



# Women Veteran, their Spouses, Caregivers & Family Members Resource List

MILITARY & VETERANS SERVICES  
[www.easterseals.com](http://www.easterseals.com)

The number of active duty military women is increasing. It is estimated that 15% of all US Veterans by 2020 will be women veterans. Veteran women appear to have health needs that can differ from those of veteran men because of many factors including different types of military experiences, the increased prevalence of certain conditions in women, different manifestations of disease in women as compared with men, and gender-specific issues that solely affect women. Please note that Easter Seals, Inc., may not be directly associated with the organizations listed below. The links are for informational purposes only.

## **FOR WOMEN VETERANS, SPOUSE, CAREGIVERS AND ADULT FAMILY MEMBERS (BOOKS, ARTICLES, HEALTH & WELLNESS, AND BENEFIT INFORMATION):**

~**Women Veterans Campaign:** <http://www.va.gov/womenvet/>

The Center for Women Veterans is leading a Women Veterans Campaign. The Campaign consists of forums, sessions, and workshop events. Events showcase benefits and services for women Veterans.

~**Women Veterans Health Care:** <http://www.womenshealth.va.gov/>

Every VA Medical Center has a Women Veterans Program Manager. There are many benefits of the Women Veterans Program. Women veterans who have received an honorable or general under honorable discharge from the military may be eligible for care. Health Awareness Campaigns: Sexual Trauma. Women Veterans Health Care has created materials to raise awareness of sexual trauma and resources for treatment.

~**American Women Veterans:** <http://americanwomenveterans.org/home/>

American Women Veterans Foundation is working to develop a multi-pronged approach to help servicewomen, veterans and their families. At this time and with our limited organizational funding, our efforts have been focused toward cost efficient, yet effective programs.

~**Department of Labor-Women Veterans:** <http://www.dol.gov/vets/womenveterans/>

The Department of Labor (DOL) is committed to expanding opportunities for all American workers. DOL are helping veterans (or transitioning service members) to take what they've learned protecting our Nation and put it to use at home. They are working with women veterans who trying to achieve economic parity with men.

~**Iraq and Afghanistan Veterans of America (IAVA):** [http://media.java.org/IAVA\\_WomensReport\\_2009.pdf](http://media.java.org/IAVA_WomensReport_2009.pdf)

A report written by Erin Mulhall, Deputy Policy Director of Research, IAVA. Mulhall addresses the challenges women face during and after military service.

~**Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE):** <http://vets.syr.edu/education/v-wise/>

Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE), offered in cooperation with the U.S. Small Business Administration (SBA), provides the tools women veterans, active duty and female family members need to become successful entrepreneurs.





# Women Veteran, their Spouses, Caregivers & Family Members Resource List

---

MILITARY & VETERANS SERVICES  
[www.easterseals.com](http://www.easterseals.com)

~**Institute for Veterans and Military Families, Syracuse University:**

<http://vets.syr.edu/wp-content/uploads/2013/07/Women-Homelessness-SummaryFinal.7.3.13.pdf>

As the first institute of its kind in the nation, the Institute for Veterans and Military Families at Syracuse University (IVMF) hosted the National Summit on Women Veteran Homelessness brought together noted researchers, policy and practice experts, and women veterans with the lived experience of homelessness in a day and a half of facilitated dialogue sessions.

## **FOR KIDS AND TEENS OF MILITARY AND VETERANS (BOOKS, ARTICLES, HEALTH & WELLNESS, AND BENEFIT INFORMATION):**

~**Hero Mom Hardcover (2013) by Melinda Hardin:** The moms in the book are superheroes. They may not leap over tall buildings, and they may not have super-human speed. But these moms construct buildings, fly planes, and make tanks roll. They do all kinds of things to help create a safer world. These superheroes are moms...Military moms!

~**Momma's Boots Paperback (2010) by Sandra Miller Linhart:** Momma's Boots is a loving description of a few quiet moments between a mother and her child, as Momma prepares to deploy for her job with the military.

~**My Air Force Mom Paperback (2007) by Mary Lee:** 'My Air Force Mom' shows children that the military offers careers to women as well as men. It gives military moms and dads a book to help their young children begin to understand military life. 'My Air Force Mom' gives civilian parents a tool to explain mysteries of military life to their children. Answers to a child's curiosity are found in 'My Air Force Mom.'

~**Sometimes we were Brave (2010) by Pat Brisson:** This is the story of a family who copes with mom's deployment to sea. This shares the experience and challenges of having a mother serve on a ship regarding to responsibilities and opportunities that it brings to development strong character traits.

~**Finding My Way (2005) by Michelle D. Sherman, Ph.D., DeAnne M. Sherman:** A unique, three-part book that honestly and gently addresses key issues in dealing with a parent who has experienced trauma. An important resource for anyone working with teens, this interactive book includes clear information and opportunities for self-expression.

### **EMERGENCY Numbers to know:**

National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or [Live Chat](#).

Veterans Crisis Line: 1-800-273-8255 [and Press 1 or Confidential Live Chat](#).

If you have additional resources that will benefit caregivers of women veterans please feel free to send the information to [militarycaregivers@easterseals.com](mailto:militarycaregivers@easterseals.com).

