD) or other disabilities. Southeastern Guide Dogs, a nonprofit with a national reach, creates elite working dogs and offers life-changing services for people with vision loss, veterans with disabilities, and children with significant challenges such as vision loss or the loss of a parent in the military.

## Therapeutic & Recreational Riding Center (TRRC)

https://www.trrcmd.org/

Dedicated to providing therapeutic support services to its special clients, young and old, in an all-inclusive environment. Therapeutic & Recreational Riding Center (TRRC) offers a safe and accessible environment with staff support, enabling individuals with special needs to access our services.

## Upper Peninsula Commission for Area Progress (Upcap) Services

https://upcap.org/

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Upper Peninsula Commission for Area Progress (Upcap) Services advocates for those with low to moderate income levels, disabilities, veterans and the homeless.

## VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

## Vets4Warriors

https://www.vets4warriors.com/

Provides 24/7 access to a peer who understands the military community and the challenges they face and offers support whenever they confront an issue, wherever they are in the world. Vets4Warriors, housed at the Rutgers University Behavioral Health Care national call center in New Jersey, is a peer support network, complementing the government resources available to service members and veterans.

## Virginia Department for the Aging - Caregiving Information

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

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

# Military Caregiver Lifestyle

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Catch a Lift Program

https://catchaliftfund.org/

Offers a year round wellness program for combat injured veterans to regain mental and physical health and a grant for home equipment or gym membership to eligible veterans that were combat injured in Iraq and/or Afghanistan with a VA rating of 50% and above. The Catch A Lift Fund enables post 9/11 combat wounded veterans across the U.S. to recover and rehabilitate through physical fitness, motivation and support.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Honor Flight Central Florida

https://honorflightcentralflorida.org/

Offers free flights for senior veterans to visit Washington, D.C. and reflect at the memorials dedicated to honor their service and sacrifice. Honor Flight Network accepts applications from all veterans in the central Florida area and those that prefer to fly from Orlando.

### Horses Healing Heroes

http://www.horseshealingheroes.org/

Assists veterans and anyone suffering from post-traumatic stress disorder (PTSD) through equine assisted psychotherapy, helping overcome fears and build confidence through working with horses. Located in Herald, CA, on a ranch in a safe and beautiful, pastoral setting, Horses Healing Heroes clients are helped to release, readjust and reconnect.

### Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Operation Showers of Appreciation

http://osoamil.org/

Supports the military community through programs designed to provide assistance within everyday life such as hosting and co-hosting large scale baby showers, baby care packages and diaper programs. Showers are held throughout the year in various locations with Southern California being the main location of Operation Showers of Appreciation events.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## United Through Reading

https://unitedthroughreading.org/

Provides an online tool for a deployed parent to record themselves reading a book, then send the recording home. United Through Reading military families can still read together even when they are apart.

# Modifications & Special Equipment

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Amputee Coalition of America

https://amputee-coalition.org/

Provides resources, support and advocacy on limb loss. The Amputee Coalition offers a broad range of resources and programs for healthcare providers, amputees and their families.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Computer Accommodations Program (CAP) - Wounded Service Members

https://cap.mil/wsm-wsm-coad

Provides assistive technology and accommodations to support individuals with disabilities and wounded, ill and injured service members in accessing information and communication technology. Computer/Electronic Accommodations Program (CAP) technologies can be used to maintain, increase, or improve an individual's job performance and are available to accommodate people with all types of disabilities.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

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Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## GreenCare for Troops

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

Offers a needs based program for active duty deployed service members of the rank E-6 and below. Project EverGreen's GreenCare for Troops connects military families across the nation to complimentary lawn and landscape services, while their sister program, SnowCare for Troops, provides basic snow removal.

## Helping A Hero - Home Program

https://helpingahero.org/wounded-hero/

Provides specially adapted homes for qualifying service members in planned communities where they receive ongoing support from neighbors. Helping a Hero also offers additional support programs, including marriage retreats, caregiver retreats, recreational activities, emotional support, and financial support.

## Homes for Our Troops

https://www.hfotusa.org/

Provides specially adapted custom homes nationwide for severely injured post-9/11 veterans. Homes for Our Troops (HFOT) builds these homes where the veteran chooses to live and supports the veterans after home delivery providing assistance with employment, education, training, health, and other issues.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

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

## Rural Caregivers

http://www.agrability.org/resources/caregivers/

Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region. Rural Caregivers offers links to other sites and care resources that can be downloaded.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Soldiers Angels

https://soldiersangels.org/

Provides aid, comfort and resources to service members, veterans and their families through morale boosting care packages, technology for recovery, food assistance, and helping families navigate challenges. Soldiers Angels Team has a network of volunteers representing all 50 states working to support, uplift, and remember military members through a variety of support programs.

## VA Automobile Allowance & Adaptive Equipment

https://www.va.gov/disability/eligibility/special-claims/automobile-allowance-adaptive-equipment/

If you have a disability related to your service that prevents you from driving, you may be able to get money to help you buy or change a vehicle so you can drive. Types of vehicles covered by VA automobile allowance include cars, vans, motor homes, commercial trucks, and farm machines like tractors. Keep reading to find out if you may be eligible.

## VA Blind Rehabilitation and Prosthetic Services

https://www.rehab.va.gov/blindrehab/

Supports blind and low vision Veterans and active duty Servicemembers in regaining their independence and quality of life to enable their successful integration into family and community life.

## VA - Clothing Allowance

https://www.va.gov/disability/eligibility/special-claims/clothing-allowance/

Provides information about a disability compensation VA benefit known as an annual clothing allowance available to eligible veterans.

## VA - Home Loans

https://benefits.va.gov/homeloans/

Provides information about the benefits, eligibility and application details of VA home loans that feature a guarantee enabling the lender to provide you with more favorable terms. VA helps Service Members, Veterans, and eligible surviving spouses to buy, build, repair, retain, or adapt a home.

## VA Rehabilitation & Prosthetic Services

https://www.prosthetics.va.gov/

Offers VA programs for rehabilitation and prosthetic services supporting Veterans with disabilities. VA's Rehabilitation and Prosthetic Services is responsible for chiropractic, blind, ploytrauma/TBI programs, medical rehabilitation, prosthetic and sensory aids services, the amputation system of care, and more.

## Vermont Center for Independent Living

https://vcil.org/

Offers services to promote the dignity, independence, and civil rights of Vermonters with disabilities. With its central office in Montpelier and five branch offices in Bennington, Brattleboro, Burlington, Morrisville and Rutland, the Vermont Center for Independent Living is directed and staffed by people with disabilities.

# Online Social Networking

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## BrainLine

https://www.brainline.org/

Offers authoritative information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. Through BrainLine, we seek to provide a sense of community, a place where people who care about brain injury can go 24 hours a day for information, support, and ideas.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## CaringBridge

https://www.caringbridge.org/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Recovery Coordination Program

https://warriorcare.dodlive.mil/Care-Coordination/Recovery-Coordination-Program-RCP-/

Provides support to wounded, ill, and injured service members through Recovery Care Coordinators (RCCs) in the DoD Recovery Coordination Program that are available at military treatment facilities and installations across the country. RCCs develop a comprehensive recovery plan identifying goals and resources, such as assistive technology, education, employment, or housing, needed to achieve rehabilitation and return service members to duty or reintegration into the civilian community.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Love Our Vets

https://www.loveourvets.org/

Provides resources for understanding post-traumatic stress disorder (PTSD). Love Our Vets, a book and blog on PTSD and veterans, offers hope, encouragement, practical help, and connection for all loved ones of those who serve or have served in the military, especially those who battle PTSD.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Sesame Street for Military Families

https://sesamestreetformilitaryfamilies.org/

Offers support and education to help military kids.  The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

## Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

## Spouse Buzz

https://www.military.com/spousebuzz

Offers military spouse and family news and expert analysis on topics such as military benefits to lifestyle. Military.com's SpouseBuzz is a blog of many voices telling the military spouse and family story on what it's like to be a spouse or family member in today's military world.

## The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

## United Service Organizations (USO)

http://www.uso.org

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

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

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

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

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## Veterans Families United Foundation

https://veteransfamiliesunited.org/

Offers educational tools and resources, support, peer support and information for Oklahoma veterans and their families dealing with war-related illness and trauma. Veterans Families United Foundation connect veterans and their families to resources and services to meet their needs.

## Vets4Warriors

https://www.vets4warriors.com/

Provides 24/7 access to a peer who understands the military community and the challenges they face and offers support whenever they confront an issue, wherever they are in the world.  Vets4Warriors, housed at the Rutgers University Behavioral Health Care national call center in New Jersey, is a peer support network, complementing the government resources available to service members and veterans.

### Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

# Peer Support & Mentoring

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Red Cross

https://www.redcross.org/

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

## American Red Cross Military & Veteran Caregiver Network

https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html

Provides peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries, or aging. The Military and Veteran Caregiver Network (MVCN) provides military and veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

## Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

## Brain Injury Network

https://www.braininjurynetwork.org/

Provides advocacy, peer support, and resources for survivors of acquired brain injury (ABI), which includes traumatic brain injury (TBI), stroke, brain illness and brain tumors. The Brain Injury Network (BIN) is a nonprofit organization for and by the brain injury survivor community.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## Christopher & Dana Reeve Foundation

https://www.christopherreeve.org/todays-care/get-support/military-veterans-program-mvp/

Assists service members and veterans living with spinal cord injury and paralysis to help connect them with military services, programs, and benefits. The Christopher and Dana Reeve Foundation is dedicated to curing spinal cord injury by advancing innovative research and improving quality of life for individuals and families impacted by paralysis.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

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## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Farmer Veteran Coalition

https://farmvetco.org/

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

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## Green Beret Foundation

https://greenberetfoundation.org/

Provides valuable case by case assistance to Green Beret families including help with transitioning to life after service, in whatever ways are needed. The Green Beret Foundation provides direct and continuous support to the Green Beret community by connecting them with the right resources to prosper and thrive during and after military service.

## Hope For The Day - Project R.E.D. Team

https://www.hftd.org/ourwork

Offers a peer-led proactive mental health education and suicide prevention outreach platform. Our one-hour clinically backed education presentation was designed for members of the military, veterans, first responders, and their families by members within the community who understand the unique mental health challenges that come with committing yourself to the safety and protection of others.

## Hospice & Community Care

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

Provides compassionate physical, emotional, and spiritual support at end of life. It is common for veterans at this stage to face unique issues related to their military experiences that possibly have never been addressed with their families, so the staff at Hospice and Community Care are specially trained to care for veteran patients offering a Veteran-to-Veteran program where they pair volunteers who are veterans with veteran hospice patients.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Iraq & Afghanistan Veterans of America (IAVA)

https://iava.org/

Provides personalized support and growth opportunities for veterans from Iraq and Afghanistan. Membership in Iraq and Afghanistan Veterans of America (IAVA) is free and helps to connect Veterans with national leaders, industry experts, and peer mentors.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Make the Connection

http://maketheconnection.net/

Provides an online resource to connect veterans, their family members, friends, and other supporters with information, resources, and solutions to issues affecting their lives. Make the Connection is a campaign launched by the VA to help the military community confront the challenges of transitioning from service, face health issues, and navigate the complexities of daily life as a civilian.

## Marine Parents

https://www.marineparents.com/

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

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Narcotics Anonymous (NA)

https://www.na.org/meetingsearch/

Offers a 12-step program and meetings for people who are addicted to non-prescribed narcotics. Narcotics Anonymous (NA) programs are available in major cities throughout the United States.

## Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

## Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Paralyzed Veterans of America (PVA)

https://www.pva.org/

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

## Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Paralyzed Veterans of America - West Virginia Chapter

http://www.wvpva.org/

Works to maximize the quality of life and advocate for people with spinal cord injury and disease in West Virginia. Paralyzed Veterans of America (PVA), West Virginia Chapter, serves those in the Petersburg, WV community.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### Stand Beside Them

https://www.standbesidethem.org/

Founded in 2013, Stand Beside Them has grown into a national network of more than 200 certified professional coaches across 46 states. Together, we partner with Post-9/11 military veterans, service members within one year of separation or retirement, spouses and caregivers to provide no-cost confidential, client-centered coaching that supports clarity, resilience, and purposeful forward movement during life's transitions.

### The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

### The Foundation for Exceptional Warriors

https://www.exceptionalwarriors.org/

Provides free adventure based opportunities to exceptional warriors (Special Operations Forces, Ex-Prisoners of War, Purple Heart recipients and those recognized with awards for Valor of every era). The Foundation for Exceptional Warriors offers a variety of adventures from skydiving to hunting to family activities.

### The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

### VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### VA Coaching Into Care

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

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

### VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

### Veterans Families United Foundation

https://veteransfamiliesunited.org/

Offers educational tools and resources, support, peer support and information for Oklahoma veterans and their families dealing with war-related illness and trauma. Veterans Families United Foundation connect veterans and their families to resources and services to meet their needs.

### Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

### Wounded Warriors in Action Foundation

https://wwiaf.org/

Offers a no cost opportunity for Purple Heart recipients to participate in outdoor sporting activities in Florida. The Wounded Warriors in Action Foundation does this to recognize combat wounded veterans, honor their sacrifice, connect with communities, and promote healing and wellness through camaraderie and a shared passion for the outdoors.

# Pet & Service Animal Assistance

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Assistance Dogs International

https://assistancedogsinternational.org/

Works to improve the training, placement and utilization of assistance dogs, including guide dogs for people with visual impairments, hearing dogs for people with hearing impairments and service dogs for people with other disabilities. Assistance Dogs International (ADI) dedicated to creating a better future for people in partnership with assistance dogs.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers.  Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

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Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states.  Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

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Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Lutheran Social Service of Minnesota

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Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Operation Freedom Paws

https://operationfreedompaws.org/

Matches dogs with individuals who have Post Traumatic Stress (PTS), Complex-Post Traumatic Stress (CPTS) and/or Traumatic Brain Injury (TBI) symptoms, or other physical, neurological, psychological or mobility needs. Operation Freedom Paws helps those living with disabilities become independent.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Puppies Behind Bars

https://www.puppiesbehindbars.com/service-dogs-for-veterans/

Raises puppies by prison inmates to learn the eighty-five commands that are standard in the industry (retrieving objects, turning on and off lights, opening doors so a wheelchair can pass through, etc.), as well as five specific commands of service dogs to assist wounded warriors with PTSD and TBI. Puppies Behind Bars is a rigorous program that produces well-loved and well-behaved dogs, to ensure the best possible dog-veteran matches.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Southeastern Guide Dogs

https://www.guidedogs.org/

Provides service dogs and a lifetime of follow-up at no cost to veterans living with post-traumatic stress disorder (PTSD) or other disabilities. Southeastern Guide Dogs, a nonprofit with a national reach, creates elite working dogs and offers life-changing services for people with vision loss, veterans with disabilities, and children with significant challenges such as vision loss or the loss of a parent in the military.

## VA Rehabilitation & Prosthetic Services

https://www.prosthetics.va.gov/

Offers VA programs for rehabilitation and prosthetic services supporting Veterans with disabilities. VA's Rehabilitation and Prosthetic Services is responsible for chiropractic, blind, ploytrauma/TBI programs, medical rehabilitation, prosthetic and sensory aids services, the amputation system of care, and more.

## Warrior Canine Connection

https://warriorcanineconnection.org/

Utilizes service members and veterans with combat stress in the critical mission of training service dogs for fellow wounded warriors.

# Respite Care

## Alabama Cares - Support for Family Caregivers

https://alabamaageline.gov/alabama-cares/

Provides information on the Alabama program that allows families to keep their loved ones at home for as long as possible, thereby preventing premature nursing home placement.

## Alabama Lifespan Respite Resource Network

https://alabamarespite.org/

Offers respite services for caregivers in Alabama. The Alabama Lifespan Respite Resource Network helps increase access to and availability of respite resources for all caregivers in Alabama.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Association of Retired Persons

https://www.aarp.org/

Provides discounted membership for service members, veterans and their spouses who are 50+ years of age. The American Association of Retired Persons (AARP) is a nonprofit, nonpartisan organization that empowers retired people to choose how they live as they age.

## ARCH National Respite Network & Resource Center

https://archrespite.org/

Provides information and resources to find respite in your community. The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community, the National Respite Coalition, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the Lifespan Respite Technical Assistance Center which is funded by the Administration for Community Living in the US Department of Health and Human Services.

## Arizona Caregiver Coalition

https://azcaregiver.org/

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

## Believe In Tomorrow Children's Foundation - Military Initiative

https://www.believeintomorrow.org/military-initiative/

Provides hospital and respite housing services to critically ill children and their families. Believe In Tomorrow has two respite properties dedicated specifically to military families, one in Ocean City, MD, and the other in Pinnacle Falls, just outside of Asheville, NC.

## Brightpoint

https://www.brightpoint.org/

Provides early child care and education, child welfare services, counseling and treatment programs, and parent support services. Children's Home and Aid offices are located across Illinois and serve children and families in over 65 counties, linking them to a network of resources.

## Cabarrus County Veterans Services

https://cabarruscounty.us/departments/veterans-services

Assists veterans with navigating VA programs and benefits such as compensation, pension, appeals, healthcare, survivor benefits, education options, home loan guaranty, employment, transportation, adult and aging services, and senior resources. The Cabarrus County Veterans Services office provides professional and timely assistance to veterans and their family members, free of charge.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cape Fear Council of Governments - Senior Resources

https://capefearcog.org/area-agency-on-aging/resource-guide-for-senior-services/

Offers information to senior services in the State of North Carolina including where to turn for support and assistance as well as services for caregivers. Cape Fear Council of Governments shares resources servicing Brunswick, Columbus, New Hanover and Pender Counties.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## Centennial Adultcare Center

http://centennialadultcare.com/

Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimers and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.

### Connecticut - National Family Caregiver Support Program

https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/National-Family-Caregiver-Support-Program

The National Family Caregiver Support Program (NFCSP) helps people who take care of family members or loved ones—often without pay. Caregiving can be hard, so this program gives caregivers support and time to rest.

### Crotched Mountain Community Care

https://cmf.org/cmcc/

Provides case management services to clients throughout all of New Hampshire. Crotched Mountain Community Care Program offers an alternative to nursing home placement by connecting family members with community supports.

### DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

### Developmental Disabilities Institute

https://www.ddiny.org/

Provides educational, residential, habilitative, vocational, transportation, and service coordination support to individuals with developmental disabilities on Long Island. With sites across Suffolk and Nassau Counties, Developmental Disabilities Institute (DDI) helps children and adults with autism and other developmental disabilities experience personal growth and fulfillment.

### DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

### Easterseals - Military & Veterans Services

https://www.easterseals.com/get-support/areas-of-support/veterans-military-families

Provides resources and support for veterans and military families through 69 local affiliates in communities nationwide. Easterseals works to break down barriers, engage organizations and communities, and connect veterans and military families with what they need for meaningful employment, education, and overall wellness.

### Easterseals New York

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

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs to help service members and veterans reintegrate into the civilian workforce, including programs for homeless veterans.

### Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

### Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

### Family Service Rochester

https://familyservicerochester.org/

Provides case management, counseling and therapy services to southeast Minnesota Veteran families. Family Service Rochester services address mental health, child-wellbeing, family stability, and senior independence in the community to enhance quality of life for individuals and families.

### Family Voices of Alabama

https://familyvoicesal.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies. Family Voices of Alabama connects families of special needs kids together for support and empowerment.

### Family Voices of Minnesota

https://familyvoicesofminnesota.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies in Minnesota. Family Voices of Minnesota connects families of special needs kids together for support and empowerment.

### Florida Department of Elder Affairs

https://elderaffairs.org/

Shares information to Florida families and caregivers on where to go for support and assistance. The Florida Department of Elder Affairs which works through the state's 11 Area Agencies on Aging and local service providers to deliver essential services to a vital segment of the population.

### Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

### GetCareSC

https://www.getcaresc.com/

Provides a search tool for seniors, caregivers, and adults with disabilities to find providers and available services, like assisted living, transportation, and insurance -- and if you need help and you don't know where to start. The GetCareSC website is maintained by the South Carolina Department on Aging, helping connect you to local resources and find help in your community.

### Greater Mental Health of New York

https://greatermentalhealth.org/

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to those confronting mental health problems and their loved ones.

### Guam Department of Integrated Services for Individuals with Disabilities

http://disid.guam.gov/

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

### Haven Hospice

https://beyourhaven.org/

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

### Helping Hands of Vegas Valley - Nevada

https://hhovv.org/

Helps elderly individuals remain independent and healthy through free social services programs available in Nevada such as: transportation assistance, respite care vouchers and food delivery. Helping Hands of Vegas Valley welcomes volunteers to assist with deliveries and working in the pantry.

### Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

### Idaho Commission on Aging - Caregiver Support Program

https://aging.idaho.gov/stay-at-home/national-family-caregiver-support-program/

If you help another person accomplish their “Activities of Daily Living” like bathing, dressing, or using the toilet, or help them with activities such as shopping, cooking, or cleaning, YOU are a caregiver. Offers information to Idaho families and caregivers on where to go for support and assistance.

### Illinois Family Caregiver Support Program

https://ilaging.illinois.gov/programs/caregiver.html

Offers information to Illinois families and caregivers on where to go for support and assistance. The Illinois Department on Aging (IDoA) and Aging Network have and will continue to focus on helping caregivers who reside throughout the United States.

## IMD Guest House

http://www.imdguesthouse.org/

Illinois Medical District Guest House welcomes outpatients receiving treatment for post-traumatic stress disorder through the Road Home Program at Rush and accompanied by their caregivers, families, and friends with a referral from a patient's medical team.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Iowa Department on Aging

https://hhs.iowa.gov/aging-services

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

## Jewish Association Serving The Aging (JASA)

https://www.jasa.org/

Provides Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities. Jewish Association for Services for the Aged (JASA) helps the aging remain in their homes.

## Kokua Kalihi Valley Comprehensive Family Services

https://www.kkv.net/

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.

## Legacy Corps for Veterans and Military Families

https://theseniorsource.org/

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

## Lifespan Respite Program

http://dhhs.ne.gov/Pages/Respite.aspx

Lifespan Respite Program is a service designed to give caregivers a break from the demands of providing ongoing care for recipients with special needs unable to care for themselves. The Lifespan Respite Program provides funding for eligible unpaid primary family caregivers to purchase respite services.

### LINK of Hampton Roads

https://www.linkhr.org/

Provides fast and affordable housing solutions to homeless individuals, families, and veterans, as well as emergency services to men, women, and children facing unmet basic needs, housing crises, or other emergency situations. LINK is a nonprofit volunteer organization which exists to help people help themselves through education, direct services, advocacy and outreach programs.

### Lutheran Services Carolinas

https://lscarolinas.net/adult-programs/#tbi-services

Offers programs across North and South Carolina that provide shelter and supportive services to adults with severe and persistent mental illness, developmental disabilities, and traumatic brain injury. Lutheran Services Carolinas, a member agency of Lutheran Services in America (LSA), provides health and human services through the Lutheran ministry.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Maryland Department of Aging - Family Caregiver Support Program

http://aging.maryland.gov/Pages/National-Family-Caregiver-Support.aspx

Helps Maryland family and informal caregivers through a variety of services designed to reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.

### Michigan Choice Waiver Program

https://www.michigan.gov/mdhhs/assistance-programs/healthcare/seniors/michoicewaiver/mi-choice-waiver-program-use

Get information on how eligible adults in Michigan who meet income and asset criteria can receive Medicaid-covered services like those provided by nursing homes but can stay in their own home or another residential setting.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Minnesota Help - Senior Link

https://mn.gov/adresources/

Provides statewide resources for Minnesota seniors, their families and caregivers.

### Missouri Department of Health & Senior Services

https://health.mo.gov/

Offers senior and disability services for residents of Missouri, including caregiver support, help for independent living, and advocacy for elderly people who are too frail to speak up for themselves.

## National Adult Day Services Association

https://www.nadsa.org/

Provides Adult Day Services professionals with a host of services and support. The National Adult Day Services Association is a professional membership association for adult day center providers, associations of providers, corporations, educators, students, retired workers and others interested in working to build better lives for adults in adult day programs.

## National Alliance For Caregiving

https://www.caregiving.org/

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

## National Youth Advocate Program

https://www.nyap.org/

Provides help families and individuals with prevention and intervention services to include alcohol and other drug treatment and mental health, positive youth development, out-of-home placement, and ultimately helping to reunite with the birth family or adoptive family. The National Youth Advocate Program offers programs and services for youth and families in Ohio, West Virginia, Indiana, Georgia, South Carolina, Illinois, Florida and Kentucky.

## Nebraska Lifespan Respite Network

https://nrrs.ne.gov/resources

Provides temporary relief to those who are caring for family members with special needs.

## Nevada Senior Services

https://nevadaseniorservices.org/

Provides adult day care centers as respite for caregivers from 24 hour responsibility and an alternative to expensive in-home care. Nevada Senior Services helps seniors and caregivers in Las Vegas and Henderson by assuring senior loved ones receive needed nursing and social interaction.

## New Purpose

https://mynewpurpose.org/

Provides support and services to individuals with intellectual and developmental disabilities in Tennessee. New Purpose offers respite care on a temporary emergency basis for individual with developmental disabilities during times when the family has a crisis or other demands preventing their usual care.

## Niagara County Department of Social Services (NCDSS)

https://www.niagaracounty.com/departments/s-z/social_services/index.php

Helps families in Niagara County New York with medical, food stamps (SNAP), child welfare, adult protection, nursing home, employment, transportation/general services, housing, discounted fuel, home energy assistance (HEAP), jobs, education and financial counseling. The Niagara County Department of Social Services (NCDSS) provides two main offices serving Niagara Falls for cash, HEAP and SNAP, and Lockport for cash HEAP and Medicaid.

## No Wrong Door Virginia

https://www.nowrongdoorvirginia.org/

Supports older adults, caregivers, individuals with disabilities, Veterans and families through a network of providers, linked through a secure technology system, allowing your information to be shared safely, with your permission, to quickly and easily connect you to services. No Wrong Door Virginia is a virtual network of shared resources and supports across the state of Virginia.

## Ohio Department of Aging - Caregiver Support

https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/caregiver-support

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.

## Oklahoma Older Adults

https://www.okdrs.gov/guide/oklahoma-department-human-services-aging-services-division

Provides information on services for the elderly and people with disabilities in Oklahoma, including community living, aging and protective services. The Oklahoma Department of Human Services contracts with contracts with adult day health centers across the state to support the health, nutritional, social and daily living needs of adults including health monitoring and medication administration, recreational and educational activities, assistance with personal care, nutritious lunches and snacks, transportation and counseling.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

## Patriot Hospice & Palliative Care

http://www.patriotcares.com/

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

### Pleasant Care & Nurse Staffing

https://pleasantcare.health/

Offers home care and nursing to assist seniors and disabled clients with daily living in Maryland, Washington D.C., and Virginia. Pleasant Care and Nurse Staffing matches seniors and caregivers together to make sure they are not only content with their relationship, but fully communicate with and trust each other.

### Respite Care Association of Wisconsin

https://respitecarewi.org/

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin supports and advocates for quality respite care for Wisconsin families.

### Rosalynn Carter Institute for Caregiving

https://www.rosalynncarter.org/

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

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

### Southwestern Pennsylvania Area Agency on Aging

http://www.swpa-aaa.org/

Provides health programs and social services for older adults in Fayette, Greene, and Washington counties. Programs and services offered by the Southwestern Pennsylvania Area Agency on Aging include adult day care, advocacy, employment assistance, home and community-based services, home-delivered meals, health promotion, information and assistance, legal assistance, person centered counseling, protective services, senior community centers, and transportation.

### Temple University - Family Friends

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

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

## The Center for Volunteer Caregiving

https://volunteercaregiving.org/

Offers free services to help older adults and adults with disabilities in Wake County live independently for as long as possible. The Center for Volunteer Caregiving trained volunteers provide friendly visits, light housekeeping, escorted transportation to medical appointments and food stores, shopping services for people who cannot leave their home, telephone check-ins, and caregiver respite.

## The Elizabeth Dole Foundation

https://www.elizabethdolefoundation.org/

To empower military and veteran caregivers, their families, and their communities through programs, partnerships, and advocacy that drive innovative, impactful, and sustainable solutions.

Information about registering for the 10th Annual Convening, A Blueprint for Action: Mapping the Future of Caregiving in a Changing World: Join us for this incredible opportunity to connect with others, gather helpful resources, and experience moments of respite. Visit https://www.elizabethdolefoundation.org/events/annual-national-convening to register for the Convening and stay up to date on our dynamic keynote speakers, our interactive and informative breakouts, and our powerful main stage panels!

## TRICARE Respite Care

https://tricare.mil/CoveredServices/IsItCovered/RespiteCare

Explains temporary relief coverage and benefits available to military primary caregivers. Respite care is available to primary caregivers of service members who have a serious injury that has resulted in or may result in a physical disability or an extraordinary physical or psychological condition.

## Upper Peninsula Commission for Area Progress (Upcap) Services

https://upcap.org/

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Upper Peninsula Commission for Area Progress (Upcap) Services advocates for those with low to moderate income levels, disabilities, veterans and the homeless.

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

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

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

## VA Caregiver Self-Care Activities

https://www.caregiver.va.gov/Self_Care_Activities.asp

Get information, offered by the VA, on the importance of taking a break from caregiving. VA Caregiver Self-Care Activities help caregivers become more aware of stress they face and how it has taken a toll on your relationships and your general wellbeing.

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### Vermont Developmental Disabilities Services Division (DDSD)

https://ddsd.vermont.gov/

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

### Veterans Services of Shelby County Tennessee

https://www.shelbycountytn.gov/220/Veterans-Services

Provides funding to a variety of community programs that support healthy aging. The Aging Commission of the Mid-South (ACMS) is the designated Area Agency on Aging and Disability (AAAD) for Fayette, Lauderdale, Shelby, and Tipton Counties in West Tennessee.

### Vets For Vets

https://soldiertocivilian.org/

Provides donated labor to fellow local veterans and their families in the Upper Perkiomen Valley and surrounding areas. Vets For Vets assists veterans throughout the community that need help at their home including home renovations, painting, landscaping and general clean up.

### Virginia Department for the Aging - Caregiving Information

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

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

### Virginia Easy Access

https://easyaccess.virginia.gov/

Easy Access is your No Wrong Door to a supportive community.  Provides connection older adults, individuals with disabilities, veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

### VirginiaNavigator

https://virginianavigator.org/

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

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

https://vda.virginia.gov/

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

### Washington County New York - Caregiver Support Services

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

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks. Washington County New York Caregiver Support Services goal is to make sure caregivers have the training and support needed to properly care for their loved ones and themselves.

### West Virginia Bureau of Senior Services

http://www.wvseniorservices.gov/

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

### Willing Warriors

http://www.willingwarriors.org/

Provides cost-free retreats and programs that positively impact wounded, ill, or injured service members, disabled veterans, and their families. The Warrior Retreat at Bull Run is the flagship program of Willing Warriors offering a place for warriors to get away from military hospitals in the National Capital Region with their families to relax.

### Wisconsin Family Caregiver Support Program

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

Offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.  Wisconsin's local aging and disability resource center (ADRC) provides free and unbiased information and assistance to connect families with in-home care providers, respite services and other caregiver resources in the area.

### Wounded Warriors Family Support

https://wwfs.org/

Provides both financial and psychological support to the families of service members who have been wounded, injured, or killed during combat operations. Wounded Warriors Family Support offers programs to include caregiver respite, veteran training, family retreats, custom outfitted vehicles, and more.

# Rest & Relaxation

## 10 CAN Outdoors

https://www.10can.org/

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Army Morale, Welfare & Recreation

https://www.armymwr.com/

Provides support and leisure programs and services for Service Members, their families, civilian employees, and military retirees. Army MWR provides free and discounted recreation to military personnel and their families.

## Building Strong and Ready Teams (BSRT)

https://bsrt.army.mil/

Helps Army families re-connect with their spouse and family. Building Strong and Ready Teams (BSRT), formally Strong Bonds, is an Army chaplain sponsored couple and family retreats conducted in an offsite setting.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Fisher Nightingale Houses

https://www.fnhi.org/

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

## GreenCare for Troops

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

Offers a needs based program for active duty deployed service members of the rank E-6 and below. Project EverGreen's GreenCare for Troops connects military families across the nation to complimentary lawn and landscape services, while their sister program, SnowCare for Troops, provides basic snow removal.

## Ho'ola Farms - Veterans Services

https://www.hoolafarms.org/

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

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## McDowell Senior Center - Veterans Services

https://www.mcdowellseniorcenter.org/veterans.html

Assists veterans and their families in Marion, NC with applying for and obtaining VA benefits. Veterans Services at McDowell Senior Center are free of charge and available Monday through Friday by appointment only.

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## National Military Family Association

https://www.militaryfamily.org/

Provides education and information regarding rights, benefits, and services for military families. The National Military Family Association also offers programs to support family members, including career funding and scholarships for military spouses seeking degrees and career advancement, camps for military kids, family retreats, resilience strengthening experiences, and healing adventures.

## New York City Parks - Resources For Seniors

https://www.nycgovparks.org/seniors

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. New York City Parks activities include sports to nature walks, dancing, swimming for older adults to continue to lead physically active lives through sports, fitness, and outdoor adventure.

## Operation Homefront

https://operationhomefront.org/

Assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families. Operation Homefront awards mortgage-free homes and hosts a gala each year to recognize extraordinary military kids.

## Operation Second Chance

https://operationsecondchance.org/

Provides financial and community support for wounded, injured or ill veterans. Operation Second Chance also coordinates retreats, sports events, hospital visits, and more, boosting morale and helping veterans transition back into civilian life, reconnect with family, and build a network of peers.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Project Sanctuary

https://projectsanctuary.us/

Offers therapeutic retreats in eight states across the country for active duty service members and veterans of all branches of the military and all eras. Project Sanctuary also offers services for all military and veteran families to include financial assistance, counseling referrals and connection to services offered by collaborating partners.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## The Foundation for Exceptional Warriors

https://www.exceptionalwarriors.org/

Provides free adventure based opportunities to exceptional warriors (Special Operations Forces, Ex-Prisoners of War, Purple Heart recipients and those recognized with awards for Valor of every era). The Foundation for Exceptional Warriors offers a variety of adventures from skydiving to hunting to family activities.

## The Yellow Ribbon Fund

https://yellowribbonfund.org/

Provides housing, transportation, and caregiver and family support to severely wounded, ill and injured post-9/11 Service Members from every branch of the United States military following unexpected medical crises. Yellow Ribbon Fund's programs provide veterans and their families with practical support and offer recreational and respite events to caregivers.

## Travis Mills Foundation

https://travismillsfoundation.org

Provides an all-inclusive, all-expenses-paid, barrier-free vacation in the Belgrade Lakes Region of Maine to veteran families who have been injured in active duty or as a result of their service. Travis Mills Foundation helps veterans and their families overcome physical obstacles, strengthen their families, and provide well-deserved rest and relaxation.

## United Service Organizations (USO)

http://www.uso.org

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

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

### Veterans Campground on Big Marine Lake

https://vetscampmn.org/

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

### Virginia Department for the Aging - Caregiving Information

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

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

### Willing Warriors

http://www.willingwarriors.org/

Provides cost-free retreats and programs that positively impact wounded, ill, or injured service members, disabled veterans, and their families. The Warrior Retreat at Bull Run is the flagship program of Willing Warriors offering a place for warriors to get away from military hospitals in the National Capital Region with their families to relax.

### Wounded Warriors in Action Foundation

https://wwiaf.org/

Offers a no cost opportunity for Purple Heart recipients to participate in outdoor sporting activities in Florida. The Wounded Warriors in Action Foundation does this to recognize combat wounded veterans, honor their sacrifice, connect with communities, and promote healing and wellness through camaraderie and a shared passion for the outdoors.

# Sports & Recreation

## 10 CAN Outdoors

https://www.10can.org/

Offers outdoor recreational therapy and outdoor adventures for military and first responder families. 10 CAN, Inc., headquartered on a farm in Newberry, FL, partners with organizations to host hunting, fishing, and survival camps.

## Adaptive Adventures

https://adaptiveadventures.org/who-we-serve/

Provides injured veterans and active duty military the opportunity to return to the level of fitness and activity that they had prior to being wounded. Adaptive Adventures collaborates with VA medical centers, military hospitals, WTUs, WTBs and other veteran service organizations to impact veterans and their families throughout the country.

## Alabama Head Injury Foundation (AHIF)

https://www.ahif.org/

Provides resources and support for individuals with brain and spinal cord injuries and their families. Alabama Head Injury Foundation (AHIF) works to increase public awareness of traumatic brain injury (TBI) and stimulate supportive services development.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## Amputee Coalition of America

https://amputee-coalition.org/

Provides resources, support and advocacy on limb loss. The Amputee Coalition offers a broad range of resources and programs for healthcare providers, amputees and their families.

## AMVETS

https://www.amvets.org

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

## Blue Star Families

https://bluestarfam.org/

Serves as a bridge between the families of Servicemen and women and housing, emergency, education, and other support services. Blue Star Families establishes and fosters connections between military families and community members to strengthen support.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Catch a Lift Program

https://catchaliftfund.org/

Offers a year round wellness program for combat injured veterans to regain mental and physical health and a grant for home equipment or gym membership to eligible veterans that were combat injured in Iraq and/or Afghanistan with a VA rating of 50% and above. The Catch A Lift Fund enables post 9/11 combat wounded veterans across the U.S. to recover and rehabilitate through physical fitness, motivation and support.

## Challenged Athletes - Operation Rebound Program

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

Provides grant opportunities and support to military veterans, service members and first responders with permanent physical injuries. Challenged Athletes Foundation's Operation Rebound program assists with reintegration through sports and fitness.

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Easterseals - Military & Veterans Services

https://www.easterseals.com/get-support/areas-of-support/veterans-military-families

Provides resources and support for veterans and military families through 69 local affiliates in communities nationwide. Easterseals works to break down barriers, engage organizations and communities, and connect veterans and military families with what they need for meaningful employment, education, and overall wellness.

## Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Healing Warrior Hearts

https://www.healingwarriorhearts.org/

Provides retreats dedicated to healing the emotional, moral and spiritual wounds for Veterans and their families at locations in Wisconsin and Texas throughout the year. The Starfish Foundation, a nonprofit organization, sponsors Healing Warrior Hearts and offers the programs at no cost to military Veterans and their families.

## Heroes on the Water

https://heroesonthewater.org

Offers no expense kayak fishing trips and other family focused events for veterans and their families through local chapters throughout the country. Heroes on the Water programs incorporate structured activities helping to reduce the impact of post-traumatic stress and traumatic brain injury while providing camaraderie and support.

## Honor Flight Central Florida

https://honorflightcentralflorida.org/

Offers free flights for senior veterans to visit Washington, D.C. and reflect at the memorials dedicated to honor their service and sacrifice. Honor Flight Network accepts applications from all veterans in the central Florida area and those that prefer to fly from Orlando.

## Hope For The Warriors

https://www.hopeforthewarriors.org/

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

## Horses4Heroes

http://horses4heroes.org/

Offers low-cost horseback riding programs and activities for service members, veterans, and their families, including camps, lessons, birthday parties, field trips, and corporate outings. The Horses4Heroes Family Equestrian Center is located off Lone Mountain near Buffalo, NV.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Military Warriors Support Foundation

https://militarywarriors.org/

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

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Mission Belonging

https://missionbelonging.org/about/

Provides workshops led by professional artists where veterans and civilians share creative expression, mutual understanding, and support. Community Building Art Works is a nonprofit organization creating space for service members, veterans, military family members, caregivers, and healthcare workers to share their story through the arts.

### New York City Parks - Resources For Seniors

https://www.nycgovparks.org/seniors

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. New York City Parks activities include sports to nature walks, dancing, swimming for older adults to continue to lead physically active lives through sports, fitness, and outdoor adventure.

### Operation Teammate

https://www.operationteammate.org/

Provides sporting experiences, mentoring and community ambassador opportunities for military children. Operation Teammate provides a solution to ease the pain for military children experiencing hardships throughout the year while their parents are deployed.

### Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Resounding Joy

https://resoundingjoyinc.org/

Offers music therapy services through three main programs to include Healing Notes, Semper Sound, and Community Connections. The Semper Sound program provides music therapy to military service members and veterans to enrich lives and to progress toward non-musical goals, such as symptom management, pain reduction, career development, or building stronger familial relationships.

## Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Semper Fi Fund

https://thefund.org/

Provides immediate financial assistance and lifetime support to combat wounded, critically ill, and catastrophically injured members of all branches of the U.S. Armed Forces and their families. The Marine Semper Fi Fund make sure that service members have the resources they need during their recovery and throughout transition back to their communities.

## Strive Inc

https://striverts.com/

Provides recreational therapy and quality-of-life services to individuals with disabilities in Florida and Michigan. Strive, Inc. is the nonprofit counterpart of Strive Recreational Therapy, bringing recreational therapy services to those who do not have the financial means or insurance coverage for such.

## United Service Organizations (USO)

http://www.uso.org

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

## Warrior Wellness Solutions (WWS)

https://www.warriorwellnesssolutions.org

Teaches holistic and integrative recreational therapy educational classes to disabled service members and their caregivers. The Warrior Wellness Solutions (WWS) programs are designed to build confidence and decrease feelings of depression.

## Wounded Warrior Project

https://www.woundedwarriorproject.org/

Provides numerous services to wounded military veterans and their family members. The Wounded Warrior Project helps veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001.

### Wounded Warriors in Action Foundation

https://wwiaf.org/

Offers a no cost opportunity for Purple Heart recipients to participate in outdoor sporting activities in Florida. The Wounded Warriors in Action Foundation does this to recognize combat wounded veterans, honor their sacrifice, connect with communities, and promote healing and wellness through camaraderie and a shared passion for the outdoors.

# Suicide Prevention

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Psychological Association

https://www.apa.org/

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

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## Code of Support Foundation

https://www.codeofsupport.org/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

## Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

## Marine Corps Community Services - DSTRESS Line

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

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

## Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

### Project Sanctuary

https://projectsanctuary.us/

Offers therapeutic retreats in eight states across the country for active duty service members and veterans of all branches of the military and all eras. Project Sanctuary also offers services for all military and veteran families to include financial assistance, counseling referrals and connection to services offered by collaborating partners.

### Real Warriors Campaign

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign

the Department of Defense's Real Warriors Campaign is a public health campaign designed to decrease stigma, increase psychological health literacy, and open doors to access to care by encouraging psychological health help seeking among active-duty service members, veterans, and their families.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### Veterans Crisis Line

https://www.veteranscrisisline.net/

Connects veterans in crisis with caring, qualified responders from the VA, many of whom are veterans themselves. The Veterans Crisis Line is free and confidential. When you call, chat, or text, a qualified responder will listen and help. You decide how much information to share. Support doesn't end with your conversation. Our responders can connect you with the resources you need.

# Support Groups

## Air Force Association

https://www.afa.org/

Supports the Airman for Life family while advocating and educating the public on the need for aerospace power and a technically superior workforce. The Air Force Association awards grants to educators, scholarships to help students pursue higher education, and more.

## Alabama Cares - Support for Family Caregivers

https://alabamaageline.gov/alabama-cares/

Provides information on the Alabama program that allows families to keep their loved ones at home for as long as possible, thereby preventing premature nursing home placement.

## Alabama Lifespan Respite Resource Network

https://alabamarespite.org/

Offers respite services for caregivers in Alabama. The Alabama Lifespan Respite Resource Network helps increase access to and availability of respite resources for all caregivers in Alabama.

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## American Association of Caregiving Youth

https://www.aacy.org/

Serves children and adolescents who are 18 years of age or younger and who provide significant or substantial assistance, often on a regular basis, to relatives or household members who need help because of physical or mental illness, disability, frailty associated with aging, substance misuse, or other condition. Headquartered in Boca Raton, FL, the American Association of Caregiving Youth is the only organization in the U.S. dedicated solely to addressing caregiving youth issues.

## American Association of Retired Persons

https://www.aarp.org/

Provides discounted membership for service members, veterans and their spouses who are 50+ years of age. The American Association of Retired Persons (AARP) is a nonprofit, nonpartisan organization that empowers retired people to choose how they live as they age.

## American Red Cross Military & Veteran Caregiver Network

https://www.redcross.org/get-help/military-families/services-for-veterans/military-veteran-caregiver-network.html

Provides peer-based support and services to connect those providing care to service members and veterans living with wounds, illnesses, injuries, or aging. The Military and Veteran Caregiver Network (MVCN) provides military and veteran caregivers of all eras with peer support to reduce isolation and increase connection, engagement, knowledge, skills and hope.

## American Samoa Department of Human & Social Services

http://dhss.as

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

## Amputee Coalition of America

https://amputee-coalition.org/

Provides resources, support and advocacy on limb loss. The Amputee Coalition offers a broad range of resources and programs for healthcare providers, amputees and their families.

## AMVETS

https://www.amvets.org

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

## ARCH National Respite Network & Resource Center

https://archrespite.org/

Provides information and resources to find respite in your community. The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community, the National Respite Coalition, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the Lifespan Respite Technical Assistance Center which is funded by the Administration for Community Living in the US Department of Health and Human Services.

## Area Agency on Aging - Veteran Assistance

https://www.pwcva.gov/department/area-agency-aging/veterans-assistance

Provides programs and services to allow veterans, and potential seniors, looking for assistance remaining independent in their homes. Prince William County Area Agency works with the VAMC-DC and Hunter Holmes McGuire VAMC-Richmond offering advocacy, education, coordination, and implementation of programs and services for older veterans in the tri-jurisdictional areas of Prince William County, the City of Manassas and the City of Manassas Park.

## Armed Services YMCA

https://www.asymca.org/

Provides resiliency programs at no or low cost without any membership fee to military service members and their families, helping them navigate military life amidst transfers, deployments, increased child care needs, and financial burdens. The Armed Services YMCA is an association of the YMCA, specifically dedicated to serving junior-enlisted military service members and their families of all five armed services.

## Asian American Health Initiative (AAHI)

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

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

## Believe In Tomorrow Children's Foundation - Military Initiative

https://www.believeintomorrow.org/military-initiative/

Provides hospital and respite housing services to critically ill children and their families. Believe In Tomorrow has two respite properties dedicated specifically to military families, one in Ocean City, MD, and the other in Pinnacle Falls, just outside of Asheville, NC.

## Bon Secours Hospice Services

https://hospicerichmond.com/

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

## Brain Injury Alliance of Idaho (BIAID) - Veteran's Services

https://biaid.org/services/veterans-services/

Provides awareness, understanding, and prevention of brain injury through support, advocacy, and education based on the expressed needs of persons affected by brain injury in Idaho. The Brain Injury Alliance of Idaho's (BIAID) goal is to provide answers and support avenues for all Idaho residents living with brain injury.

## Brain Injury Alliance of Oklahoma

http://www.braininjuryoklahoma.org/

Provides a list of support groups and additional resources and links in Oklahoma for people living with Traumatic Brain Injury (TBI). Brain Injury Alliance of Oklahoma educates survivors, family members, professionals, and the public about all matters related to brain injury.

## Brain Injury Alliance of Washington

https://brainnw.org/

Offers a statewide resource for individuals with brain injury, managing the Washington State Brain Injury Resource Center and offering intensive resource management in most counties. The services at the Brain Injury Alliance of Washington are free and include everything from help with navigating the medical system, applying for Social Security benefits, finding legal help, and more.

## Brain Injury Alliance of Wisconsin

http://biaw.org/

Provides information about support services for people in Wisconsin living with traumatic brain injury. The Brain Injury Alliance of Wisconsin offers a list of resources to educate and support veterans and their family members.

## Brain Injury Association of Arizona (BIAAZ)

https://www.biaaz.org/

Provides a list of support groups and additional resources and links in Arizona for people living with Traumatic Brain Injury (TBI). Brain Injury Association of Arizona (BIAAZ) supports individuals with brain injuries and the professionals who serve them through prevention, education, and awareness.

### Brain Injury Association of Delaware (BIADE)

https://biade.org/

Provides a list of support groups and additional resources and links in Delaware for people living with traumatic brain injury (TBI). Brain Injury Association of Delaware (BIADE) works to raise awareness and support individuals and families dealing with brain injuries.

### Brain Injury Association of Georgia (BIAG) - Veterans Programs & Resources

https://www.braininjurygeorgia.org/veteran-programs--resources.html

Provides a list of support groups and additional resources and links in Georgia for people living with traumatic brain injury (TBI). Brain Injury Association of Georgia's (BIAG) goal is to raise awareness and understanding of brain injury within the community.

### Brain Injury Association of Illinois (BIA of IL)

https://www.biail.com

Lists support groups and additional resources and links in Illinois for people living with traumatic brain injury (TBI). The Brain Injury Association of Illinois (BIA of IL) works with local, state, and national organizations to provide information, resources, and services to individuals and families affected by brain injuries.

### Brain Injury Association of Kansas & Greater Kansas City (BIAKS-GKC)

https://biaks.org/

Provides information and resources on brain injury, including training, support group details, education on preventing brain injuries, and more. Brain Injury Association of Kansas and Greater Kansas City (BIAKS-GKC) goal is to improve the quality of life for those affected by brain injury.

### Brain Injury Association of Kentucky (BIAK)

https://biak.us

Shares information on Kentucky resources and services that are available to people living with brain injury. Brain Injury Association of Kentucky (BIAK) works to connect individuals and families with community resources to meet their needs.

### Brain Injury Association of Maryland (BIAMD)

https://www.biamd.org/

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

### Brain Injury Association of Massachusetts (BIA-MA)

http://www.biama.org/

Provides support and resources to brain injury survivors and their families, prevention programs to educate the public on the impact of brain injuries, education and training for brain injury survivors and professionals, and legislative advocacy for improved community services and safety laws (seat belts, helmets). The Brain Injury Association of Massachusetts (BIA-MA) is a chartered affiliate of the Brain Injury Association of America.

### Brain Injury Association of Michigan (BIAMI)

https://www.biami.org/

Provides a list of support groups and additional resources and links in Michigan for people living with brain injury. Brain Injury Association of Michigan (BIAMI) mission is to improve the lives of those affected by brain injury through advocacy, awareness, education, prevention, research, and support.

### Brain Injury Association of Missouri (BIA-MO)

https://www.biamo.org/

Helps individuals who sustain brain injuries, family caregivers, and professionals create better futures through medical treatment, rehabilitation services, employment options, and community supports. The Brain Injury Association of Missouri (BIA-MO) is a community-based organization serving persons with brain injury, their families, caregivers, professionals, and the general public throughout Missouri.

### Brain Injury Association of New Hampshire (BIANH)

https://nh-veteran.com/

Provides information, support, and resources for brain injury service members, their families, and caregivers. The Brain Injury Association of New Hampshire (BIANH) is the only state-wide organization in New Hampshire dedicated to brain injury and stroke support, prevention, education, and advocacy for survivors and caregivers.

### Brain Injury Association of North Carolina (BIANC)

https://www.bianc.net/

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

### Brain Injury Association of Ohio (BIAOH)

https://www.biaoh.org/

Provides brain injury prevention, research, education, and advocacy. The Brain Injury Association of Ohio (BIAOH) comprises survivors, family members, friends, and professionals working together to promote better understanding, rehabilitation opportunities, and community support to assist individuals with brain injuries in Ohio.

### Brain Injury Association of Rhode Island (BIARI)

https://biari.org/

Provides information on support groups and additional resources and links in Rhode Island for people living with brain injuries. Brain Injury Association of Rhode Island (BIARI) is dedicated to increasing awareness of brain injury and its consequences, and helping those dealing with brain injuries find ways to live comfortably.

### Brain Injury Association of South Carolina

https://www.biaofsc.com/

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

### Brain Injury Association of Tennessee

https://braininjurytenn.org/

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

### Brain Injury Association of Vermont

https://www.biavt.org/

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

### Brain Injury Association of Virginia

https://www.biav.net/

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

### Brain Injury Association of Wyoming

https://www.wybia.org/

Provides a list of support groups and additional resources and links in Wyoming for people living with traumatic brain injury (TBI). Brain Injury Association of Wyoming is committed to the well-being of individuals and the vitality of our community.

### Brain Injury Network

https://www.braininjurynetwork.org/

Provides advocacy, peer support, and resources for survivors of acquired brain injury (ABI), which includes traumatic brain injury (TBI), stroke, brain illness and brain tumors. The Brain Injury Network (BIN) is a nonprofit organization for and by the brain injury survivor community.

### Brain Injury Services

https://braininjurysvcs.org/

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

### BrainLine

https://www.brainline.org/

Offers authoritative information and support to anyone whose life has been affected by brain injury or PTSD: people with brain injuries, their family and friends, and the professionals who work with them. BrainLine also provides military-specific information and resources on traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) to veterans, service members, and their families. Through BrainLine, we seek to provide a sense of community, a place where people who care about brain injury can go 24 hours a day for information, support, and ideas.

### Brightpoint

https://www.brightpoint.org/

Provides early child care and education, child welfare services, counseling and treatment programs, and parent support services. Children's Home and Aid offices are located across Illinois and serve children and families in over 65 counties, linking them to a network of resources.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Cape Fear Council of Governments - Senior Resources

https://capefearcog.org/area-agency-on-aging/resource-guide-for-senior-services/

Offers information to senior services in the State of North Carolina including where to turn for support and assistance as well as services for caregivers. Cape Fear Council of Governments shares resources servicing Brunswick, Columbus, New Hanover and Pender Counties.

## Caregiver Action Network

https://www.caregiveraction.org/

Caregiver Action Network is the nation's leading family caregiver organization offering peer support and other resources, free of charge, for family caregivers who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Also provides information to navigate complex caregiving challenges for family caregivers ranging from the parents of children with special needs to the families and friends of wounded soldiers.

## Caregiverlist

https://www.caregiverlist.com/

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

## Carelink Community Support Services

https://carelinkservices.org/

Provides rehabilitation services and support to people with serious mental illness, physical disabilities and other developmental challenges.

## CaringBridge

https://www.caringbridge.org/

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

## Caring For Our Hidden Heroes

https://hiddenheroes.org/

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

## Carlisle Barracks Family & Morale, Welfare & Recreation (MWR)

https://carlisle.armymwr.com/

Provides family programs and services for Soldiers and their dependents at Carlisle Barracks. The Carlisle Barracks Family Morale, Welfare, and Recreation (MWR) website offers information on home life, recreation, and a directory of available facilities at Carlisle Barracks Garrison.

## Cell Phones for Soldiers

https://www.cellphonesforsoldiers.com/

Connects veterans, service members, and military family members with cell phones and domestic airtime minutes. Cell Phones For Soldiers is a national nonprofit dedicated to serving troops and veterans with free communication services and emergency funding.

## Centennial Adultcare Center

http://centennialadultcare.com/

Offers a full range of adult day care and in-home services to individuals in the greater Nashville area with a wide variety of physical disabilities and/or cognitive impairments, including advanced Alzheimers and other dementias. Centennial Adultcare Center is designed to fill the gap between living alone at home, or with a caregiver, and full-time institutionalization in a costly nursing facility.

## Christopher & Dana Reeve Foundation

https://www.christopherreeve.org/todays-care/get-support/military-veterans-program-mvp/

Assists service members and veterans living with spinal cord injury and paralysis to help connect them with military services, programs, and benefits. The Christopher and Dana Reeve Foundation is dedicated to curing spinal cord injury by advancing innovative research and improving quality of life for individuals and families impacted by paralysis.

## Coalition to Salute America's Heroes

https://saluteheroes.org/

Provides direct financial aid and support services to help eligible veterans and their families who are facing severe financial hardships. The mission of the Coalition to Salute Americas Heroes is to help severely wounded veterans and families of Operation Enduring Freedom, Operation Iraqi Freedom, and Operation New Dawn recover from their injuries and illnesses, and to inspire other organizations and the general public to participate in this effort.

## Colorado Veterans Project

https://coloradoveteransproject.org/

Provides hosting special events, including the Denver Veterans Day Parade and the Denver Veterans Day Festival, in order to raise awareness and funds for local veterans and veteran organizations. The Colorado Veterans Project is the largest veteran event-oriented nonprofit organization in Denver.

## Community Brain Injury - Support Services

https://communitybraininjury.org/

Delivers long-term community-based support services to individuals with brain injury in the Metro Richmond and Hampton Roads Area. Community Brain Injury Services encourages brain injury patients to be active in their rehabilitation become independent in the community.

### Connecticut - National Family Caregiver Support Program

https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/National-Family-Caregiver-Support-Program

The National Family Caregiver Support Program (NFCSP) helps people who take care of family members or loved ones—often without pay. Caregiving can be hard, so this program gives caregivers support and time to rest.

### DayBreak Adult Care Centers - Family Caregiver Support

https://www.daybreakac.org/caregiver-support-program

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

### Didi Hirsch Mental Health Services

https://didihirsch.org/

Provides mental health, substance use, and suicide prevention services to communities throughout Los Angeles and Orange counties where stigma or poverty limits access. Didi Hirsch Psychiatric Service counselors are available 24 hours a day and speak both English and Spanish.

### DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

### Eagle Rock Camp

https://eaglerockcamp.org/

Provides military families no cost therapeutic retreats at host locations that offer peaceful and secluded settings with access to walking trails and scenic views. Eagle Rock Camp teaches essential life skills and offers time to reflect and learn a new way to heal the body, mind, spirit, and heart.

### Easterseals New York

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

Provides services for children and adults with disabilities and special needs in New York State. Easterseals New York also offers support programs to help service members and veterans reintegrate into the civilian workforce, including programs for homeless veterans.

### Eldercare Locator - Adult Day Care

https://acl.gov/about-acl/administration-aging

Explains what adult day care is, how centers operate and what to look for in an adult day care center.

### El Paso Veterans One Stop Center

https://www.epveteranonestop.org

Provides services to the SMVF (Service Member, Veterans, and family) community for free and regardless of discharge status. Services provided are as follows: clinical services, one-on-one peer support, peer support groups and community resources.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

## Family Service Agency of Mid Michigan

https://fsamich.org/

Provides counseling, senior services, help for the visually impaired, guardianship, and more. Family Service Agency is a social service agency serving Genesee, Lapeer, and Shiawassee Counties by keeping individuals and families in their homes and helping enhance their emotional and physical quality of life.

## Family Voices of Alabama

https://familyvoicesal.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies. Family Voices of Alabama connects families of special needs kids together for support and empowerment.

## Family Voices of Minnesota

https://familyvoicesofminnesota.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies in Minnesota. Family Voices of Minnesota connects families of special needs kids together for support and empowerment.

## Farmer Veteran Coalition

https://farmvetco.org/

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

## Fedcap Rehabilitation Services

https://www.fedcap.org/

Provides an array of services to youths and adults with disabilities to graduate from high school and obtain vocational certification or a college degree. Fedcap Rehabilitation Services prepares individuals to become work-ready, obtain meaningful employment, and achieve long-term economic well-being.

## FINRA Investor Education Foundation

https://www.finra.org/investors#/

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

## Fisher House of Alaska

http://www.akfisherhouse.com/

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

## Fisher Nightingale Houses

https://www.fnhi.org/

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

## Florida Department of Elder Affairs

https://elderaffairs.org/

Shares information to Florida families and caregivers on where to go for support and assistance. The Florida Department of Elder Affairs which works through the state's 11 Area Agencies on Aging and local service providers to deliver essential services to a vital segment of the population.

## Foundation For Senior Living

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

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

## Franklin County Pennsylvania - Area Agency on Aging

https://franklincountypa.gov/index.php?section=human-services_aging

Provides a planned program of supported services to those 60 years of age and older, intended to optimize independence, promote consumer choice and enhance quality of life. Franklin County Pennsylvania, Area Agency on Aging services include personal care services, medication management, adult day care, caregiver support, and other social services.

## Friends of Parkinsons

https://www.friendsofparkinsons.org/

Offers professionally facilitated support groups at no cost to individuals living with Parkinson's and their caregivers. Friends of Parkinson's is a nonprofit organization that supports the neurological community and communities related to Parkinson's disease.

## GI Go Fund Veterans Center

https://www.gigo.org/

Assists all military veterans, with a focus on veterans from Iraq and Afghanistan, by helping them find employment, access housing, and secure their education and health benefits. GI Go Fund brings together corporate, educational, and nonprofit partners to support giving veterans from across the country the tools and benefits they need to thrive.

## Gold Coast Blue Star Mothers

http://www.goldcoastbsma.com/

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

## Gold Star Awareness

https://www.goldstarawareness.org/

Provide emotional, peer, and resource support to Gold Star Families who have suffered the death of a loved one who died while serving in the U.S. Armed Forces. Gold Star Awareness informs the public and the military of the significance of the Gold Star Lapel Button and the Next of Kin Pin and the families who proudly wear them.

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

https://gesmv.org/Job-Readiness

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

## Guam Get Care Program - Family Caregiver Support

https://www.guamgetcare.org/consumer/explore/caregiver_resources/caregiver_support.php

Provides information, assistance and resources to family caregivers in Guam. Addressing the needs of families and friends providing long-term care at home. FCA serves as a public voice for caregivers, offering them assistance and championing their cause through education, services, research and advocacy.

## Haven Hospice

https://beyourhaven.org/

Provides services for advanced illness needs including advance care planning, palliative care, transitions, hospice care, grief support, caregiver support, and more. Haven, an affiliate of SantaFe HealthCare, services patients and families in 18 Florida counties including Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Hamilton, Lafayette, Levy, Nassau, Putnam, Suwannee, St. Johns, Union and Volusia.

## HealthinAging.org

https://www.healthinaging.org/

Gives older adults and caregivers up-to-date information and access to a network of geriatric healthcare professionals. HealthinAging.org is the Health in Aging Foundation's public education portal, and a great resource for information on common diseases and disorders that affect us all as we age.

## HelpGuide

https://www.helpguide.org/

Provides a wide range of information and self-help tools to improve your mental health and wellness. HelpGuide is a nonprofit web resource with over 250 articles, interactive quizzes, and other resources covering topics such as depression, anxiety, stress management, post-traumatic stress disorder and trauma, and much more.

## Helping Hands Outreach

https://holdingfordhelpinghands.org

Provides crucial services such as transportation, homemaking, respite, caregiver support, and health and education classes to older adults and adults with disabilities in and around Holdingford and St. Stephen who need support to remain in their homes. Helping Hands Outreach will help to identify and access community resources that may be available to older adults and caregivers.

## Hilopa'a Family to Family

https://www.hilopaa.org/

Promotes health care issues related to children, youths and those with special needs to improve programs and policies. Hilopa'a Family to Family is an one-stop information and referral, technical assistance and training center.

## Hinds Hospice

https://www.hindshospice.org/

Provides comfort, care, and support for those living with a terminal condition, their caregivers, and those who have lost a loved one. The We Honor Veterans program provides the best end-of-life care for Hinds Hospice veterans, including rural and homeless veterans in Fresno, Madera, and Merced, California.

## Ho'ola Farms - Veterans Services

https://www.hoolafarms.org/

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

## Idaho Commission on Aging - Caregiver Support Program

https://aging.idaho.gov/stay-at-home/national-family-caregiver-support-program/

If you help another person accomplish their “Activities of Daily Living” like bathing, dressing, or using the toilet, or help them with activities such as shopping, cooking, or cleaning, YOU are a caregiver. Offers information to Idaho families and caregivers on where to go for support and assistance.

## Impact A Hero

https://impactahero.org/

Funds and facilitates the personal and professional growth of combat veterans and their caregivers. Impact A Hero is a nonprofit organization based out of Ohio, but they hold several yearly events in the Houston and San Antonio areas.

## Indiana Patriot Guard Riders

https://inpatriotguard.org/

Attends the funeral services of fallen American heroes in Indiana as guests of the family. The Indiana Patriot Guard Riders shield the mourning family and their friends from interruptions created by any protestor or group of protestors.

## Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

## International Myeloma Foundation

https://www.myeloma.org

Provides research, education, support, and advocacy for myeloma patients, caregivers, and providers. The International Myeloma Foundation is the first and largest organization focusing specifically on multiple myeloma. It is dedicated to improving the quality of life of myeloma patients while working toward prevention and a cure.

## Jewish Association Serving The Aging (JASA)

https://www.jasa.org/

Provides Honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities. Jewish Association for Services for the Aged (JASA) helps the aging remain in their homes.

## K2 Adventures Foundation

https://www.k2adventures.org

Provides services, support and funds to be used for educational and medical enrichment to care for children, adults and families with special needs and or life-changing medical and financial circumstances. K2 Adventures works with Arizonas disabled individuals on a case-by-case basis through an application process.

## Kansas Department for Aging & Disability Services (KDADS)

http://www.kdads.ks.gov/

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

## Keystone Chapter Paralyzed Veterans of America

http://www.kpva.org/

Advocates for health care, research, education, veterans benefits and rights, accessibility and the removal of architectural barriers, sports programs and disability rights. Keystone Chapter Paralyzed Veterans of America (PVA) is one of 33 chartered chapters of the PVA that works to improve the quality of life of paralyzed veterans in the United States.

## Kokua Kalihi Valley Comprehensive Family Services

https://www.kkv.net/

Offers programs related to dental, medical and behavioral health, respite and home care, social services, transportation and community advocacy for the Kokua Kalihi Valley community.

### LifeStream Services

https://lifestreaminc.org/

Provides community services and information on aging and disability, community services, nutrition and wellness and transportation for individuals in East Central Indiana. LifeStream offers aging and disability resource center to assist individuals and caregivers.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Maryland Coalition of Families

https://www.mdcoalition.org/

Provides service members, veterans and their children with mental health and behavioral conditions in the Howard County, Maryland area.

### McDowell Senior Center - Veterans Services

https://www.mcdowellseniorcenter.org/veterans.html

Assists veterans and their families in Marion, NC with applying for and obtaining VA benefits. Veterans Services at McDowell Senior Center are free of charge and available Monday through Friday by appointment only.

### Mental Health America of Hawaii

https://mentalhealthhawaii.org/

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

### Mental Health America of Kentucky (MHAKY)

https://www.mhaky.org/

Promotes mental health in Kentucky by providing public education, information, and referrals to support groups, rehabilitation services, socialization, and housing services to those confronting mental health problems. Mental Health America of Kentucky (MHAKY) partners with other mental health organizations to raise awareness about mental health.

### Mental Health America of Licking County (MHALC)

https://mhalc.org/

Provides information to help individuals dealing with mental illness and substance abuse find resources and services in the Licking County area. Mental Health America of Licking County (MHALC) strengthens the community through education, prevention, and advocacy of mental health issues.

### Mental Health America of Northern Kentucky & Southwest Ohio

https://mhankyswoh.org/

Gives information to help individuals dealing with mental illness and substance abuse find resources and services in the northern Kentucky and southwest Ohio area. Mental Health America of Northern Kentucky and Southwest Ohio's goal is to raise awareness about mental health and the resources and services available to individuals and families.

### Mental Health America of Palm Beach County (MHAPB)

https://mentalhealthpbc.org/

Provides public education, information, and referrals to support groups, rehabilitation services, socialization, and housing services for Florida residents dealing with mental health issues. Mental Health America of Palm Beach County's (MHAPB) goal is to create a supportive community and raise awareness about mental health.

### Mental Health Association In New Jersey (MHANJ)

https://www.mhanj.org/

Helps individuals in New Jersey dealing with mental illness through advocacy, education, training, and services. Mental Health Association in New Jersey (MHANJ) vision is for people with behavioral health disorders to achieve their full potential and receive quality care.

### Mental Health Association of Oklahoma

https://mhaok.org/

Promotes mental health, preventing mental disorders, and achieving victory over mental illness through education, research, service, and housing. The Mental Health Association of Oklahoma deals with mental health issues by empowering individuals, families, and communities.

### Mental Health Association of Rhode Island (MHA RI)

https://mhari.org/

Provides public education, information and referrals to support groups, rehabilitation services, socialization and housing services to assist Rhode Island individuals with mental illness. Mental Health Association of Rhode Island (MHARI) makes sure those dealing with mental health issues are treated with dignity and respect.

### Mental Health Colorado

https://www.mentalhealthcolorado.org/

Shares information to help individuals in Colorado dealing with mental illness and substance abuse find resources and services. Mental Health Colorado works to promote mental well-being, ensure equitable access to mental health and substance use care, and end discrimination.

### Michigan Community Mental Health Services Programs

http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_4899---,00.html

Provides information and resources on mental health services available in Michigan.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Mission Adult Care Services

https://missionhealth.org/services-treatments/adult-care/

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

### Missouri Department of Health & Senior Services

https://health.mo.gov/

Offers senior and disability services for residents of Missouri, including caregiver support, help for independent living, and advocacy for elderly people who are too frail to speak up for themselves.

### NAMI Arizona

http://www.namiarizona.org/

Provides a member organization dedicated to improving the lives of people with mental illness through education and support programs. NAMI Arizona is a statewide grassroots organization dedicated to serving individuals and families affected by mental illness to improve their quality of life and achieve recovery.

### National Adult Day Services Association

https://www.nadsa.org/

Provides Adult Day Services professionals with a host of services and support. The National Adult Day Services Association is a professional membership association for adult day center providers, associations of providers, corporations, educators, students, retired workers and others interested in working to build better lives for adults in adult day programs.

### National Alliance on Mental Illness - Alaska

https://namialaska.org/

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

### National Alliance on Mental Illness - Rhode Island

https://namirhodeisland.org/

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

### National Alliance on Mental Illness - South Carolina

https://namisc.org/

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

### National Alliance on Mental Illness - Wyoming

https://www.namiwyoming.com/

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

### National Child Traumatic Stress Network - Military & Veteran Families

https://learn.nctsn.org/enrol/index.php?id=475

Provides information on the issues of military culture, the impact of military deployment on children and families and the perspectives of those serving in the U.S. Armed Services.

## National Hospice & Palliative Care Organization

https://www.nhpco.org/

Provides caregivers with resources and tools needed to take care of loved ones affected by serious and life limiting illness, including free downloadable medical power of attorney documents and state specific living wills. The National Hospice and Palliative Care organization is the nation's largest membership organization for hospice and palliative care providers.

## National Veterans Legal Services Program

https://www.nvlsp.org/

Provides free legal representation to veterans from all eras with disability claims for discharge upgrades, combat related special compensation, applications to boards for correction of military records, claims for mental health and/or physical condition(s), applications to the physical disability board of review for an increase in the military disability rating, and representation to service members being processed through IDES.

## New York City Parks - Resources For Seniors

https://www.nycgovparks.org/seniors

Offers a variety of programs for older adults to keep active, healthy, social and engaged in their community. New York City Parks activities include sports to nature walks, dancing, swimming for older adults to continue to lead physically active lives through sports, fitness, and outdoor adventure.

## Next Step in Care - Family Caregivers

https://www.nextstepincare.org/Caregiver_Home

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

## Ohio Department of Aging - Caregiver Support

https://aging.ohio.gov/wps/portal/gov/aging/care-and-living/caregiver-support

Provides information, training, counseling, support groups, respite and other services for caregivers in Ohio.

## Operation Family Caregiver

http://www.operationfamilycaregiver.org/

Provides free and confidential support to the families of returning service members and veterans through a nationwide personalized program of specially-trained coaches that teach caregivers how best to navigate their challenges. Operation Family Caregiver is a program of the Rosalynn Carter Institute for Caregiving.

## Operation First Response

https://www.operationfirstresponse.org/

Delivers personal and financial services to wounded military personnel and their families from the onset of injury through their recovery period and along their journey from military service to civilian life. Financial aid services offered by Operation First Response vary, as each case is based on individual needs, which may include rent, utilities, vehicle payments, groceries, clothing, and travel expenses.

## Operation Teammate

https://www.operationteammate.org/

Provides sporting experiences, mentoring and community ambassador opportunities for military children. Operation Teammate provides a solution to ease the pain for military children experiencing hardships throughout the year while their parents are deployed.

## Oregon Department of Human Services - Caregiver Support

https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/Caregiving.aspx

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

## Oregon Human Services - Seniors & People with Disabilities

https://www.oregon.gov/dhs/seniors-disabilities/Pages/index.aspx

Provides information on health and medical-related programs available from the Oregon Department of Human Services for the elderly and people with disabilities.

## Paralyzed Veterans of America - Mid-South Chapter

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

Advocates for health care, research, education, veterans' benefits and rights, accessibility and removing architectural barriers, sports programs, and disability rights. Paralyzed Veterans of America (PVA) Mid-South Chapter is a congressionally chartered Veterans Service Organization (VSO) committed to assisting veterans and their dependents living in the Memphis, TN area with finding the benefits and services they have earned.

## Paralyzed Veterans of America (PVA) - Central Florida Chapter

https://pvacf.org/

Provides a variety of services for Florida veterans, including help with filing VA claims for disability compensation. The Paralyzed Veterans of America (PVA) Florida Chapter serves Fort Lauderdale and the entire South Florida area.

## Paralyzed Veterans of America (PVA) Nevada Chapter

https://nevadapva.org/

Works to maximize the quality of life for veterans with spinal cord injuries in Nevada. The Paralyzed Veterans of America (PVA) has 33 chapters and 70 National Service Offices throughout the United States and Puerto Rico, providing services to disabled veterans and their families.

## Paralyzed Veterans of America - West Virginia Chapter

http://www.wvpva.org/

Works to maximize the quality of life and advocate for people with spinal cord injury and disease in West Virginia. Paralyzed Veterans of America (PVA), West Virginia Chapter, serves those in the Petersburg, WV community.

## Parkinson's Foundation

https://www.parkinson.org/living-with-parkinsons/management

Provides free resources and advice for veterans with Parkinson's, including information to help understand what the disease is, the signs and symptoms, and available treatment options. The Parkinson's Foundation makes life better for people with Parkinson's disease by improving care and advancing research toward a cure.

## Partnerships for Action & Voices for Empowerment

https://wapave.org/

Provides resources for early intervention services for children from birth to age three in the state of Washington. Partnerships for Action and Voices for Empowerment (PAVE) offers in-person workshops and webinars on a variety of topics to provide families with federal information to gain a better understanding of how to navigate education and medical systems when they have a child who has exceptional /special needs.

## Patriot Hospice & Palliative Care

http://www.patriotcares.com/

Offers services for in-home primary care, palliative and hospice care in South Carolina. Patriot Hospice and Palliative Care provides veteran specific care and services, including skilled nursing, respite care, emotional support, pain management, grief counseling, and chaplain services.

## Phoenix Society for Burn Survivors

https://www.phoenix-society.org/

Works with burn survivors, their loved ones, firefighters and medical teams across the country to care for the whole person after a burn injury through educational programs, peer-to-peer support, online community, in-person events and other support mechanisms.

## Powerful Tools For Caregivers

https://www.powerfultoolsforcaregivers.org/

Offers classes that help caregivers take better care of themselves while caring for a friend or relative. Powerful Tools for Caregivers helps caregivers identify and manage the physical, emotional and financial challenges of family caregiving.

## Pro Bono Counseling Project

https://www.probonocounseling.org/

Connects Maryland veterans and other residents requesting mental health care, regardless of income, to volunteer licensed mental health professionals and other support services. Pro Bono Counseling Project services is free via video conferencing and telephone.

## Project Sanctuary

https://projectsanctuary.us/

Offers therapeutic retreats in eight states across the country for active duty service members and veterans of all branches of the military and all eras. Project Sanctuary also offers services for all military and veteran families to include financial assistance, counseling referrals and connection to services offered by collaborating partners.

### Public Counsel - Center for Veterans' Advancement

http://www.publiccounsel.org/practice_areas/center_for_veterans_advancement

Advances local and national advocacy for the military community by providing pro bono lawyers to assist Veterans and their families.

### Quality of Life Foundation Wounded Veteran Family Care

https://woundedveteranfamilycare.org/

Provides advocacy and support for caregivers of wounded veterans and their families by coordinating with agencies to remove barriers and negotiating benefits on their behalf. Wounded Veteran Family Care Program (WVFCP) addresses the unmet needs of caregivers who provide daily care for their injured veteran and their families, thereby contributing to the quality of life for both.

### R.A.I.N. Total Care

https://www.raininc.org/

Offers a myriad of services with a focus on the provision of continuum of care that includes a range of services for seniors and people with disabilities. R.A.I.N. Total Care serves those living in Bronx and Manhattan New York.

### Real Warriors Campaign

https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign

the Department of Defense's Real Warriors Campaign is a public health campaign designed to decrease stigma, increase psychological health literacy, and open doors to access to care by encouraging psychological health help seeking among active-duty service members, veterans, and their families.

### Respite Care Association of Wisconsin

https://respitecarewi.org/

Offers respite care programs for family caregivers and manages a statewide network of trained respite care providers. The Respite Care Association of Wisconsin supports and advocates for quality respite care for Wisconsin families.

### Rosalynn Carter Institute for Caregiving

https://www.rosalynncarter.org/

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

### Rural Caregivers

http://www.agrability.org/resources/caregivers/

Offers resource materials for rural caregivers and professionals to access information, disability organizations, and support networks by state or region.  Rural Caregivers offers links to other sites and care resources that can be downloaded.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

## Self-Management Resource Center

https://selfmanagementresource.com/

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

## Sesame Street for Military Families

https://sesamestreetformilitaryfamilies.org/

Offers support and education to help military kids. The Sesame Street for Military Families initiative includes bilingual videos, storybooks, and activities, television specials, and more.

## Share The Caregiving (STC)

https://sharethecare.org/

Improves the quality of life and reduce stress, depression, isolation and economic hardship of caregivers by providing information and support throughout their caregiving journey. Share The Caregiving (STCG) also referred to as Share The Care, focuses on educating caregivers, patients and their concerned friends, neighbors, co-workers and acquaintances about the profound personal benefits to everyone involved through sharing the care.

## Temple University - Family Friends

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

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

## The Caregiver Foundation

https://thecaregiverfoundation.org/

Provides practical and emotional support to seniors, adults with disabilities, and their caregivers. The Caregiver Foundation helps organize and prepare for a loved one's care.

## The Center for Volunteer Caregiving

https://volunteercaregiving.org/

Offers free services to help older adults and adults with disabilities in Wake County live independently for as long as possible. The Center for Volunteer Caregiving trained volunteers provide friendly visits, light housekeeping, escorted transportation to medical appointments and food stores, shopping services for people who cannot leave their home, telephone check-ins, and caregiver respite.

## The Comfort Crew

https://www.comfortcrew.org/

Helps kids through the unique situations they experience as a military kid such as dealing with deployment, handling loss, and being a kid of an injured hero. The Comfort Crew for Military Kids delivers resources to help military kids and their family connect and build resiliency in the face of extraordinary challenges.

### The Family Resource Network

https://www.familyresourcenetwork.org/

Enhances the lives of children, youths and families in New Jersey by providing programs aimed to help families in poverty, families caring for the elderly, children with disabilities or chronic illness and those at risk of abuse and neglect. The Family Resource Network is a family focused network of community programs and services to meet the needs of the disabled.

### The Military Family Research Institute at Purdue University

https://www.mfri.purdue.edu/

Conducts research and outreach for communities and professionals who serve military and veteran families helping to shape policies, programs and practices that improve their overall well-being. The Military Family Research Institute at Purdue University uses research and best practices to achieve their goals within the military and veteran space.

### Tidewater Arts Outreach

https://tidewaterartsoutreach.org/

Offers art therapy programs, workshops and other events for military caregivers living in Hampton Roads, VA. Tidewater Arts Outreach programs promotes healing through arts.

### Trauma Survivors Network

https://www.traumasurvivorsnetwork.org/

Helps trauma centers provide the support and services patients and their families need during their recovery from serious injury by connecting them with others to share support and information about the recovery process

### Turnstone

http://www.turnstone.org

Offers free community programs and services to qualified veterans and their families to increase their physical activity and provide access therapeutic intervention, early education, case management, adult day services, health and wellness programming, sports and recreation opportunities, and more.

### Upper Peninsula Commission for Area Progress (Upcap) Services

https://upcap.org/

Provides services, including housing development and long-term care residents of the Upper Peninsula of Michigan. Upper Peninsula Commission for Area Progress (Upcap) Services advocates for those with low to moderate income levels, disabilities, veterans and the homeless.

### Utah Aging & Adult Services

https://daas.utah.gov/

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

## Utah Caregiver Support

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

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

## VA Caregiver Support Program

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

Offers caregiver resources and caregiver support programs to include peer support mentoring, tips and tools, self-care activities, and more. Caregiver Support Coordinators are available at each VA Medical Center to help caregivers find the right support to meet their needs and to enroll in caregiver programs and services.

## VeteranCaregiver.com

https://veterancaregiver.com/

Provides resources to support caregivers including videos, podcasts, a Facebook community, and proactive outreach. A division of WiseHealth, Inc., VeteranCaregiver.com is a peer-supported online portal of relevant, easy-to-access information for caregivers who have limited time to best manage personal growth, energy, satisfying productivity, and quality of life.

## Veterans' services and resources - King County, Washington

https://kingcounty.gov/en/dept/council/governance-leadership/county-council/councilmembers-districts/pete-von-reichbauer/links-to-resources/veterar

Provides information on public services available in King County. The King County Department of Community and Human Services (DCHS) manages a range of programs and services to help the most vulnerable residents.

## Vets4Warriors

https://www.vets4warriors.com/

Provides 24/7 access to a peer who understands the military community and the challenges they face and offers support whenever they confront an issue, wherever they are in the world. Vets4Warriors, housed at the Rutgers University Behavioral Health Care national call center in New Jersey, is a peer support network, complementing the government resources available to service members and veterans.

## Virginia Easy Access

https://easyaccess.virginia.gov/

Easy Access is your No Wrong Door to a supportive community. Provides connection older adults, individuals with disabilities, veterans, families, and the providers to long term support services and support to meet the needs of the individual and or family. Virginia Easy Access makes finding support services easy to locate.

## Washington County New York - Caregiver Support Services

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

Assists informal caregivers, spouses, adult children, other family members, friends and neighbors in their efforts to care for persons who need help with everyday tasks. Washington County New York Caregiver Support Services goal is to make sure caregivers have the training and support needed to properly care for their loved ones and themselves.

### Well Spouse Association

https://wellspouse.org/

Supports spousal caregivers and educates health care professionals and the general public about the special challenges and unique issues that well spouses face every day. The Well Spouse Association, a nonprofit membership organization, advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner.

### West Texas Counseling & Guidance - Veterans Services

https://www.sanangelocounseling.org/veteran-services

Offers free or low-cost outreach mental health services to veterans in Del Rio, Texas. Veterans Outreach Services of West Texas Counseling & Guidance services are available for any individual who has served in the U.S. Armed Services regardless of branch, time served, or character of discharge.

### Zero to Three - Military Families

https://www.zerotothree.org/our-work/military-families/

Provides resources designed for military and veteran families and the professionals who serve them, including tools for parents to use as they navigate the many transitions that are a part of military life. Zero to Three supports military families by increasing awareness and collaboration throughout the military community so that parents and professionals can more effectively care for very young children and their families.

# Women Veterans

## Alaska Division of Senior & Disabilities Services

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

The Division of Senior and Disabilities Services promotes health, well-being, and safety for individuals with disabilities, seniors, and vulnerable adults by facilitating access to quality services and supports that foster independence, personal choice, and dignity. Offers information to families and caregivers in the State of Alaska, including where to turn for support and assistance, as well as caregiver services.

## California Department of Aging (CDA)

https://www.aging.ca.gov/

Provides programs that serve older adults, adults with disabilities, family caregivers, and residents in long-term care facilities throughout California State. The California Department of Aging (CDA) goal is to make sure older adults have the opportunity to enjoy wellness, longevity and quality of life in strong healthy communities.

## Caregiverlist

https://www.caregiverlist.com/

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

## DoD Caregiver Resource Directory

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

Provides information about national and local resources and programs specifically designed to help empower military caregivers. Topics in the Caregiver Resource Directory include helplines, advocacy and benefit information, career transitions and employment, military caregiver support, children's needs, education and training, financial support, rest and relaxation, and others.

## DoD Safe Helpline

https://www.safehelpline.org/

Provides a hotline for members of the DoD community affected by sexual assault. Safe Helpline offers members of the DoD community access to anonymous, confidential, and secure support and information through 24/7 specialized service providing help anytime, anywhere.

## Family Caregiver Alliance

https://www.caregiver.org/

Provides a comprehensive, online guide, the Family Care Navigator, to help families locate caregiver support programs and services in all 50 states. Service staff also talk to family caregivers from across the country on the Family Caregiver Alliance 800 number to quickly assess needs and tailor the right information and service referral that meets their need.

### Family Service Rochester

https://familyservicerochester.org/

Provides case management, counseling and therapy services to southeast Minnesota Veteran families. Family Service Rochester services address mental health, child-wellbeing, family stability, and senior independence in the community to enhance quality of life for individuals and families.

### Grace After Fire

https://www.graceafterfire.org

Assists women veterans in Texas through several services including financial assistance, peer-to-peer support, and help with navigating other resources to meet their specific needs. With physical offices in Houston, TX, and San Antonio, TX, Grace After Fire also offers social events and annual retreats for women veterans to connect with each other and have fun.

### Institute on Aging

https://www.ioaging.org/

Offers services that help aging adults and people with disabilities in the San Francisco Bay Area maintain their health, well-being, and independence. Institute on Aging provides personalized home care and support services to include companionship, hourly or 24/7 live-in care and overnight assistance, Dementia and Alzheimer's care, home safety evaluations, meal planning and preparation, escorted transportation, errands, and light housekeeping.

### Joint Services Support

https://www.militaryonesource.mil/news/releases-stories/joint-services-support-moves-to-military-onesource/

Provides information about the resources and programs available to the National Guard and their immediate family at the state and unit level, as well as how to make the most of federal benefits and resources provided for all service members.

### Lutheran Social Service of Minnesota

https://www.lssmn.org/services/military-and-veterans

Offers caregiver coaching and counseling, caregiver classes and workshops, and caregiver support groups, in addition to respite services, both in-home and in a group setting. Lutheran Social Service of Minnesota has undergone PsychArmor training to better serve veterans.

### Minnesota Department of Human Services

https://mn.gov/dhs/

Offers health care coverage for low-income Minnesotans, economic assistance for struggling families, food support, child protection and child welfare services, services for people with mental illness, chemical dependency, or physical or developmental disabilities, and more. The Minnesota Department of Human Services provides essential services to Minnesota's most vulnerable residents.

### Salt Lake County Aging & Adult Services - Utah

http://www.slco.org/aging-adult-services/

Offers activities, helath care assistance, caregiver support and advocacy information to older adults living near Salt Lake City, Utah.

### VA Women Veterans Health Care

https://www.womenshealth.va.gov/

Provides programs and support to help all women Veterans. VA's Women Health Services office offers assistance to any woman Veteran or person that has questions about services and benefits available to women Veterans in the VA. At each VA Medical Center nationwide, a Women Veterans Program Manager is designated to advise and advocate for women Veterans.

### Veteran Women Igniting the Spirit of Entrepreneurship

https://ivmf.syracuse.edu/programs/entrepreneurship/start-up/v-wise/

Offers a training program in entrepreneurship and small business management to help women veterans and female military spouses/partners find their passion and learn the business savvy skills necessary to turn an idea or start-up into a growing venture. Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE) is operated by the Institute for Veterans and Military Families at Syracuse University (IVMF).