



LEARN ABOUT SUPPORT FOR CAREGIVERS

As Service Members and their family and/or caregivers maneuver through recovery, rehabilitation, and reintegration, Navy Wounded Warrior staff help them identify non-medical needs, then aid in accessing services that address those needs, such as family support, transition assistance, education and employment counseling. These are helpful tools for both service members who are returning to duty or transitioning to civilian life.

Who are Family and Caregiver?

A family member and/or caregiver may be the Service Member's spouse; child, including biological, stepchild, or adopted child; parent, or someone with the responsibility of parenting; a sibling on invitational travel orders or serving as a non-medical attendee for more than 45 days during a 1-year period; or a person designated by the Recovering Service Member (RSM) to assist and support them during their period of recovery who is not an immediate family member, such as a friend or partner.

They may be primary or secondary care providers and may live with or independently of the RSM receiving care.

Caregivers are Essential

Family members and designated caregivers are essential to recovery. Navy Wounded Warrior staff include them in discussions and planning as they assist the RSMs in their recovery journey and beyond.

Caregivers are impacted on a daily basis with challenges concerning their own jobs, physical and mental health, finances, education, childcare, transportation, housing and legal issues. Care managers ask family members and/or caregivers to also consider their own needs when creating the Comprehensive Recovery Plan and invite them to attend any sessions scheduled with the RSMs.

Working with a Recovery Care Coordinator

Recovery Care Coordinators (RCC) help RSMs, their families and caregivers define individual goals for recovery, rehabilitation, and reintegration, either back to full duty or to civilian life. The RCC is responsible for:

- Developing a Comprehensive Recovery Plan (CRP) with the RSM and family and/or caregivers. This identifies the specific non-medical needs and defines the goals for recovery, rehabilitation, and reintegration.

- Researching and sharing available programs and resources with RSMs and their caregivers.

- Minimizing delays and gaps in treatment and services, to include processing through the Integrated Disability Evaluation System (IDES).

- Providing information on benefits and compensation, legal resources, financial counseling, caregiver respite, and other relevant offerings.





Caregiver Resources

DoD Resources for Families and Caregivers

The Department of Defense offers a host of resources for military families and caregivers to support wounded, ill and injured Service Members.

Recovery Care Coordinators are familiar with many programs and can connect RSMs and their caregivers with specialized resources based on their individual CRP.

National Resource Directory (NRD)

<https://nrd.gov>

Provides access to vetted services and resources at the national, state and local levels that support recovery, rehabilitation and reintegration.



Military Caregiver PEER (Personalized Experiences, Engagement and Resources) Forums

<https://warriorcare.dodlive.mil/Caregiver-Resources>

Organizes in-person and online meetings with caregivers for guided discussion topics such as managing stress, nutrition, financial wellness, and employment, among other topics.



Caregiver Resource Directory

<https://warriorcare.dodlive.mil>

Includes the most commonly referenced resources, organizations, agencies and programs that provide support to the caregivers of wounded, ill and injured service members.



Military OneSource

<https://www.militaryonesource.mil>

Provides SMs and families help with various concerns, including money management, spouse employment, child care, deployments and more.



About Navy Wounded Warrior

Navy Wounded Warrior helps Sailors and Coast Guardsmen with serious wounds, injuries and illnesses, physical or psychological. The program coordinates non-medical care with proactive and individualized guidance and support throughout the continuum of care, including pay and benefits, caregiver resources, bedside travel, job training, childcare, adaptive reconditioning and more. This enables Sailors and Coast Guardsmen to focus on their recovery goals and well-being, encourages retention and return to duty, and supports a smooth transition to the Department of Veterans Affairs when a medical condition prohibits continued service.

Participation in Navy Wounded Warrior is voluntary and Sailors and Coast Guardsmen must be enrolled to take advantage of services. Referrals may be from a variety of sources, including a self-referral, command leadership, medical staff, Fleet and Family Support Center (FFSC) personnel, family member, caregiver, or peer.

Contact us at 855-NAVY WWP (855-628-9997), or email navywoundedwarrior.fct@navy.mil.



NAVY WOUNDED WARRIOR

Numquam Navigare Solus | Never to Sail Alone

navywoundedwarrior.com



@navywoundedwarrior | #navywoundedwarrior

