

HOW DOES OPERATION FAMILY CAREGIVER STRENGTHEN MILITARY FAMILIES?

1. SERVICE MEMBER IS INJURED



MORE THAN 2.5 MILLION men and women have been deployed

MORE THAN 50,000 wounded

320,000 estimated to have traumatic brain injury

400,000 estimated to have post traumatic stress

NEARLY
2/3

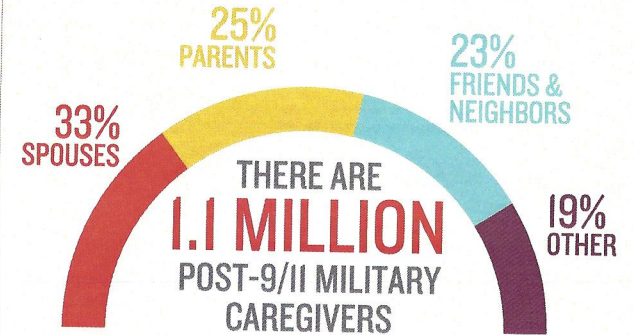
WENT TO WAR BEFORE THEIR
29TH BIRTHDAY

2. REINTEGRATION CAN BE JARRING

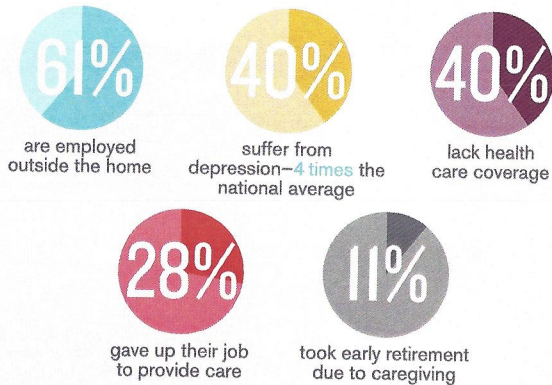
Of those returning home from war who need care,

- 80%** have a disability that limits mobility
- 64%** suffer from mental health or substance use problems
- 35%** have a chronic condition, such as diabetes, cancer or heart disease
- 20%** have a traumatic brain injury

3. SERVICE MEMBER RELIES ON CAREGIVER



4. CAREGIVER STRUGGLES TO COPE



5. CAREGIVER REACHES OUT

OFC can be delivered in person at established sites and is available to caregivers anywhere via Skype.

- ✓ **FREE**
- ✓ **CONFIDENTIAL**
- ✓ **ONE-ON-ONE SUPPORT**



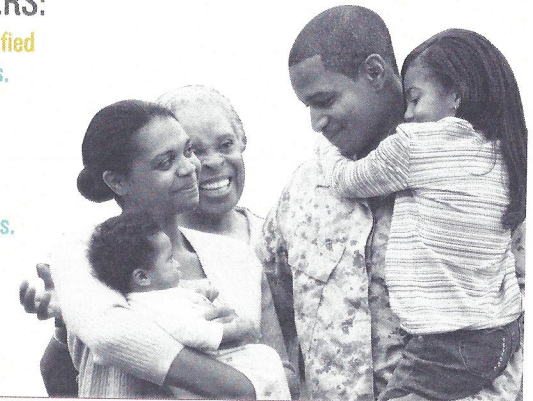
6. CAREGIVER COACH BRINGS SKILLS & CONFIDENCE TO THE FAMILY

CAREGIVERS:

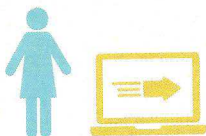
are **more satisfied** with their lives.

feel **better prepared** to take care of their families.

report **fewer health complaints**.

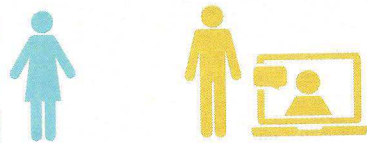


HOW CAN OPERATION FAMILY CAREGIVER HELP?



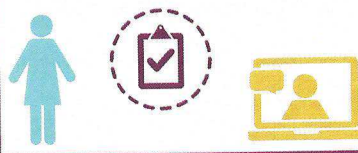
1 START BY REACHING OUT FOR HELP

Reaching out is a sign of strength. If you need help or want to learn more, contact one of the sites listed at www.operationfamilycaregiver.org or send an email to reachout@operationfamilycaregiver.org.



2 CONNECT WITH A CAREGIVER COACH

A specially-trained caregiver coach will meet you in person or via Skype and customize a free and confidential program unique to your family's challenges.



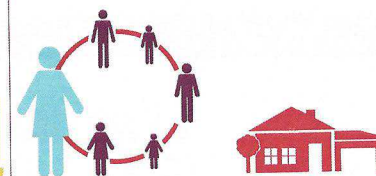
3 MAKE A PLAN

Together, you will come up with strategies to help you get through the tough times and manage any challenges that might come along.



4 DEVELOP AND PRACTICE NEW SKILLS

With the help of a coach, you'll add new skills and learn how to apply them not only today but over the long term.



5 GROW STRONGER

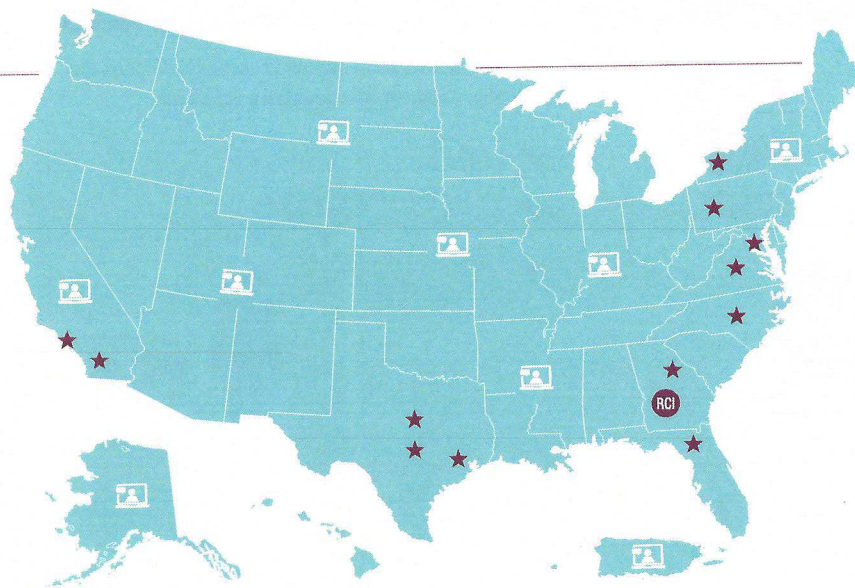
Your family will grow stronger and healthier as you feel more equipped to support them.


THE OFC NETWORK

Operation Family Caregiver coaches the families of newly returning service members and veterans to manage the difficulties they face when they come home. Teaching problem-solving skills to military caregivers has numerous benefits; not only does it help them manage today's difficulties, but it also helps families lay a strong foundation so they can meet their own needs over the long term.

★ CURRENT OFC SITES

 CONNECT WITH OFC ANYWHERE USING SKYPE



 **OPERATION FAMILY CAREGIVER**
A program of The Rosalynn Carter Institute for Caregiving

ON EXPANSION

The Rosalynn Carter Institute (RCI) believes every military family caregiver should have access to support through Operation Family Caregiver (OFC).

RCI has the training and technical capacity to work with national and local funders to expand OFC to additional locations.

Funders or agencies that have resources to support military family caregivers and want to launch OFC in new locations can contact Dr. Leisa Easom
leisa.easom@gsw.edu or 229.928.1234