

For Families and Caregivers

Building a Stronger Community Together

Caregivers play a significant role in the recovery process. The Wounded Warrior Regiment (WWR) understands caregivers dedicate their lives and resources caring for wounded, ill, and injured loved ones. WWR offers support during all phases of recovery and is committed to empowering caregivers with resources that create stability and ongoing success for their families. Resources for support groups, child care, employment, and education are available through WWR.

Know that you are part of a larger community. You **share common experiences, values, and feelings** of being in this together.

Building a support network through the Department of Defense (DoD), WWR, and local resources can offer strength and relief.

Do not be afraid to ask for help. Your health and well being is important too. Let WWR offer suggestions for support.

Staying Strong


The recovery process from a wound, illness, or injury not only affects a service member but the entire family. Whether your recovering service member is on a path to returning to active duty or transitioning to civilian life, the experiences endured during recovery create a new perspective. Often, these changes create new stressors as you plan for the future. Below are some helpful resources for self-care, building a support network with other caregivers, and constructing an action plan for your family's future.



Taking Care of Yourself

While taking care of others, it is important to pause and take care of yourself. Make self-care a priority. Establish your own personal goals, take time for yourself, and take care of your own physical and mental health needs.

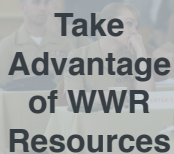
Visit: <https://www.militaryonesource.mil/health-wellness/caregivers>



Connect with other Caregivers

The DoD provides resources and information exclusively for military caregivers who assist wounded, ill, and injured service members with activities of daily living. DoD's Military Caregiver Support includes the Military Caregiver Personalized Experiences, Engagement and Resources (PEER) Forum Initiative, the Caregiver Resource Directory, monthly Military Caregiver Virtual Forums, as well as Military Caregiver webinars, events and specialized resources.

Visit: <http://warriorcare.dodlive.mil/caregiver-resources/>



Take Advantage of WWR Resources

WWR supports Marines who are wounded, ill, and injured and their families, through two battalions: Wounded Warrior Battalion-East, Camp Lejeune, North Carolina; and Wounded Warrior Battalion-West, Camp Pendleton, California. Learn more: <https://www.woundedwarrior.marines.mil/FamiliesandCaregivers/> Or call: *Wounded Warrior Call Center at 1-877-487-6299*



Resources for Families

Military OneSource offers resources for building stronger relationships, planning a move, and financial preparations during and after military service.

Visit: <http://www.militaryonesource.mil/family-relationships>

Marine Corps Family Services (MCCS) offers military and family life counselors.

Visit: <http://www.usmc-mccs.org/topics/family/>

You Have Options

Military transition is simply the change from military to civilian status. Far from simple, this can be a move from active duty to veteran or to retired life; for many it is the beginning of a whole new experience. Retirement is the first step to your next successful life and career. Know what is ahead, be ready, and go ahead. Enjoy. Before you retire, here are a few resources to ensure your retirement goes as smoothly as possible.

Transitioning Administrative Needs

First, you will need a veteran retirement ID card (DD Form 2 ID Card) *Active Duty 20yrs or more*

Retiree Benefit Resources:

- **eBenefits:** lists available benefits for retirees. Visit: <https://www.ebenefits.va.gov>
- **Military OneSource separation and transition resources:** lists separation and transition benefits and resources. Visit: <http://www.militaryonesource.mil/separation-transition>

Future Planning Resources:

- **National Resource Directory:** hosts national, state, and local programs applicable to all aspects of military life. Visit: <https://nrd.gov/>
- **The Department of Veteran Affairs:** administers a variety of benefits and services that provide financial and health assistance. Visit <https://www.va.gov/>
- **Marine For Life Network:** connects Marines to education resources, employment opportunities, and other veteran services. Visit: <http://www.usmc-mccs.org/services/career/marine-for-life-network/>

Relocation Planning Resources:

- **Moving Guide from Move.mil:** helps explain the difference between a regular PCS move and a final/retiring or separating move. Visit: <https://www.move.mil/moving-guide/>

Coping with Transition Related Stress

Military life has been your home for years—so what is it like being a civilian? Do not stress; just know what to expect and have some strategies for success.

Look into ways to manage stress—diet, exercise, recreation—and make time to rest. Negotiate the number of social events you and your family attend. Go slowly in getting back into the swing of things. Avoid trying to make up for lost time.

✓ **Before retirement,** take advantage of WWR resources such as our **adaptive reconditioning program** for wellness, nutrition, and fitness resources. Talk to your **transition specialist** to find the right career, education, or retirement path for you. Our **religious ministry team** can help guide you in faith, values, and family relationships. Invest in your personal wellness now to transition healthy habits into your next chapter.

📞 **For assistance during and after retirement:** Available 24/7, the Sergeant Merlin German Wounded Warrior Call Center extends support to wounded, ill, and injured Marines through advocacy, resource identification, referral, information distribution, and care coordination by phone, text, and social media. Call: 1-877-487-6299

🗣️ **For Veterans:** The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline. Call: 1-800-273-8255 and Press 1