

**Resources for Caregivers and Veterans\***  
**San Diego, California**

**AMVETS – [www.amvets.org](http://www.amvets.org)**

AMVETS (or American Veterans) has a proud history of assisting veterans and sponsoring numerous programs that serve our country and its citizens. The helping hand that AMVETS extends to veterans and their families takes many forms. One of the most visible is AMVETS' network of trained national service officers (NSOs) accredited by the Department of Veterans Affairs. Funded by the AMVETS National Service Foundation, these men and women can be found in close to 40 states, providing advice and prompt action on compensation claims at no charge to the veteran. Information about NSOs can be found at [www.amvets.org/service/national\\_service\\_officers.html](http://www.amvets.org/service/national_service_officers.html) .

**Blinded Veterans of America – [www.bva.org](http://www.bva.org)**

BVA employs seven full-time staff members as Field Service Representatives. The Reps have been strategically placed in different geographical areas throughout the United States. Their goal is to locate and assist blinded veterans in overcoming the challenges inherent in sight loss. The Southern CA Field Service Representative is Earl Ivie and can be contacted by e-mail at [bvivee1@va.gov](mailto:bvivee1@va.gov).

**California Statewide Collaborative for our Military and Families—  
[www.rebuildhope.org/casc.php](http://www.rebuildhope.org/casc.php)**

This Collaborative is a strong voice advocating for a wholistic, compassionate continuum of services, treatment and care for service members, veterans, families, care givers and care providers. The Collaborative provide a forum to share information and education, raise awareness, focus outreach and promote strategic partnerships that will streamline and improve access to health and human services. They achieve this goal by building fully integrated partnerships of Federal, State, Local and Community in support of our Military and Families. The Collaborative can be reached at by contacting MaryEllen Salzano at [maryellen\\_salzano@yahoo.com](mailto:maryellen_salzano@yahoo.com); 408-779-6916 or 408-489-0911 (cell).

**Coalition to Salute America's Heroes – [www.saluteheroes.org](http://www.saluteheroes.org)**

The Coalition to Salute America's Heroes is the leading non-governmental provider of emergency financial relief to wounded soldiers from Operation Enduring Freedom/Operation Iraqi Freedom and their families. The Coalition partners with corporate sponsors, individual contributors, and volunteers to provide a simple and

\*This list is intended to provide caregivers of veterans with helpful information about agencies and organizations that provide support, education, resources, and other services to veterans and families. This is not an exhaustive list. There are literally 100s or organizations that support veterans and families in a variety of different ways. The National Alliance for Caregiving does not endorse or receive funding from any organizations included on this list.

meaningful way for individuals and corporations to help these veterans and their families rebuild their lives.

**Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) – [www.dcoe.health.mil/](http://www.dcoe.health.mil/)**

DCoE is the open front door of the Department of Defense for warriors and their families needing help with psychological health and TBI issues, promoting the resilience, recovery and reintegration of warriors and their families. The web site includes information and resources for families and caregivers at [www.dcoe.health.mil/ForFamilies.aspx](http://www.dcoe.health.mil/ForFamilies.aspx).

**Disabled American Veterans – [www.dav.org](http://www.dav.org)**

The 1.2 million-member Disabled American Veterans (DAV) is a non-profit charity dedicated to building better lives for America's disabled veterans and their families. The DAV's members provide grassroots advocacy and services in communities nationwide. From educating lawmakers and the public about important issues to supporting services and legislation to help disabled veterans — the DAV is there to promote its message of hope to all who have served and sacrificed. DAV has National Transition Officers who can provide guidance for those making the transition to civilian life. The National Transition Officer in San Diego can be contacted at 858-689-9637.

**Easter Seals – [www.easterseals.org](http://www.easterseals.org)**

Easter Seals' Military and Veterans Initiative responds to the needs of veterans with disabilities and their families. As the largest provider of disability-related services to individuals with disabilities and their families, Easter Seals is positioned to offer military and veterans systems of care with viable options to support and augment current reintegration efforts. Easter Seals provides veterans with disabilities and their families services and supports that strengthen and stabilize as they transition to civilian status and the civilian workforce. The website for the Southern CA Chapter of Easter Seals is [http://southernca.easterseals.com/site/PageServer?pagename=CALA\\_homepage](http://southernca.easterseals.com/site/PageServer?pagename=CALA_homepage)

**Fisher Houses – [www.fisherhouse.org](http://www.fisherhouse.org)**

Fisher Houses provide transitional housing for families at the following two locations the San Diego area:

- West Los Angeles VA, CA
- San Diego Naval Medical Center, CA

**Give An Hour™ – [www.giveanhour.org](http://www.giveanhour.org)**

Give An Hour's mission is to develop national networks of volunteers capable of responding to both acute and chronic conditions that arise within our society. The first target population is the U.S. troops and families who are being affected by the current military conflicts in Afghanistan and Iraq. Give an Hour™ has a network of mental health professionals nationwide who literally donate an hour of their time each week to provide free mental health services to military personnel and their families.

**Iraq and Afghanistan Veterans of America – [www.iava.org](http://www.iava.org)**

IAVA is the nation's first and largest group dedicated to the improving the lives of Troops and Veterans of the wars in Iraq and Afghanistan, and the civilian supporters, including caregivers, of those Troops and Veterans. IAVA addresses critical issues facing new veterans and their families, including mental health injuries, a stretched VA system, inadequate health care for female veterans, and GI Bill educational benefits. IAVA also provides valuable resources and empowers veterans to connect with one another, fostering a strong and lasting community.

**National Alliance of Mental Illness (NAMI) – [www.nami.org](http://www.nami.org) and San Diego Chapter at [www.namisandiego.org](http://www.namisandiego.org)**

At the heart of NAMI San Diego's mission is the sharing of information and striving to end the stigma associated with mental illness. To this end, NAMI San Diego offers a Helpline, support groups, educational meetings, newsletters, a lending library, and a number of classes on mental illness held at various locations throughout San Diego County.

**National Military Family Association (NMFA)— [www.militaryfamily.org](http://www.militaryfamily.org)**

The mission of NMFA is to educate military families concerning their rights, benefits and services available to them and to inform them regarding the issues that affect their lives and to promote and protect the interests of military families by influencing the development and implementation of legislation and policies affecting them. NMFA has been in the vanguard of advocacy for improvements in the quality of military family life.

**National Resource Directory – [www.nationalresourcedirectory.gov](http://www.nationalresourcedirectory.gov)**

The National Resource Directory provides online support and access to over 10,000 services and resources for veterans and families, including an extensive list of Veteran Service Organizations.

**Operation First Response (OFR) – [www.operationfirstresponse.org](http://www.operationfirstresponse.org)**

OFR provides financial assistance to veterans and their families. OFR financial aid varies as each case is based on individual needs ranging from rent/mortgage payments, payment of overdue utilities, vehicle payments and repairs, groceries, clothing, air transportation, ground transportation which includes taxi rides to and from airports, dollars given to purchase gas for traveling by car to medical facilities and train tickets, and personal requested items by service members and their families.

**Operation Homefront— [www.operationhomefront.net/texas](http://www.operationhomefront.net/texas)**

The mission of Operation Homefront is to provide emergency financial and morale assistance to our troops who are deployed, the families they leave behind and wounded warriors when they return home. Operation Homefront provides much financial assistance and morale services to many caregivers of our wounded warriors and veterans. This organization also provides transitional housing for wounded warriors and their families through its Operation Homefront Village.

**Paralyzed Veterans of America – [www.pva.org](http://www.pva.org)**

Paralyzed Veterans of America works to maximize the quality of life for its members and all people with spinal cord injuries/disabilities (SCI/D) as a leading advocate for health care, SCI/D research and education, veterans' benefits and rights, accessibility and the removal of architectural barriers, sports programs, and disability rights. PVA is the only Congressionally chartered veterans organization dedicated solely to serving the needs of SCI/SCD veterans. The "Caregivers Circle" on the PVA website: [www.pva.org/site/PageServer?pagename=support\\_caregivers\\_circle](http://www.pva.org/site/PageServer?pagename=support_caregivers_circle) The web site for the San Diego chapter of PVA is [www.caldiegopva.org/](http://www.caldiegopva.org/).

**Quality of Life Foundation – [www.qualityoflifefoundation.org](http://www.qualityoflifefoundation.org)**

Their report, "Wounded Warrior Family Care Report," includes helpful information for caregivers about governmental and non-governmental resources.

**Rebuilding Together – [www.rebuildingtogether.org](http://www.rebuildingtogether.org)**

Rebuilding Together's Veterans Housing Program was created to meet the growing needs of veterans from past and present wars. Rebuilding Together fills the gaps in modifications and repair services that retired and active service men and women struggle to meet. In partnership with corporate sponsors, Rebuilding Together's Veterans Housing strives to provide safe and accessible housing for all low-income veterans. Contact the San Diego chapter at [pamela@rebuildingtogethersd.org](mailto:pamela@rebuildingtogethersd.org).

Page 4 of 6

\*This list is intended to provide caregivers of veterans with helpful information about agencies and organizations that provide support, education, resources, and other services to veterans and families. This is not an exhaustive list. There are literally 100s of organizations that support veterans and families in a variety of different ways. The National Alliance for Caregiving does not endorse or receive funding from any organizations included on this list.

conflicts, to serve our veterans, the military, and our communities and to advocate on behalf of all veterans. Their vision for tomorrow: Ensure that veterans are respected for their service, always receive their earned entitlements, and are recognized for the sacrifices they and their loved ones have made on behalf of this great country.

**Veterans of Modern War— [www.vmwusa.org/index.php/about-vmw](http://www.vmwusa.org/index.php/about-vmw)**

Veterans of Modern Warfare is the nation's newest national Veterans service organization, focused on mutual assistance to Veterans with military service from 1990 - the time of the Persian Gulf War that ushered in a new era of modern warfare - through the present, including the Wars in Iraq and Afghanistan.

Page 5 of 6

\*This list is intended to provide caregivers of veterans with helpful information about agencies and organizations that provide support, education, resources, and other services to veterans and families. This is not an exhaustive list. There are literally 100s of organizations that support veterans and families in a variety of different ways. The National Alliance for Caregiving does not endorse or receive funding from any organizations included on this list.