

Respite for Heroes at Home

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The Freedom Trail to Respite
2013 National Lifespan Respite Conference
Boston, MA
October 15 – 17, 2013

About Easter Seals



- Established in 1919
- Largest health charity in US, with 550+ service sites
 - Also provide services and supports in Puerto Rico, Canada, Mexico and Australia
- Premier nonprofit provider of services for people with disabilities and other special needs and their families, working to create a world of inclusion, empowerment and independence.
- Support individuals with all disabilities across the lifespan with expertise in:
 - Young children
 - Mobility/transportation
 - Youth transitioning from school to work
 - Adults & seniors with disabilities
 - Military service members, Veterans & their families

Easter Seals: Helping Veterans Since WW II



Coast Guard



Air Force



Marines



Navy



Army



Military & Veterans Initiatives



- Expanding services and reaching out to returning military, Veterans, their families and families of the fallen to assure they receive the services they need, when they need them.
 - Community OneSource™
 - (866) 423-4981 or veterans@easterseals.com
 - One access point to needed resources
 - Veteran job training and employment programs
 - The Dixon Center
 - www.thedixoncenter.org

"From his tireless work in the Pentagon to the emergence of Dixon Center, Col. David Sutherland inspires and encourages all of us to break down the silos and never forget to put the Veteran first." -- Admiral Michael Mullen, U.S. Navy (Retired)

- Military/Veteran Caregiver Training & Support

Veteran Caregivers Overview



- National Alliance for Caregiving
 - Caregivers of Veterans – Serving on the Homefront (Nov. 2010)
 - www.caregiving.org
 - <http://www.youtube.com/watch?v=RV0pWd7x5YM&feature=related>
 - There are over 23 million Veterans in the U.S.
 - Purpose of the Study: To assess the experiences and challenges of family caregivers of veterans as well as the impact of caregiving on the their lives and what programs and services would support and assist them.
 - Methodology:
 - Six focus groups in Bethesda, MD, San Antonio, TX, and San Diego, CA
 - In-depth interviews with 42 caregivers of veterans
 - On-line and paper survey of 462 caregivers of veterans



Veteran Care Recipient Condition

Top reasons stated by caregivers of veterans for recipients need care:

- 80% report comorbidity
- 70% Mental Illness (depression, anxiety)
- 60% PTSD
- 29% Traumatic Brain Injury
- 28% Diabetes
- 20% Paralysis or Spinal Cord Injury



Burden and Caregiving Activities

- 65% are in a high burden of caregiving situation versus 31% nationally due to assistance with all Activities of Daily Living (dressing, bathing, feeding, toileting)
- Most caregivers of Veterans report spending at least 21 hours per week helping the veteran.



Challenges of Caregiving

- Not knowing what to expect medically with the Veteran's condition
- Not being aware of VA services that could help
- Not knowing how to address PTSD or mental illness
- Difficulties getting through the bureaucracies in order to obtain services
- Not knowing where to obtain financial assistance
- Not knowing where to turn to arrange a break from caregiving
- Not knowing where to obtain specialized care



Information Sources

Word of mouth is source of information caregivers most commonly turn to when they look for caregiver resources

- 63% report that word of mouth is very or somewhat helpful

Other sources:

- VA Health Administration (43% found helpful)
- VA Benefits Administration (41% found helpful)
- Non-VA health providers (73% found helpful)

Caregiver Support



National Veteran Caregiver Training Program:

- Initiating 3rd year of multi-modal training for Caregivers of Veterans with disabilities (English/Spanish) thru contract with VA
- Supported over 15,000 Caregivers to date
- National Partners (Atlas Research, National Alliance for Caregiving, Family Caregiver Alliance, Axiom Resource Management, and National Alliance for Hispanic Health)

USO Caregiver Training:

- Developed and providing 4 training modules for active military Caregivers (English/Spanish)

Corporation for National & Community Service:

- Partnership with University of Maryland
- 7 module training for over 500 AmeriCorps volunteers across the US providing respite care for service members/veterans & their families.

VA NVCTP Statistics – Sept. 2013



As of Sept. 19th

- Over 15,000 total referrals received from VA Caregiver Support Coordinators
- 14,324 Caregivers submitted completed final self-assessments
 - Workbook = 5,330
 - Online = 8,834
 - 61 (two day) classroom sessions held
 - 517 Caregivers attended
 - 8 classes in Spanish with 112 Caregivers in attendance

Overview



Easter Seals (under contract with the University of Maryland) developed training resources for their Legacy Corps initiative – funded through the Corporation for National and Community Service.

Materials were designed to introduce core concepts related to military culture for AmeriCorps Members who were to provide valuable respite support for service members/Veterans and their families.

Easter Seals has adapted these resources for the broader aging network (who are increasingly providing support to wounded warriors and their families, but may lack familiarity with military cultures and values.)

Military Culture module and related training materials – shared today.

Military Culture module



- Facilitator Instructions
 - Summary & Learning Objectives
 - Materials/Equipment Needed
 - Preparation
 - Session Flow
 - Handouts
 - Additional Resources
 - Respite Scenario(s) with Discussion Questions
 - Knowledge Check/Answer Key
- PowerPoint slide deck
 - Facilitator Talking points
- Participant Handbook

At conclusion of training, participants should be able to:

- Understand the basic structure, history and size of branches of military, including the distinction between active duty, Reserve or National Guard
- Understand the basic structure, history and size of the Department of Veterans Affairs
- Identify major historical military conflicts experienced by service members and Veterans served by respite volunteers
- Know key military values and beliefs of service members and veterans
- Know where to turn for additional information regarding military culture

- Since 1775, largest and oldest military service branch
- Main ground force of United States
- Comprised of active duty and Reserves
- Army Reserve managed by federal government
- Army National Guard managed by each state
- Army National Guard used during natural disasters when Governor of state declares state of emergency

www.army.mil



Navy



- U.S. Navy is largest fleet in the world
- Mission is to preserve the freedom of the seas
- Active duty and Reserves

www.navy.mil



Image Credit: Spirit of America / Shutterstock.com

Marines



- Called the “infantry of the Navy”
- Known for ability to respond on short notice
- Use U.S. Navy for logistical and administrative support
- Specialize in amphibious operations
- Maintain active duty component and reservist component

www.marines.mil



Air Force



- Established in 1947
- Aerial warfare branch
- Previously part of Army
- Mission is to fly, fight and win the air, space, and cyberspace
- Has active duty component and reservist component
 - Air Force Reserves
 - Air National Guard
- Air National Guard serves as state's air force militia

www.af.mil



Coast Guard



- Since 1790 have safeguarded U.S. maritime interests
- Smallest branch of military
- Has active duty and reserves
- Previously part of U. S. Department of Transportation
- In 2003 transferred to Department of Homeland Security
- During wartime, Coast Guard reports to U.S. Navy

www.uscg.mil



Department of Veteran Affairs



- Established in 1930 by Congress to provide benefits and services to service members when discharged
- 1989 elevated to cabinet level office
- Administered through three organizations
 - Veterans Benefit Administration
 - National Cemetery Administration
 - Veterans Health Administration

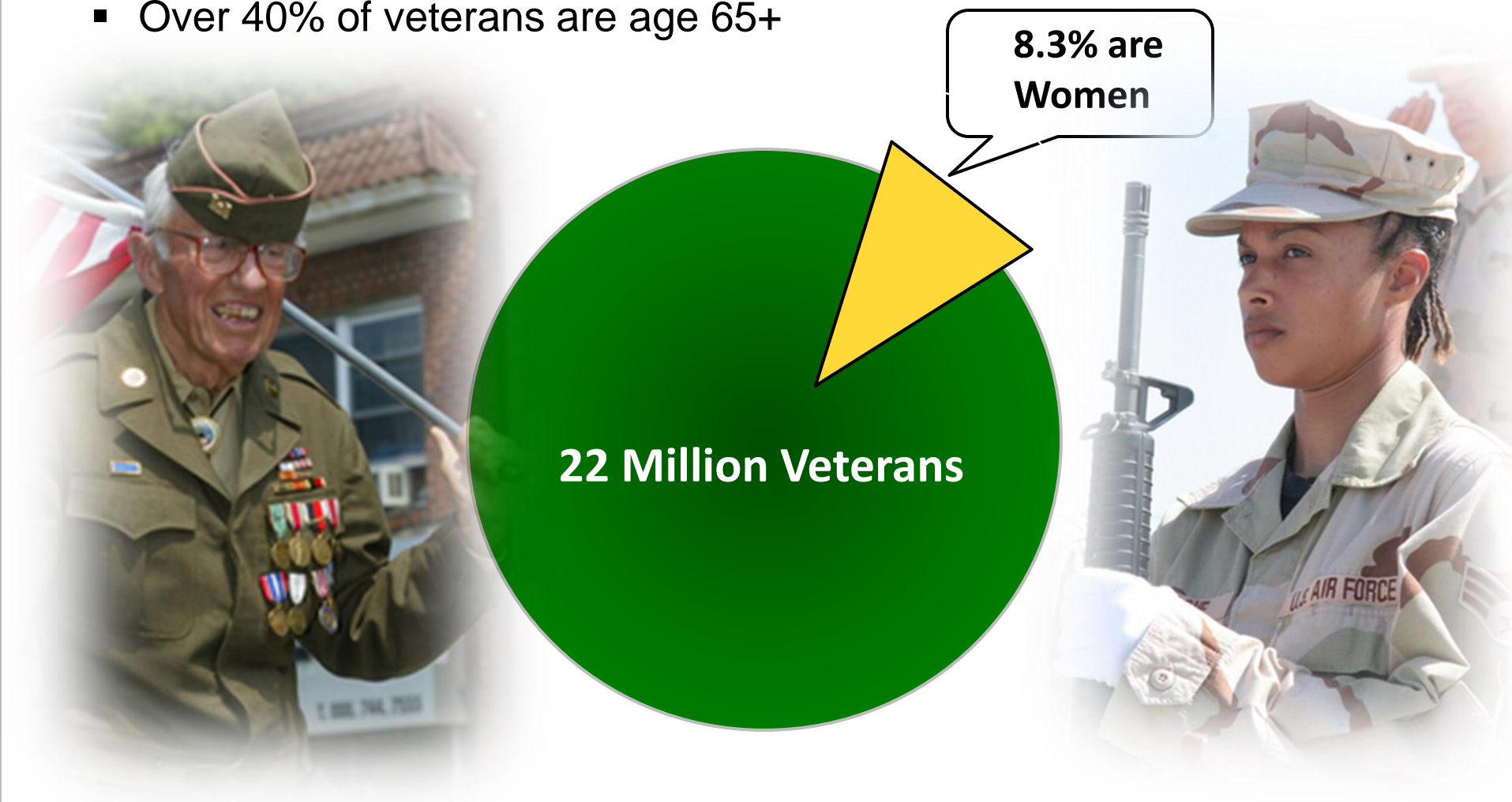
www.va.gov



Variety of Veterans



- Veterans have served in different branches and military conflicts
- Over 40% of veterans are age 65+



Armed Conflicts Across Generations

A white flipchart with a silver metal stand, positioned on the left side of the slide. The flipchart has a white sheet of paper with the title "Flipchart Activity" written in green.

Flipchart Activity

- Armed conflicts represented on a flip chart
 - World War II (1939 – 1945)
 - Korean War (1950 – 1953)
 - Vietnam War (1961 – 1973)
 - Gulf War (1991)
 - Operation Enduring Freedom (Afghanistan) – (2001 – present)
 - Operation Iraqi Freedom (2003 – 2010)
 - Operation New Dawn (Iraq) – (2010 – present)
- Write your thoughts about that conflict on the flip chart
- As each conflict is discussed, take notes in your Workbook

Warrior Ethos

WARRIOR ETHOS

I will always place the mission first

I will never accept defeat

I will never quit

I will never leave a fallen comrade



Respite Scenario Activity



- Form groups of 3 – 6 participants
- Read the scenario
- Discuss each question in group
- Write answers to questions
- Be prepared to share with class



Additional Resources & References



Branches of the U.S. Military

- U.S. Army – www.army.mil
- U.S. Navy – www.navy.mil
- U.S. Marine Corps – www.marines.mil
- U.S. Air Force – www.af.mil
- U.S. Coast Guard – www.uscg.mil

Military Ranks for all Branches of Service

- www.militaryfactory.com (see military ranks)
- www.vaughns-1-pagers.com (in politics section)

Additional Resources & References



Reading list

- The Greatest Generation, (World War II)
- The Long Walk: A Story of War and Life that Follows, (Iraq)
- Frank and Me at Mundung-Ni: A Korean War Memoir, (Korean War)
- The Killing Zone: My Life in the Vietnam War, (Vietnam War)
- Unbroken: A World War II Story of Survival, Resilience and Redemption, (World War II)
- From Desert Storm to Iraqi Freedom: One Soldier's Story, (Gulf War & Operation Iraqi Freedom)

Seven Training Modules + Glossary



- Military Culture
- Home Life and Family Issues
- Veteran Personal Care
- Amputation, Burn Injuries, and Blindness/Visual Impairment
- Depression, Substance Abuse & Suicide Prevention
- Traumatic Brain Injury, Post-Traumatic Stress, & Alzheimer's Disease
- Privacy, Legal & Financial Issues
- Glossary of Military Terms

Partnering to create online learning modules



Contact Information



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EASTER SEALS NEW HAMPSHIRE



Easter Seals NH has been operating for over 75 years and has a vast array of services that include -

Early Intervention	Child Care	Autism Services
Caring Companions	Senior Services	Adult Day Services
Community Based Services		Workforce Development
Camping and Recreation		Special Education
Transportation	Dental Clinic	Substance Abuse Programs
Military and Veterans Services	DCSCCP	

Easter Seals NH is the largest Easter Seals and includes ESME, ESNY, ESRI, ESVT and Coastal Fairfield County, CT

Military and Veterans Services



Deployment Cycle Support Care Coordination Program-

A Military-Civilian Partnership supporting Veterans, Service Members and their families.

Service Members, Veterans and Family Members that enroll in the program are assigned a Care Coordinator to assist with:

- Planning for family needs before, during and after deployment
- Dealing with challenges of reintegration, relationships, education, employment
- Identifying and accessing supports that include counseling, child care, respite, budgeting and financial management.

Program is FREE-CONFIDENTIAL-LOCAL

Military and Veterans Services



Respite for Military Members, Veterans and their Families

Through the Military and Veterans Services program, Respite and Transportation assistance was provided through Legacy Corps by volunteers that were screened and trained prior to providing service.

Volunteers were recruited through a variety of outlets and emphasized military connection of any kind (family member, significant other or themselves having been in the military)

Screening included reference checks, criminal and motor vehicle background checks, National Sex Offender Registry clearance, FBI clearance (fingerprinting)

Military and Veterans Services



Training included-

Agency trainings

Military Culture Training

First Aid/CPR

Caring Companions-Senior Care training (overview of Senior related issues- Dementia, Alzheimers, Boundaries, Challenging Behavior, Diabetes, Fall Prevention, HIPAA, Elderspeak, Mental Health, Self Care for the Caregiver)

Traumatic Brain Injury Training

Patient/Client Rights

Defensive Driving

Reporting Issues/Concerns

Military and Veterans Services



It was important to have volunteers with a military connection of some sort. This made the services provided more relevant. Some of the volunteers were veterans or some had family members who served in the military of any era, any conflict.

Much of the training included open discussion regarding the issues of caregiving for veterans and the importance of the respite that those families needed. As volunteers came back for training/discussion, the experiences each volunteer would relate were valuable to the entire group.

VIDEO

Caregivers of Veterans -- Serving on the Homefront
Report of Study Findings, November 2010
Conducted by the National Alliance for Caregiving