

Resources for consideration:

1. General Resources for Military Families with Children and Parents of Service Members

a. National Military Family Association: The NMFA educates military families about their rights, benefits and services available to them, and provides information regarding the issues that affect their lives; their assistance is just a phone call or email away. <http://www.militaryfamily.org/>

Operation Purple Program: The Operation Purple® Program has grown exponentially in its 6 years of existence. What started as traditional summer camps now includes teen leadership programs, family retreats, overseas day clinics, and camps for families of the wounded. The goal is simple: help kids and families know they serve too! <http://www.militaryfamily.org/our-programs/operation-purple/>

b. American Academy of Pediatrics: The American Academy of Pediatrics provides optimal health-care to children of military families. They also provide programs designed to support a child's adjustment when a parent is deployed. <http://www.aap.org/sections/uniformedservices/deployment/index.html>

c. American Academy of Child and Adolescent Psychiatry: The AACAP (American Academy of Child and Adolescent Psychiatry) is the leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by mental, behavioral, or developmental disorders. Resources for military families: http://www.aacap.org/cs/root/facts_for_families/families_in_the_military

d. Military Child Education Coalition is a non-profit organization whose work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition. The website contains military parent information, child and student programs and education, training and resources. Information and links for parents whose children are undergoing school transitions: <http://www.militarychild.org/military-parent>

e. Military OneSource is a free service provided by the Department of Defense (DoD) to Active Duty, Guard and Reserve service members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more. Services are available 24 hours a day by telephone and online. In addition to the website, Military OneSource offers call center and online support for consultations on any number of issues such as spouse education and career opportunities, issues specific to families with a member with special needs, and financial support and resources. Military OneSource also offers personal non-medical counseling services online, via telephone, or face-to-face. <http://www.militaryonesource.mil/> or call 1-800-342-9647."

f. Zero To Three provides resources for Military Families with Young Children: <http://main.zerotothree.org/site/Search?query=military+children&inc=10>

g. Children and Youth Program Information and Locators:

- Military Installations http://www.militaryinstallations.dod.mil/pls/psgprod/www_flow.accept
- National Guard: <http://www.jointservicesupport.org/FP/Youth.aspx>
- Army Reserve: Child and Youth Services
https://www.arfp.org/skins/cys/display.aspx?moduleid=8cde2e88-3052-448c-893d-d0b4b14b31c4&mode=User&action=display_page&ObjectID=492cba09-d452-4fdd-a00d-36af2ea4f380
- For Child and Youth Program for Air Force, Navy and Marine Reserve: contact Military One Source at **1.800.342.9647**

h. Books for Military Children: A selection of books to help military children understand military life and to help them cope with deployment and reunion.

<http://www.ausa.org/resources/familyprograms/resources/readinglist/Pages/BooksforMilitaryChildren.aspx>

i. Links for Kids:

- [Kids.gov](http://kids.gov) - An official U.S. government kids' portal that provides resources to children and parents, and contains a variety of interesting and educational content for kids. Kids.gov links to over 1,200 web pages from government agencies, schools, and educational organizations.
- [MTOM](http://mtom.com) - MTOM for Kids provides information to help children successfully make the transition when their family moves. The site covers saying goodbye, how to move and being a kid.
- [VA Kids](http://vakeids.com) - VA Kids offers a variety of games, resources, scholarship information and links for students in grades K through fifth and sixth through twelfth. Information is also provided for teachers.

j. Information and support resources for parents of service members.

As the parent of a service member, you may have questions about what to expect when your service member returns home. The resources located at this website may be of assistance:

http://www.militaryonesource.mil/deployment/deployment?content_id=268520

2. Health Care Resources, Information and Referral Sources and Benefits

a. Military Health System: To access information about Military Health Care System, TRICARE, Veterans Health Care, Military OneSource, Wounded Warrior Care and 24/7 Help for PTSD/TBI
<http://www.health.mil/MHSFor/ServiceMembersandFamilies.aspx>

b. Military Installations Resource Locator: Official DoD source for installation and state resources available to Active Duty, National Guard, Reserve and family members.

<http://www.militaryinstallations.dod.mil/pls/psgprod/f?p=MI:ENTRY:0>

c. Service Organizations is a publication (2010) which provides a comprehensive listing of public and government organizations providing support targeted to service members and their families.

<http://www.militaryonesource.mil/12038/Project%20Documents/MilitaryHOMEFRONT/Troops%20and%20Families/Tools%20for%20Families/Service%20Organizations.pdf>

d. The Military Family Life Consultant (MFLC) program augments existing military support programs by providing short-term, problem-solving, non-medical counseling to service members and their families. Specially trained on military-specific topics, MFLCs provide education and information on a variety of issues that warriors and their families may face throughout the deployment cycle. MFLCs and programs vary by base and installation and can be accessed through locations such as the Army Community Services, Marine Corps Community Services, Navy Fleet and Family Support Centers or Airman and Family Readiness Centers. For information about Child and Youth Behavioral MFLCs — who specialize in supporting warriors with younger children — contact your installation's Family Center, Child Development Center or school liaison officer. <http://www.realwarriors.net/family/change/MFLC.php>

e. Military One Source: Education, relocation, parenting, stress—Military OneSource is here to help you with just about any need. Available by phone or online, their free service is provided by the Department of Defense for active-duty, Guard, and Reserve service members and their families. The service is completely private and confidential, with few exceptions.

1.800.342.9647 or <http://www.militaryonesource.com/MOS/About.aspx>

f. National Resource Directory (NRD): provides access to services and resources at the national, state and local levels that support recovery, rehabilitation and community reintegration for Service Members, Veterans, and their families along with those who support them.

Key features of the National Resource Directory mobile version also include the ability to search the Directory by subject, state or territory; immediate access to news and helplines; and the capability to interact with the Directory through social media. <http://www.nationalresourcedirectory.gov/>

g. National Guard Resources Locator: National Guard Joint Service Support is the gateway for Service members and their Families. <http://jointservicessupport.org/Default.aspx>

h. Give an Hour: A nonprofit organization that is dedicated to meeting the mental health needs of the troops and families affected by the ongoing conflicts in Iraq and Afghanistan. GAH provides counseling to individuals, couples and families, and children and adolescents. We offer treatment for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grieving. <http://www.giveanhour.org/skins/gah/home.aspx?mode=user>

i. National Intrepid Center of Excellence (NICoE): The center serves active duty service members with TBI and psychological health conditions who are not responding to conventional therapy and are referred to the center by their provider. The patients come with their families for two weeks and stay in a nearby Fisher House. During their time at NICoE their injuries are evaluated, and when they leave they will have received an individualized treatment plan that they will continue with their provider.

http://www.dcoe.health.mil/Content/Navigation/Documents/NICoE_Brochure_For_Web.pdf

j. Substance Abuse and Mental Health Services Administration (SAMHSA) focuses on building resilience and facilitating recovery for people with or at risk for mental or substance use disorders.

SAMHSA's Treatment Facility Locators:

- **Mental Health Services Locator** <http://store.samhsa.gov/mhlocator>
- **Substance Abuse Treatment Facility Locator** <http://www.findtreatment.samhsa.gov/>

k. Military Pathways: formerly the Mental Health Self-Assessment Program® provides free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve. www.MilitaryMentalHealth.org or call 1-877-877-3647.

l. VA Benefits: The Department of Veterans Affairs (VA) is committed to serving active-duty service members, veterans, and their families. It offers a wide range of services, from home-loan guaranties to education benefits, medical care, and survivor pensions. Some benefits target specific veteran groups, such as disability compensation for disabled veterans. Many of the VA's benefits and services are available to active-duty service members, National Guard and Reserve members, and their families. The overview on this website will help you understand the full range of the VA's benefits. http://www.militaryonesource.mil/search?content_id=269675

3. Deployment

a. Handbook for Family & Friends of Service Members: Before, During and After Deployment
(Handbook and DVD from DCOE for Ph/TBI) <http://store.samhsa.gov/product/SMA10-EMLKITM>.

b. Cody, V. (2005). Your Soldier, Your Army: A Parents' Guide. Arlington, Virginia, The Institute of Land Warfare, Association of the United States Army. Book is available as a pdf.

Your Soldier, Your Army: A Parents' Guide was written by Vicki Cody, wife of GEN Richard Cody, who was the Vice Chief of Staff, U.S. Army, and the mother of two Apache helicopter pilots with the 101st Airborne Division (Air Assault). Mrs. Cody turns her own 30-year experience as the wife and mother of Soldiers into advice and consolation for other parents with deploying children. Mrs. Cody covers the whole gamut of deployments, from the preparation through the endurance to the homecoming, and includes a personal view into Army life and an explanation of Army terminology. Supplemental articles and exclamation points feature tips and facts about the Army. <http://www3.ausa.org/webpub/deptilw.nsf/byid/kcat-6h4p59>

c. Helping Children Cope During Deployment: This fact sheet contains useful information for you — parents and family caregivers — to help children cope during a parents' deployment. Experts in military medicine and family trauma who understand the impact of deployment on families have written this fact sheet. It is in the form of commonly asked questions followed by their responses. It is important to remember that while deployments are stressful, they also provide opportunities for families to grow closer and stronger. http://www.cstsonline.org/csts_items/CTC_children_helping_during_deployment.pdf

d. Veteran Parenting Toolkit: Together Building Strong Families by Michelle Sherman, Ursula Bowling, Jeffrey Anderson and Karen Wyche.

Description: Five age-based parenting toolkits for Operation Enduring Freedom and Operation Iraqi Freedom Veterans and their partners.

Each parenting toolkit addresses the following topics:

- Did you know? (Interesting facts about children this age)
- Cognitive, social and physical development
- Reconnecting with your child after deployment
- How to talk to your child about deployment
- Strengthening your relationship with your child
- Managing common behavioral challenges
- Red flags for concern
- Taking care of yourself as a parent
- Reconnecting with your partner after deployment and communication tips for couples
- Resource guide

<http://www.ouhsc.edu/vetparenting/>

e. Children of Military Service Members Resource Guide: provided by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to assist parents, other family members and health care providers in addressing the mental and emotional health needs of military children through topic-specific, age-related, public-domain literature. The resources listed in the resource guide, compiled from DCoE's internet based literature review and scan of public domain materials, include books, films, websites and social media and support groups.

<http://www.dcoe.health.mil/Content/Navigation/Documents/DCoE%20Children%20of%20Military%20Service%20Members%20Resource%20Guide.pdf>

f. Youth Coping with Military Deployment: Videos and other resources

- **Sesame Workshop:** [Talk, Listen, Connect: Deployments, Homecomings](#), for Toddlers age 3-5. Videos and other resources to help families cope with the military deployment and homecoming. (Bilingual)

- **[Mr. Poe and Friends Discuss Family Reunion After Deployment:](#)**  Watch and download Mr. Poe and other cartoon characters talking about deployment issues affecting children ages 6 to 11. and

- **[Youth Coping With Military Deployment: Promoting Resilience in Your Family:](#)**  Watch and download a half-hour video of teenagers ages 12 to 18 discussing their feelings and how they cope with issues that arise when a parent is deployed.

<https://www.cs.amedd.army.mil/youth.aspx>

- **Deployment Kids** offers children's activities related to deployment, including downloads, a distance calculator, journals and games. <http://www.deploymentkids.com/>

g. Operation: Military Kids (OMK) is the U.S. Army's collaborative effort with America's communities to support children and youth impacted by deployment. Through a network of National, State and Local

Partners, **OMK** provides access to youth programs and support services where military children live. Links to OMK partner programs, State 4-H Military Liaison, Reserve and National Guard Family State Programs are available from this OMK website: <http://www.operationmilitarykids.org/public/home.aspx>

h. Returning from the War Zones: Videos and other deployment related resources

<http://www.ptsd.va.gov/public/reintegration/guides-rwz.asp>

i. Yellow Ribbon Program (YRP) is a DoD-wide effort to help National Guard and Reserve Service members and their families connect with local resources before, during, and after deployments, especially during the reintegration phase that occurs months after Service members return home. Commanders and leaders play a critical role in assuring that Reserve Service members and their families attend Yellow Ribbon events where they can access information on health care, education/training opportunities, financial, and legal benefits. <http://www.yellowribbon.mil/index.html>

4. Combat Stress and PTSD

a. The New Warrior: Combat Stress and Wellness: For Veterans and Family (Video 47 Minutes)

Perspectives for Veterans and Their Families

The wars in Iraq and Afghanistan are the most sustained combat operations since the Vietnam War. These videos aim to help promote wellness in this returning group of veterans and to prevent chronic mental health issues resulting from combat and other war-zone stress. It is available both as a video for veterans, active duty service members and their families, as well as a version with provider perspectives.

<http://www.ptsd.va.gov/public/videos/combats-stress-wellness.asp>

b. National Center for PTSD Family and Friends: Family and Friends

This section provides information about the effects of trauma on families, children, relationships, and communities:

Effects of PTSD on Family: Common reactions of family when a member has PTSD

<http://www.ptsd.va.gov/public/pages/effects-ptsd-family.asp>

Helping a Family Member Who Has PTSD: Ways you can help a loved one with PTSD and ways you can help yourself. <http://www.ptsd.va.gov/public/pages/helping-family-member.asp>

Partners of Veterans with PTSD: Common Problems: Common problems in relationships where one or both partners has PTSD <http://www.ptsd.va.gov/public/pages/partners-of-vets.asp>

c. Managing PTSD and Other Combat-Related Stress Reactions A Service Member & Family Handbook

Encouragement, information, strategies, and opportunities to craft a personalized management plan that loops in family, friends, and other sources of support -- that's what this interactive handbook offers to service members and veterans diagnosed with PTSD or other combat-related stress disorders. Text explains combat-related stress disorders and symptoms of PTSD; discusses associated mental health

issues, such as anger management and depression; and describes therapies and medications that support good mental health. Exercises include write-ins that help readers get in touch with their feelings, chart their medications, and develop strong self-help skills. 32 pages, 8 1/2" x 11"

http://bhini.usmc-mccs.org/index.cfm?fuseaction=c_user.dsp_browse&cat_id=1

d. CSTS Courage To Care The Impact of Invisible Injuries: Helping Your Family and Children

http://cstswarriorcare.com/csts_items/CtC_Invisible%20Injuries_Family.pdf

e. Supporting Young Children: Combat Stress: Injuries of War (Zero To Three)

<http://www.zerotothree.org/about-us/funded-projects/military-families/syc-6.pdf>

f. Sherman, MD and Sherman, DM. I'm not alone: A teen's guide to living with a parent who has a mental illness. (2006). Beaver's Pond Press. [for children ages 12-18] www.seedsofhopebooks.com

g. How Can I Get Him to Seek Help? Talking Points for Women: Courage to Care Fact Sheet provides tips on talking to your loved one using three approaches that may help men view health seeking in a more favorable light.

http://www.cstsonline.org/csts_items/CTC_Fostering_male_health_seeking_patient.pdf

h. Families at Ease with family members who become aware of their Veteran's post-deployment difficulties—and supports their efforts to find help for the Veteran. This is a national clinical service providing information and help to Veterans and the family members who are concerned about them.

<http://www.mirecc.va.gov/FamiliesAtEase/>

i. After Deployment.org: The Military Health System's mental wellness resource Web portal for service members, veterans and military families suffering post-deployment mental health problems.

<http://www.afterdeployment.org/web/guest/home>

j. VA PTSD Program Locator: VA has specialized PTSD treatment programs, use the PTSD Locator to find a VA PTSD program near you. <http://www2.va.gov/directory/guide/PTSD.asp>

5. Suicide

a. Suicide Facts: What Military Families Should Know to Help Loved Ones Who May Be At Risk.

This fact sheet educates family members about suicide: helping them to identify warning signs and risk factors, actions steps to take and provides resources to help prevent the loss or injury of a loved one.

http://www.cstsonline.org/csts_items/CTC_Suicide_Facts_What_Military_Families_Should_Know.pdf

b. Department of Veterans affairs: Veterans Crisis Services

VA is committed to addressing the issue of suicide among our Veterans and offers a network of support available to those who have served our country. VA provides a confidential 24/7 Veterans Crisis Line for

Veterans in crisis and their families. Trained VA professionals are available at all times to assist Veterans and their family members. Veterans and their families do not have to be enrolled in VA to use the free, confidential Veterans Crisis Line.

Toll-Free, 24-hour suicide prevention service available to anyone in suicidal crisis. 1-800-273-TALK (8255).

http://www.mentalhealth.va.gov/suicide_prevention/

c. Screening for Mental Health Inc., Suicide Risk Questionnaire for Military and Their Families

Short questionnaire to determine whether a family member may need help and recommended actions.

<http://www.mentalhealthscreening.org/military/index.aspx>

d. Additional Resources:

- Suicide Prevention Resource Center: The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention. www.sprc.org

- American Association of Suicidology: Education and resources

<http://www.suicidology.org/web/guest/thinking-about-suicide>

6. Visible Injuries of War

a. Courage To Care Courage To Talk: Resources for Talking with Families (children), friends and providers. www.couragetotalk.org

b. Honoring Our Babies and Toddlers: Supporting young children affected by a military parent's injury.

This booklet explores the issues of stress, trauma, grief, and loss as it relates to reunifications with an injured parent. In addition to essential information and resources, the voice and perspective of the youngest children are shared throughout this booklet for family members, caregivers, and professionals to reference and utilize in their support of babies and toddlers

http://www.aap.org/sections/uniformedservices/deployment/pdfs/zerotothree-parentmaterial_2.pdf

c. Wounded Warrior Care

Severely injured Service members often require prolonged treatment, time to heal, and rehabilitative care before a decision can be made on their medical ability to remain on active duty. The Military Health System (MHS) is meeting this challenge by improving our coordination of health care for Service

members and veterans ([Veterans Affairs \(VA\)](#)). MHS is dedicated to ensuring that Service members are provided outstanding clinical care and streamlined administrative processes to return them to duty status or to transition them from MHS care to the VA health care system in an effective and timely manner

http://www.health.mil/About_MHS/Health_Care_in_the_MHS/Wounded_Warrior_Care.aspx

Army Wounded Warrior Program: <http://wtc.army.mil/aw2/index.html>

Navy Safe Harbor: http://www.public.navy.mil/bupers-npc/support/safe_harbor/Pages/default.aspx

Air Force Wounded Warrior Program: <http://www.woundedwarrior.af.mil/>

Marine Corps Wounded Warrior Regiment: <http://www.woundedwarriorregiment.org/>

Special Operations Command Care Coalition: <http://www.socom.mil/carecoalition/Pages/default.aspx>

Army Reserve Recovery Coordination Program

<http://www.usar.army.mil/arweb/soldiers/Pages/RecoveryCare.aspx>

Wounded Warrior Resource Center 1.800.342.9647

d. Returning wars' wounded, injured, and ill: a reference handbook: This book will provide veterans with disabilities and their families with the knowledge about how their disabilities are impacting them, and guide them to information and resources that will help them accommodate the disabilities and reintegrate back into civilian society.

<http://www.worldcat.org/title/returning-wars-wounded-injured-and-ill-a-reference-handbook/oclc/221153814>

e. Wounded Warrior Project: A non-profit organization which works to raise awareness and enlist the public's aid for the needs of severely injured service men and women, to help severely injured service members aid and assist each other, and to provide unique, direct programs and services to meet their needs. <http://www.woundedwarriorproject.org/content/view/1128/1155/>

f. Book: Sherman, MD and Sherman DM. **Finding My Way: A Teen's Guide to Living with a Parent who has Experienced Trauma** (2005) [for children ages 12-18] www.seedsofhopebooks.com

g. Video: Sesame Workshop: Talk, Listen, Connect: Changes: Reach a "new normal" after a parent returns with an injury, for Toddlers age 3-5. Videos and other resources to help families cope with injury of a loved one (Bilingual).

7) Traumatic Brain Injury (TBI)

a. Defense Centers of Excellence for PH & TBI (DCoE)

DCoE brings together a variety of interdisciplinary resources and centers of excellence that can help family members identify community and military resources to help better understand and cope with psychological health and traumatic brain injury concerns affecting them or the warriors they love.
<http://www.dcoe.health.mil/>

DCOE Outreach Center: A trusted source of information on psychological health and traumatic brain injury issues and resources. Call 866.966.1020, e-mail resources@dcoeoutreach.org or **Click here for live chat.** <http://www.dcoe.health.mil/24-7Help.aspx>

b. Department of Veteran Affairs (VA) Polytrauma/TBI System of Care: Comprehensive and high quality of care/resources for Veterans and service members. <http://www.polytrauma.va.gov/>

c. TBI Family/Caregiver: Support, Training and Resources:
<http://www.polytrauma.va.gov/support/>

d. The Journey Home - the CEMM TBI Web Site

This site provides an informative and sensitive exploration of Traumatic Brain Injury (TBI), including information for patients, family members, and caregivers. Topics include types and symptoms of brain injury, TBI treatment and recovery, and helpful insights about the potential long-term effects of brain injury. Animation is used to help patients clearly understand the brain, and the results of injuries to different parts of the brain. Survivors and their caregivers share courageous stories about their own experiences, providing down-to-earth facts along with inspiration and hope.

FYI The CEMM is a dynamic initiative from the Office of the Surgeon General aimed at supplying the most powerful interactive technologies available to Medical Treatment Facilities (MTF), Health and Wellness Centers (HAWC), and TRICARE civilian medical facilities.

<http://www.traumaticbraininjuryatoz.org/>

e. Defense and Veterans Brain Injury Center: The mission of the Defense and Veterans Brain Injury Center (DVBIC) is to serve active duty military, their beneficiaries, and veterans with traumatic brain injuries (TBIs) through state-of-the-art clinical care, innovative clinical research initiatives and educational programs. Resources for Service Members, their families and providers. <http://www.dvbic.org/>

f. [www.Brainline.org](http://www.brainline.org) Preventing, treating and living with a TBI (Resources available in Spanish)

• **Brain Injury Resources Locator:** <http://www.brainline.org/resources/index.php>

g. Brain Injury Association of America (BIAA): provides access to quality health care and raises awareness and understanding of brain injury through advocacy, education and research. With a nationwide network of more than 40 chartered state affiliates and hundreds of local chapters and support groups, BIAA provides help, hope and healing for individuals who live with brain injury, their families and the professionals who serve them. <http://www.biausa.org/>

h. Traumatic Brain Injury (TBI): What Military Families Need to Know: This fact sheet describes what many are referring to as the signature wound of war — TBI. We explain mild TBI (concussion) and its symptoms to help military families identify it and seek treatment. We also describe some of the

important issues for families living with more severe TBI.
http://www.cstsonline.org/csts_items/CTC_TBI_patient.pdf

i. Understanding the Impact of TBI on Military Families and Children: This fact sheet discusses the impact of Traumatic Brain Injury on Children and how to help children understand parental injury. Resource websites are also included.

http://www.cstsonline.org/csts_items/CSTS%20Impact%20of%20TBI%20for%20Families.pdf

j. HOW TO TALK TO CHILDREN ABOUT BRAIN INJURY: This fact sheet presents ways you can explain brain injury to your child after one of their family members or friends has had a brain injury.

http://www.neuro.pmr.vcu.edu/catalog/article%20reprints/Vol%201_3_Talk%20to%20child.pdf

k. Book: Pook the Hamster Wants to Know What Happened to Ben and Lucy's Dad

Written for children and relatives of persons with brain injury, Pook the Hamster... improves the understanding of behavioral, emotional, and cognitive changes after injury. A major feature of the book is information for families on how to manage common behavioral, emotional, or cognitive problems. This artfully illustrated book is written in a child-friendly format and caters to a broad age range: older children (8 - 11 years) may read it independently, while younger children (3 - 7 years) may have an adult read it to them. <http://www.neuro.pmr.vcu.edu/catalog/NRCcatalog.pdf>

l) For Kids Only: A Kid's Guide to Brain Injury: This guide, compiled by clinicians experienced in working with children, offers age-appropriate explanations of what happens when a child's family member or friend sustains a traumatic brain injury. Other highlights include information on coma; physical, cognitive, and behavioral changes; sibling relationship issues; and the role of family and friends in the recovery process. <http://www.neuro.pmr.vcu.edu/catalog/NRCcatalog.pdf>

8) Amputees

Living with Limb Loss: Web Resources for Wounded OEF/OIF Military Personnel

This is a guide to resources on the web for amputees. It was written for wounded OEF/OIF military personnel and veterans, their families, and healthcare professionals.

<http://lgdata.s3-website-us-east-1.amazonaws.com/docs/348/10329/amputeeHQ.pdf>

9) Blind Rehabilitation Services

The Department of Veterans Affairs: Blind Rehabilitation Service:

Support blind and low vision Veterans and active duty service members in regaining their independence and quality of life to enable their successful integration into family and community life.

Support family and significant others to better understand visual impairment and foster the provision of appropriate support, to assist in enhancing home environments and to reduce caregiver burden

<http://www.va.gov/BLINDREHAB/index.asp>

10) Spinal Cord Injuries

The Department of Veterans Affairs: Spinal Cord Injury and Disorders System of Care:

provides a coordinated life-long continuum of services for eligible veterans with spinal cord injury. This website is intended for veterans with spinal cord injury and disorder, their family members, and others.

<http://www.sci.va.gov/>