



OPERATION FAMILY CAREGIVER

A program of the Rosalynn Carter
Institute for Caregiving

ABOUT THE PROGRAM

Moved to Serve

The tragedy of 9/11 compelled many to sign up to protect our country and sent legions of service members, national guardsmen and reservists suddenly into battle. Now, as they transition home, many service members face daunting circumstances, and the unsung heroes who care for them face hardships that are equally overwhelming.

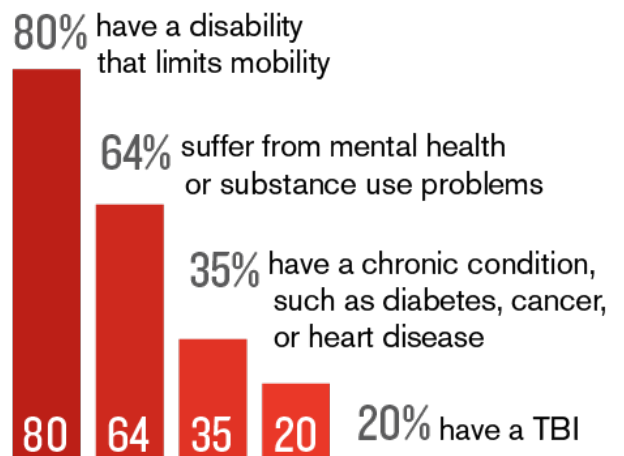
Operation Family Caregiver equips the families of newly returning service members and veterans with the skills they need to adjust to this 'new normal.'

Specially-trained coaches teach and model problem solving skills to help military caregivers better manage as they seek to support their loved one through challenges they had never imagined. The program is founded in evidence and proven to work.

Families Transformed by Service

In the years since 9/11, more than 2.5 million men and women have been deployed, and more than 50,000 have been wounded in action. Lost limbs and the severe effects of traumatic brain injury and post-traumatic stress are realities that affect many returning service members. The transition home with these types of injuries can be jarring, and they are forced to lean heavily on loved ones for help. This can be particularly difficult for those who are drawn to the military in the first place – individuals who take great pride in their strength, competence, and self-reliance.

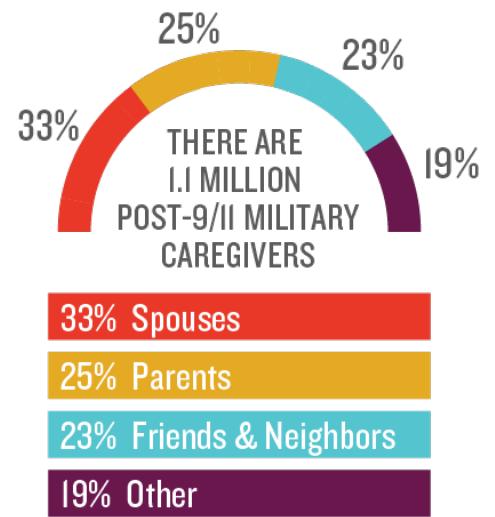
OF THOSE RETURNING HOME FROM WAR WHO NEED CARE,



Unsung Heroes Behind Our Heroes

America's wounded warriors are being cared for by young spouses and aging parents – who in many cases, neglect their own health and well-being. It can be a demanding and, sometimes, a thankless job.

Despite the great burden caregiving can be, many family members and friends hesitate to ask for help. Some are concerned about their privacy or reluctant to admit they are overwhelmed. Many are just too busy to take care of anything but the family's most basic needs.



Operation Family Caregiver teaches military caregivers new skills and helps them develop new ways of managing the challenges they face.

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

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



Creating Strong and Healthy Families

Caregivers who have completed the program report improved confidence in their ability to manage the day-to-day challenges of caregiving, resulting in greater satisfaction with life. They report decreases in burden and depression and have health issues, making them better prepared to care for their loved ones.

The strength of America's military is legendary, and our military families are strong too. Sometimes even the strongest families need a little bit of help.

For more information, visit www.operationfamilycaregiver.org.