

ARE YOU A CAREGIVER?

Taking care of your family

You may not think of yourself as the "caregiver" of your military spouse, child, or friend. You are just doing what needs to be done for your family, because someone needs to do it, and you are the one who can do it right now. You're focused on caring for your family or friend, and you know how to do that best.



You are a military caregiver if...

If you do ANY of the tasks below for a service member or veteran - whether you are immediate family, extended family, or a friend of the service member - you are a military caregiver.

- Assisting them in normal activities of daily life, such as eating, dressing, toileting, etc.
- Helping them through emotional "storms" or outburst
- Missing work to care for them
- Advocating for new and better treatment on their behalf
- Feeling, at times, overwhelmed as you care for them
- Taking on legal and/or financial responsibilities on their behalf
- Assisting in direct health care and/or medication management
- Identifying and coordinating professional care and services

Are you taking care of yourself?

Caring for returning service members and veterans can take a toll on health and well-being. Military caregivers are at a high risk of physical and emotional stress and strain, but since many don't identify as caregivers, they may not seek help or support. Over time, military caregivers find themselves feeling depressed and hopeless. Operation Family Caregiver supports these caregivers and helps them better tackle their challenges and lay the foundation for a strong and healthy family.

Do you qualify for Operation Family Caregiver services?

If you can answer yes to these two questions, then **YES** you do qualify!

1. Are you caring for a service member or veteran?
2. Does your loved one suffer from post-traumatic stress, traumatic brain injury, and/or disability?

Contact Operation Family Caregiver coach:
Wendy Turney at (850) 645-0902



**OPERATION
FAMILY CAREGIVER**

A program of The Rosalynn Carter
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