



WOUNDED WARRIOR REGIMENT

UNITED STATES MARINE CORPS

YOU'VE JUST BEEN NOTIFIED THAT YOUR MARINE HAS BEEN WOUNDED, FALLEN ILL, OR WAS INJURED.

NOW WHAT?

Family Support Team

A WWR Family Support Team consisting of Family Readiness Officers (FROs), Family Support Coordinators (FSCs), and Deputy FSCs work together to ensure you get the information and services you need. They are available to support you and provide access to the family resources you need.

Communication is key. Beyond initial personal contact and other scheduled meetings, the FRO/FSC stays in contact in various ways: monthly "What's Happening" e-mails, quarterly newsletters, eMarine website, quarterly family events, Town Hall meetings, spouses roundtables or forums and through one-on-one interaction.

Town Hall meetings and spouses roundtables / forums are conducted at regional locations. WII Marines, spouses, parents, and caregivers within that region are invited to participate. The meetings serve as a mechanism for sharing, discussion and identification of needs in order to provide immediate and sustaining solutions. If you would like to attend, but need assistance with the cost of travel, contact your Regiment or Battalion FRO.

Contact a Wounded Warrior Regiment or Battalion FRO at:

703-784-3769 (MCB Quantico, VA)
919-449-9646 (Camp Lejeune, NC)
760-429-8606 (Camp Pendleton, CA)

Visit the eMarine website

www.eMarine.org

For more family / caregiver resources, visit the WWR website at www.woundedwarriorregiment.org/FRO/fro_resources.cfm

The United States Marine Corps' Wounded Warrior Regiment (WWR) stands ready to provide you with the support, resources, and services necessary to help you and your wounded, ill or injured (WII) Marine through the recovery process. There is an experienced group of medical and non-medical professionals, who are part of a team of individuals available to you. Additionally, the Regiment has dedicated family support staff available to help with your questions or concerns. They will provide you with up-to-date information on the resources and programs available to best suit your needs.

What is the Recovery Process?

Every person's recovery experience will be different, but the process of healing involves many transitions. As your Marine progresses from Recovery through Rehabilitation to Reintegration, you will experience transitions between different types of medical treatments, changing care providers, and perhaps new locations.

Recovery

The Recovery Phase begins at the point of injury or diagnosis, and ends with release from acute inpatient care (when your service member is discharged from the hospital). The Recovery Phase may be a time of difficult recuperation and stress for you and your Marine. Medical treatments will be the top priority at this time and it may feel as if the rest of your life is put on hold. You may have to "hold down the fort" by keeping track of finances, child care, employment, and all the other aspects of family life while your Marine focuses on recovery.

This will be a time to work together toward manageable, short-term goals like getting through a surgery, following doctors' orders or staying in touch with family. Take advantage of all the help you can get during this difficult time. There is emotional help such as counseling available for both families and service members. Family Support Staff or Recovery Care Coordinators can provide information on programs and services to support both you and your Marine. Don't hesitate to ask for what you need.

Rehabilitation

The Rehabilitation Phase generally begins when your Marine moves to an out-patient status, and continues through the tapering off of treatments such as physical therapy. This phase will vary in length depending on the needs of each Marine and family.

In the Rehabilitation Phase you may see a lot of progress. There will still be challenges as your Marine and family adjust to life after an injury or illness. You may experience many changes to your family routines, in addition to the new challenges caused by the injury or illness.

Sometimes conditions that were unseen before can show up at this point. This may occur with several conditions, including Post-Traumatic Stress. Sometimes the burden of care giving can also require family members to seek emotional or psychological counseling and support for themselves.

Medical treatments will still be a top priority, but you will also begin to focus on goals related to the Lines of Operation – Mind, Body, Spirit, and Family. Even while your Marine and family move toward independence, it is important to retain frequent contact with military support programs.

Reintegration

The Reintegration Phase covers the time when your Marine prepares to either return to military duty, or separate from the military and return to civilian life.

Even though the primary focus may no longer be on medical treatments, you and your Marine will continue to rely on the support of those assigned to help. If your Marine returns to military service, he or she will receive assistance, if required, to retrain for a new military job. If the your Marine leaves the military, he or she will be assisted through extensive transition services and introduced to the local District Injured Support Coordinator who will help navigate support from the Department of Veterans Affairs and community-based partners.

Frequently Asked Questions (FAQs)

When can I see my Marine?

Every medical situation is different. Perhaps you have already been together, or perhaps you have been informed that you must wait until a surgery or treatment is finished. The doctors, nurses, and other care providers assigned to care for your Marine will provide advice and let you know when and how you can see them. They will bring you together as soon as medically possible.

In the meantime, remember: You are needed here. You were invited because doctors determined it would improve the healing situation for your Marine. You are a very important part of this process and we are here to assist you as needed.

How will I pay for this?

Invitational Travel Orders (ITOs) are government funded orders that can authorize up to three individuals designated by a seriously or very seriously wounded, ill, or injured Marine to travel to the medical facility providing care. When on ITOs, travel to and from the hospital, hotel (lodging) costs, meals, and incidental expenses are reimbursed by the government within allowable limits.

Families who require advanced funds due to a financial hardship are authorized a funds advance while traveling to or staying at the medical treatment facility. A completed travel voucher must be submitted in order to receive reimbursement. You can contact the WWR Call Center for information on advanced payment and assistance in completing and filing a travel voucher.

Where am I going to stay and how far is it from my Marine?

Wounded Warrior Regiment staff ensures that families have a comfortable and convenient place to stay while they care for their Marine. In some cases, you may (if desired) be able to temporarily sleep in the room with your Marine at the military treatment facility (MTF) providing care.

Some military treatment facilities have special buildings for family lodging; others do not. If available, lodging "on-post" at the military treatment facility is your best choice. You can be close to your Marine and stay free of charge. The length of time for which you can stay will vary depending on your Invitational Travel Orders and the needs of your recovering Marine.

Fisher Houses are a great option at many military treatment facilities in the United States. Fisher Houses are large homes with private suites, built and sponsored by a non-profit organization that supports the families of wounded, ill, and injured service members.

If lodging on the installation or the Fisher House is filled, you will be referred to a local hotel. This sometimes is referred to as "off-post" or "off-campus" lodging. You can be placed on a waiting list for on-post lodging and notified when a room becomes available.

I brought my children with me—is childcare available on site?

If you brought your child or children, you will probably need child care. In some circumstances, children may not be allowed or appropriate in hospital rooms. At other times, you may simply need a break. Many families have this need, so most military treatment facilities provide child care during certain hours and for children within a certain age range. Speak to the local FRO/FSC about the child care center or other choices in your area.

For military child care, you must have proof of immunization for each child. If you didn't bring this with you, contact your pediatrician's office or someone else at home and have them send it. Then you can begin to take advantage of military child care while you attend to the needs of your WII Marine.

How can I get around?

Transportation should not be a problem during your stay. Most of the resources needed are available on the hospital campus. The local FRO/FSC can provide you with more information if you would like to leave the grounds.

Where can I go for help?

A team of trained professionals will be assigned to help you. A list of these people can be found in a separate Care Team Roles and Responsibilities Fact Sheet. Each military treatment facility will have a Family Assistance Center or a room with a similar name. It will probably have computers you can use to send e-mail or conduct research on the Internet, and phones you can use to stay in touch with loved ones far away. Most importantly, there will be people there to answer your questions. You can also find a wealth of information online at the National Resource Directory (NRD). The NRD can be found online at www.nationalresourcedirectory.org.

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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