

**AARP** and the **Elizabeth Dole Foundation** collaborated on the creation of the **Military Caregiving Guide**, a *free* resource for **veterans, service members and their families**

**Are you a military caregiver?** If you do *any* of the following for a military or veteran loved one you may be:

- ☐ Manage medication and medical appointments
- ☐ Provide emotional and physical support
- ☐ Assist in the care of a disabling wound, injury or illness
- ☐ Help someone with his or her daily activities
- ☐ Advocate for a loved one's proper treatment and care

In the guide, you will find **strategies** to address each of the **key issues** military caregivers face:

- **Talk it out.** It is essential to talk about your wounded warrior's needs, including health care and finances. You should address your concerns based on your loved one's age and stage of service.
- **Team up.** The support of family, friends and colleagues, as well as fellow caregivers and service providers, is critical. You do not have to face your caregiving responsibilities alone.
- **Make a plan.** Knowing how you will respond to needs as they arise will give you peace of mind, but you should build in flexibility so the course of action can change as needs evolve.
- **Seek professional support.** There are organizations and professionals with experience helping military or veteran family caregivers – reach out to them for additional information and support.
- **Care for yourself.** Mapping out how to care for yourself is as important as creating a caregiving plan for your service member or veteran: Own your feelings, tend to your needs and network.

<sup>1</sup> Source: RAND Corporation – Hidden Heroes: America's Military Caregivers



**Elizabeth Dole Foundation**  
CARING FOR MILITARY FAMILIES

**The Facts** behind military and veteran caregiving<sup>1</sup>  
There are **5.5 million** military and veteran family caregivers in the **United States**

Voluntary, uncompensated caregivers provide **\$14 billion** in service for wounded warriors every year

**Only 15%** of military caregiving programs focuses on the caregiver vs. the care recipient

#### Resources for Military Caregivers:

- **AARP Family Caregiving**  
aarp.org/caregiving
- **Elizabeth Dole Foundation**  
hiddenheroes.org