



# WOUNDED WARRIOR REGIMENT

UNITED STATES MARINE CORPS

## ADVANTAGES OF HAVING A CAREER

One of the many benefits of having a fulfilling career is financial independence. When independent, you make your own decisions and take responsibility for your life. It isn't always easy. Physical, emotional, or mental injuries may be difficult to overcome. However, the training you received as a Marine will help you take responsibility for your life.

The Marine Corps has equipped you with the tools needed to be a leader for your family, your community, and your country. Your Marine Corps training provided you with mental fortitude needed for success. You have demonstrated these attributes by completing your Marine Corps training, defending your country, and surviving your wound, illness, or injury. It will be necessary to apply this same fortitude to finding, securing, and maintaining a successful career.

Finding a career and sticking with it are the first steps toward personal independence and economic freedom. Being an independent adult has immense rewards—the kind that shapes your character and improves your self-esteem.

### WHEN YOU HAVE A CAREER AND ARE PERSONALLY INDEPENDENT YOU:

- 1** Respect and feel good about yourself. When you face challenges and overcome them, you gain confidence in yourself. When you face your responsibilities—even when you don't want to or when it is difficult—you feel good about yourself.
- 2** Set a strong, positive example. You show the value of hard work, education, honesty, and courage. If you have children now or hope to in the future, you want your children to be contributing members of society, you have to show them how.
- 3** Enjoy a better lifestyle. Instead of trying to get by until your next disability check, you can set aside money for retirement, vacations, your children's education, and more. Personal independence enhances your overall quality of life.

### MARINE, YOU CAN DO THIS!

As a Marine, you are a special kind of warrior; self-selected and elite. You strive for challenges and proudly claim a unique place in our Nation. Now that you are no longer on the battlefield and are facing mental, physical or emotional challenges, you will need the same "spark" that brought you into the Marine Corps to accomplish your next steps. Rely on your training, keep your fighting spirit alive and continue to make yourself, your family, and the Marine Corps proud. The Marine Corps' Wounded Warrior Regiment is always available to support you.

In addition to the psychological benefits, there are great financial benefits to obtaining and maintaining a career. While your disability check may seem like a large sum of money at this stage in your life, it is important to remember that when you leave active duty you will accumulate added foreseen and unforeseen expenses. Financial situations can be unpredictable without proper planning.



# THE WOUNDED WARRIOR REGIMENT (WWR) CAN SUPPORT YOU IN LOCATING A SUCCESSFUL CAREER



The Wounded Warrior **Transition Support Cell** assists Marines in finding employment after they leave the military. They can help you:

- Complete both a civilian and federal resume
- Identify networking opportunities
- Complete necessary applications and security clearance paperwork



The WWR **Employment Toolbox:**

- Provides the necessary resources and support for Marines to find the career they are looking for
- Marines can receive direct support through a WWR Employment Specialists

To view, visit:  
[www.woundedwarriorregiment.org](http://www.woundedwarriorregiment.org)



The **Computer/Electronic Accommodations Program (CAP)** provides assistive technologies for injuries and ensures that training is provided so that the user has a comfort level with technology.



The **VetSuccess** program assists Veterans with service-connected disabilities to prepare for, find, and keep suitable jobs.



**District Injured Support Cells (DISCs)** are mobilized reserve Marines who are located throughout the country to conduct personal visits and telephone outreach.



The **Marine For Life Program (M4L)** provides an interactive web-based application that connects transitioning Marines with a nationwide network of Marine-friendly employers and mentors.

“LCpl Todd” is a single Marine who completed three years of service. He was injured in a training accident, and received a 30% VA disability rating. Below is an analysis of his finances and living expenses as a Veteran living in San Antonio, Texas.

## ACTIVE DUTY PAY AND ALLOWANCES

Base pay, housing allowance, subsistence, clothing, tax relief, and medical expenses. **Estimated DoD Benefits = \$4,510/mo**

## VETERAN STATUS PAY

Veteran status earning for LCpl Todd is based on a VA rating of 30% disability (\$376/mo) and disability retirement (50% of base pay estimated at \$1,100/mo).

**Estimated Benefits = \$1,476/mo**

## EXPENSES

Living expense are now the responsibility of the service member and benefits are provided by the VA and disability retirement.

**Estimated Expenses = \$2,210/mo**

**For LCpl Todd, living on benefits alone will result in a monthly deficit of -\$734.**

Cost of Living and Expenses (per Month) for San Antonio, Texas	
Apartment Rent*	\$550.00-\$675.00
Utilities	\$175.00
Gasoline	\$165.00
TV	\$140.00
Phone	\$60.00
Cell Phone Payment	\$50.00
Car Payment	\$200.00
Renter's Insurance	\$50.00
Car Insurance	\$70.00
Health Insurance	\$150.00
Entertainment	\$200.00
Food	\$400.00
<b>TOTAL EXPENSES</b>	<b>\$2,210.00</b>

\* The cost of living in San Antonio, TX is 24% below the national average with houses and apartment approximately 30% below the national average. The numbers provided in the chart are approximates and will vary depending on the Marines disability payments and any other special benefits or entitlements.

## THE WOUNDED WARRIOR REGIMENT

The Wounded Warrior Regiment (WWR) stood up in April 2007 and immediately began to assume responsibilities for non-medical Wounded Warrior care. **The mission of the WWR is to provide and facilitate assistance to Wounded, Ill and Injured (WII) Marines, Sailors attached to or in direct support of Marine units, and their family members, throughout the phases of recovery.** The Regimental Headquarters element, located in Quantico, Va., coordinates the operations of two Wounded Warrior Battalions located at Camp Pendleton, Calif., and Camp Lejeune, N.C. The Regimental Headquarters provides unity of command and unity of effort through a single Commander who provides guidance, direction, and oversight to the Marine Corps WII non-medical care process and ensures continuous improvements to care management and the seamless transition of recovering Marines.



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