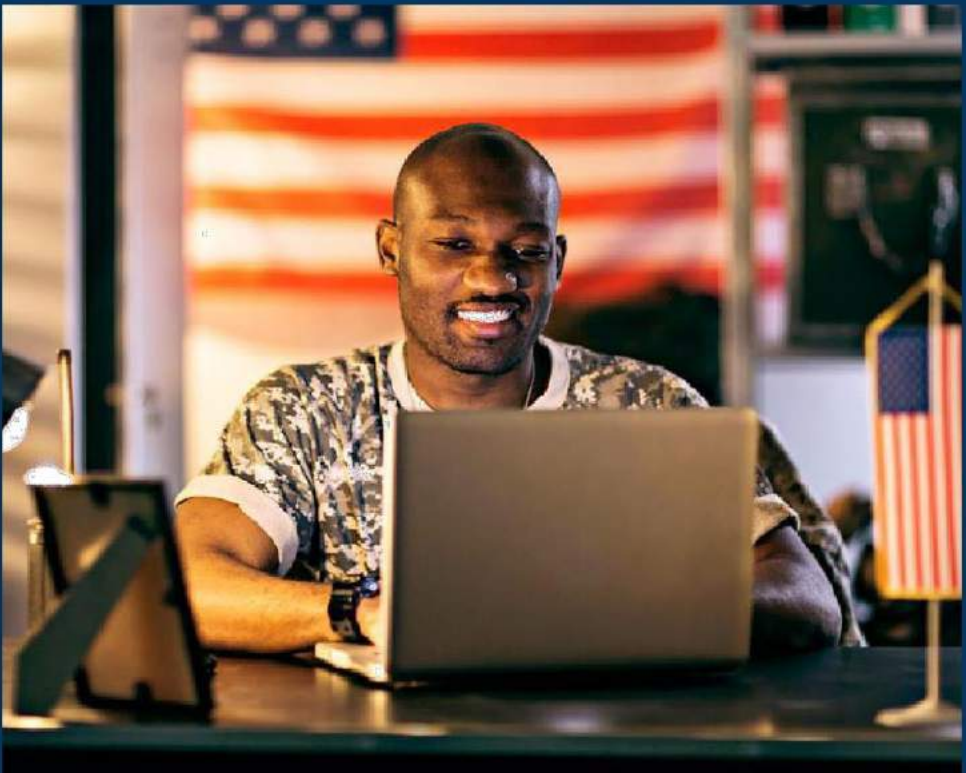


**BLUE STAR**  
CAREGIVERS

# Online Resources Every Veteran Should Know About

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# Introduction

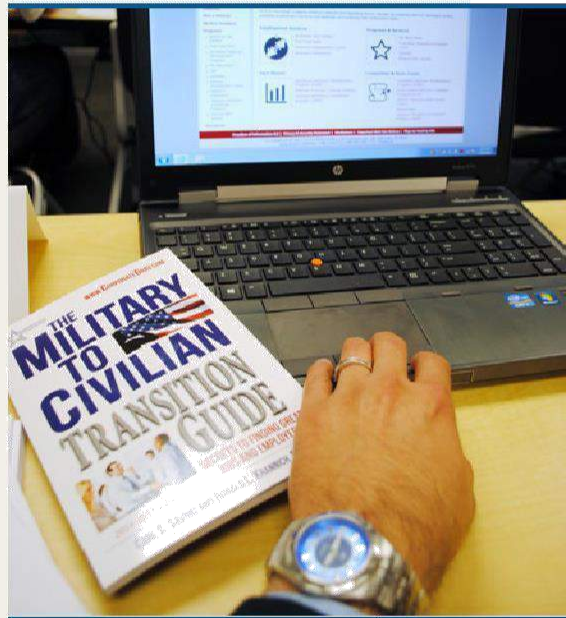
No one understands a veteran like another veteran. It is critical for veterans and their family members to connect with information and resources to help them confront the challenges of transitioning from service, face health issues or navigate the complexities of daily life as a civilian.

“I have seen over and over again how important it can be for a veteran to hear a message from another veteran,” says former Secretary of Veterans Affairs Eric K. Shinseki.

Veterans service officers and veterans and military service organizations are just some of the ways for veterans and their families to explore the services and resources that may help them live more fulfilling lives. There are also many organizations that support and websites that are about veterans but do not qualify

as congressionally chartered veterans service organizations or veterans service organizations not congressionally chartered or recognized by the Department of Veterans Affairs (VA).

This book provides links to the top veteran-based websites for seniors, covering everything from benefits and careers to education and health care.



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## CHAPTER 1

# Benefits

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Make the most of your benefits with help and information from these sites.

## American Veterans Aid

[americanveteransaid.com](http://americanveteransaid.com) 

American Veterans Aid was started in 2010 by a war-era veteran after discovering from other veterans that they were having a hard time getting VA benefits. Since then, American Veterans Aid (AVA) has helped more veterans and their surviving spouses apply for and receive the Aid & Attendance benefit than any other company in the U.S.



## eBenefits

[ebenefits.va.gov](http://ebenefits.va.gov) 

eBenefits is a joint VA and Department of Defense web portal that provides resources and self-service capabilities to service members, veterans and their families to apply, research, access and manage their VA and military benefits and personal information through a secure internet connection. New features are added regularly.

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## CHAPTER 1: BENEFITS

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### Senior Veterans Inc.

[seniorvet.org](https://seniorvet.org) 

The mission of Senior Veterans is to assist senior veterans, their spouses and widows secure the VA's non-service connected disability pension, frequently referred to as Aid & Attendance. This benefit is a tax-free financial supplement offered through the Department of Veterans Affairs.

### VeteranAid.org

[veteranaid.org](https://veteranaid.org) 

VeteranAid.org assists veterans and their families with the Aid & Attendance benefit application process. VeteranAid.org also offers resources to help seniors and their families find the senior living service that is right for them.

## CHAPTER 2

# Careers

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These sites can connect you with educational, job training and job placement organizations.

## CareerOneStop

[careeronestop.org](https://careeronestop.org) 

Sponsored by the U.S. Department of Labor, the Veteran and Military Transition Center is a one-stop shop for transitioning service members looking for employment, training or financial assistance. You'll find resources to help you match your

military skills and experiences to civilian careers, search for jobs in your local area or across the United States, and learn about and access other benefits for veterans.

## Feds Hire Vets

[fedshirevets.gov](https://fedshirevets.gov) 

The U.S. Office of Personnel Management's government-wide veterans employment website

is a critical component of the federal government's strategy for the recruitment and employment of veterans. A one-stop resource for federal veteran employment information, the website provides consistent and accurate information and useful training and other resources in a way that will inform both the applicant and the hiring agency.



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## G.I. Jobs

[gijobs.com](http://gijobs.com) 

Since 2001, G.I. Jobs has been the premier brand in military recruitment, offering articles, tips and online tools to help military transitioners explore different career and post-secondary education options. The website provides specific how-to advice on everything from choosing a college to writing a résumé to interviewing.

## Helmetstohardhats

[helmetstohardhats.org](http://helmetstohardhats.org) 

Helmetstohardhats is a national nonprofit program that connects National Guard, Reserve, retired and transitioning active duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.

## Hire Heroes USA

[hireheroesusa.org](http://hireheroesusa.org) 

Hire Heroes USA provides free, expert career coaching and job sourcing to more than a thousand transitioning U.S. military members, veterans and military spouses each week. As a national nonprofit, Hire Heroes USA has helped more than 17,000 veterans and military spouses move into new careers, generating an economic impact of \$200 million.

## HireVeterans

[hireveterans.com](http://hireveterans.com) 

Recognized by industry experts as a leader, HireVeterans

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## CHAPTER 2: CAREERS

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offers employers access to résumés and job postings so that they can reach prospective employees. For U.S. veteran job seekers, HireVeterans offers the very best and relevant jobs offered by world-class companies in the U.S. and abroad.

### **Job Accommodation Network**

[askjan.org](http://askjan.org) 

The Job Accommodation Network (JAN) is the leading source of free, expert and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace.

### **MilitaryHire.com**

[militaryhire.com](http://militaryhire.com) 

MilitaryHire.com was developed and is maintained by a team of both military veterans and corporate hiring authorities who have worked hard to create a network where former military personnel can seek careers and utilize their professional skills. The mission is to serve those who have served by connecting veterans of America's armed forces with employers who value their experience and skills.

### **Military Veteran Solutions**

[militaryveteransolutions.com](http://militaryveteransolutions.com) 

Military Veteran Solutions connects honorably discharged veterans and transitioning service members with highly reputable educational, job training and job placement organizations.

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## My Next Move for Veterans

[mynextmove.org/vets](https://mynextmove.org/vets) 

My Next Move for Veterans is designed for U.S. veterans who are current job seekers. The interactive tool helps vets learn about their career options. The site has tasks, skills, salary information, job listings and more for more than 900 careers. Veterans can find careers through keyword search, by browsing industries that employ different types of workers or by discovering civilian careers that are similar to their job

in the military. Veterans can also take advantage of the O\*NET Interest Profiler, a tool that offers personalized career suggestions based on a person's interests and level of work experience.

## National Veteran-owned Business Association

[navoba.com](https://navoba.com) 

More than 3 million men and women who have defended the nation's freedoms by serving in America's armed forces have made the choice to start their own small businesses after their military service. The National Veteran-owned Business Association's (NaVOBA) mission is to create opportunities for all of America's veteran-owned businesses. *Vetpreneur* magazine is the only national publication in the country dedicated exclusively to covering the veteran-owned business movement. As the watchdog of the government, advocate to corporate America and journal connecting the community of vetpreneurs across the nation, NaVOBA and *Vetpreneur* is the voice of the veteran business movement.

## Operation: Job Ready Veterans

[ojrv.org/about](https://ojrv.org/about) 

Operation: Job Ready Veterans provides programs and services

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to ensure that veterans, military spouses and caregivers have the opportunity to realize their educational, employment and career goals.

## RecruitMilitary

[recruitmilitary.com](https://recruitmilitary.com) 

RecruitMilitary helps employers connect with America's best talent — its veterans. It offers its services free of charge to veterans and their spouses to support them during their job search. RecruitMilitary hosts the nation's largest single-source veteran database, with more than 1 million members, and publishes the nation's second-largest veteran hiring publication, *Search & Employ*® magazine.

## Veterans' Employment & Training Service

[dol.gov/vets/ahaw](https://dol.gov/vets/ahaw) 

The U.S. Department of Labor recognizes that employers can sometimes find it difficult to navigate the plethora of veterans hiring resources available to them. So a toolkit was developed to simplify the process and put valuable resources at their fingertips. It serves to pinpoint helpful tools and outline some important steps to take when designing a veterans hiring initiative that works for each particular business.

## Veteran Owned Business

[veteranownedbusiness.com](https://veteranownedbusiness.com) 

The Veteran Owned Business Project is a comprehensive, user-friendly member network directory of small, medium and large businesses owned by veterans, service-disabled veterans and active duty military, reservists and military spouses. Now, Americans in the United States and abroad have an easy way to proudly search for products and services that are unique in the fact that they are

all made by, sold by **CONTINUED** 

or serviced by United States military veteran business owners, service-disabled veteran business owners, active duty military business owners, military reservists and military/veteran spouse business owners.

## VetJobs

[vetjobs.com](https://www.vetjobs.com) 

VetJobs' services make it easy to reach transitioning military, National Guard, Reserve component members and veterans who have separated over the past several decades and, due to the services provided by VetJobs, are now productive members of the civilian workforce in all disciplines.

## CHAPTER 3

# Health Care

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Obtain information and resources about these health care issues with which many veterans struggle or are at risk.

## Asbestos.com

[asbestos.com/veterans](https://asbestos.com/veterans) 

Veterans in all branches of the military were exposed to asbestos, placing them at risk for mesothelioma and other asbestos-related diseases. Asbestos.com is a website and advocacy group that helps the victims of asbestos exposure and their loved ones. Free services include providing literature on asbestos and related diseases, providing access to an on-staff nurse, matching patients up with qualified doctors in their area, managing a support group for asbestos victims and their families, helping

veterans receive VA benefits for asbestos diseases, and educating the public about Social Security disability and legal options.

## American Gulf War Veterans Association

[gulfwarvets.com](https://gulfwarvets.com) 

The American Gulf War Veterans Association was established to obtain treatment for those service members and their families who experience symptoms collectively

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known as the “Gulf War Illness” and to obtain justice and compensation for all those affected by these illnesses.

## BrainLine

[brainline.org](http://brainline.org) 

BrainLine is a national multimedia project offering information and resources about preventing, treating and living with traumatic brain injury. BrainLine includes a series of webcasts, an electronic newsletter and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury. The site also offers specific information for service members, veterans, National Guard, Reserve, families and caregivers.

## Defense and Veterans Brain Injury Center

[dvbic.dcoe.mil](http://dvbic.dcoe.mil) 

The Defense and Veterans Brain Injury Center (DVBIC) is a part of the U.S. Military Health System. Specifically, DVBIC is the traumatic brain injury operational component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury. DVBIC’s mission is to serve active duty military, their beneficiaries and veterans with traumatic brain injury through state-of-the-science clinical care, innovative clinical research initiatives and educational programs, and support for force health protection services.

## National Center for PTSD

[ptsd.va.gov](http://ptsd.va.gov) 

The mission of the National Center for PTSD is to advance the clinical care and social welfare of America’s veterans and others who have experienced trauma or who suffer from post-traumatic

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stress disorder (PTSD) through research, education and training in the science, diagnosis and treatment of PTSD and stress-related disorders.

## Operation First Response

[operationfirstresponse.org](https://operationfirstresponse.org) 

The mission of Operation First Response is to serve all branches of the nation's wounded heroes and disabled veterans and their families with personal and financial needs. Services are provided from the onset of injuries or illness throughout their recovery period and along their journey from military life to the civilian world. Financial aid varies as each case is based on individual needs ranging from rent, utilities, vehicle payments, groceries, clothing and travel expenses.


## CHAPTER 4

# Housing

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Learn about housing resources available to veterans and their families from these sites.

## Fisher House Foundation

[fisherhouse.org](https://fisherhouse.org) 

Fisher House Foundation is best known for a network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving treatment. These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve. Fisher House Foundation also operates the Hero Miles program, using donated frequent flyer miles to bring



family members to the bedside of injured service members as well as the Hotels for Heroes program, using donated hotel points to allow family members to stay at hotels near medical centers without charge. The foundation also manages a grant program that supports other military charities and scholarship funds for military children, spouses, and children of fallen and disabled veterans.

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## The Veterans Site

[theveteranssite.greatergood.com/clickToGive/vet/home](http://theveteranssite.greatergood.com/clickToGive/vet/home)

The Veterans Site was born out of the desire to spread the word that a disproportionate number of veterans are homeless and to provide a way for everyone to help and honor those who have faithfully served our country and now need our support. The Veterans Site has partnered with charities across the nation to fund nutritious meals for homeless veterans.

## Veterans United

[veteransunited.com](http://veteransunited.com) 

Veterans United Home Loans is a dedicated VA lender. VA loans through Veterans United are mortgage loans partially guaranteed by the federal government. Veterans United Foundation is driven and supported by the employees of Veterans United Home Loans. It is committed to enhancing the lives of veterans and military families nationwide by supporting nonprofit organizations that strengthen local communities and honor the sacrifices of those who served. It also provides individual donations to current and former military members in need.



## CHAPTER 5

# General Resources

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These sites cover a wide range of issues related to veterans and their family members. Make use of the resources and information provided by these organizations and programs.

## Armed Services YMCA

[asymca.org](https://asymca.org) 

The Armed Services YMCA makes military life easier by providing programs and services to the young men and women of all five armed

services. It provides hands-on, innovative, specialized programs and support services to military service members and their families with a focus on junior-enlisted men and women. Programs are offered at low cost and require no dues or membership fees.



## Army Reserve Family Programs

[arfp.org](https://arfp.org) 

The Army Reserve Family Programs provides relevant and responsive programs and services

to soldiers, family members, command teams and civilians throughout the geographically dispersed Army Reserve community.

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## National Veterans Foundation

[nvf.org](http://nvf.org) 

The National Veterans Foundation serves the crisis management, information and referral needs of all U.S. veterans and their families through management and operation of the nation's only toll-free helpline for all veterans and their families; offers public awareness programs that shine a consistent spotlight on the needs of America's veterans; and delivers services that provide veterans and families in need with food, clothing, transportation, employment and other essential resources.

## OnBehalf

[onbehalf.org](http://onbehalf.org) 

Since 2007, OnBehalf has served as a way for Americans to give back to other combat-wounded vets of Iraq and Afghanistan as well as families of the fallen. Contributions have provided cash for eligible military families, and the Thank a Vet Network connects them with professional services, advice or items they might need, generously contributed by small businesses and professionals from around the United States.

## Operation Interdependence

[oidelivers.wixsite.com/oidelivers](http://oidelivers.wixsite.com/oidelivers) 

Operation Interdependence's mission is to support as many troops serving overseas as possible during their deployment, along with veterans here at home. For many service members, their care packages are the only communication from home.

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## Veterans Crisis Line

[veteranscrisisline.net](http://veteranscrisisline.net) 

The Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring VA responders through a confidential, toll-free hotline, online chat and text-messaging service. Veterans and their families and friends can call 1-800-273-8255 and press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, seven days a week, 365 days a year.

## Outward Bound for Veterans

[outwardbound.org/veteran-adventures/outward-bound-for-veterans](http://outwardbound.org/veteran-adventures/outward-bound-for-veterans) 

Outward Bound for Veterans helps returning service members and recent veterans readjust to life at home through powerful wilderness courses that draw on the healing benefit of teamwork and challenge through use of the natural world.

## Tragedy Assistance Program for Survivors

[taps.org](http://taps.org) 

The Tragedy Assistance Program for Survivors (TAPS) offers compassionate care to all those grieving the loss of a loved one who died while serving in the armed forces or because of his or her service. Since 1994, TAPS has provided comfort and hope 24/7 through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

## The Mission Continues

[missioncontinues.org](http://missioncontinues.org) 

The Mission Continues empowers veterans who are adjusting **CONTINUED** »

to life at home to find purpose through community impact. It deploys veterans on new missions in their communities so that their actions will inspire future generations to serve.

## The Wall — USA

[thewall-usa.com](http://thewall-usa.com) 

This site was created to provide a respectful memorial to the Vietnam Veterans Memorial; however, since it first went online in 1996, it has evolved into something more. It is now also a place of healing for those affected by one of the most divisive wars in the nation's history. Thousands of personal remembrances and photos of those listed on the Wall have been left — an online legacy of the personal costs of the Vietnam War and its aftermath.

## U.S. Department of Veterans Affairs

[va.gov](http://va.gov) 

The official website for the U.S. Department of Veterans Affairs includes hundreds of pages of material, covering all aspects of veteran benefits and administration.

## CHAPTER 6

# Publications

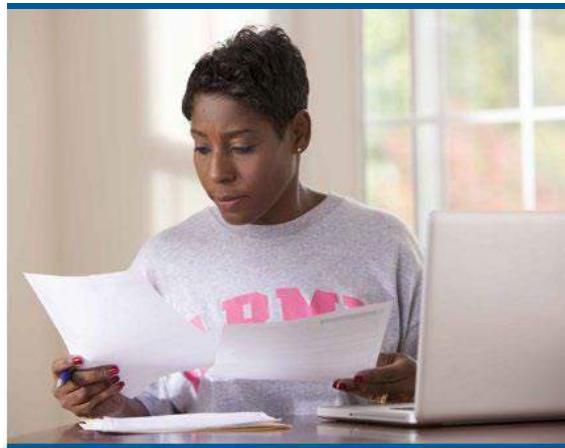
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Check in with these sites to get insight on the latest news about or related to veterans.

## Defense One

[defenseone.com](https://defenseone.com) 

*Defense One* delivers news, breaking analysis, and ideas on the topics and trends that will define the future of U.S. defense and national security. *Defense One* informs national security professionals, stakeholders and citizens with what they need to know, from senior leaders in Washington to commanders abroad to next-generation thinkers far from the political scrum.



## Frontlines of Freedom

[frontlinesoffreedom.com](https://frontlinesoffreedom.com) 

*Frontlines of Freedom* is a weekly, two-hour syndicated military news and talk radio show hosted and produced by veterans for everyone. The show is hosted by Lt. Col. Denny Gillem, U.S. Army (Retired), a highly decorated airborne ranger. The executive producer and co-creator is former active duty U.S. Air Force Officer Josh Leng. *Frontlines* now airs on 132 radio stations across America.

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## Stars and Stripes

[strips.com](https://www.strips.com) 

*Stars and Stripes* provides independent news and information to the U.S. military community, including active duty service members, Department of Defense civilians, contractors and their families. Unique among Department of Defense authorized news outlets, *Stars and Stripes* is guaranteed First Amendment privileges that are subject to Congressional oversight.

## The Veterans' Vision

[theveteransvision.com](https://theveteransvision.com) 

The *Veterans' Vision* is a publication of the Center for American Homeless Veterans, a 501(c)(4) nonprofit organization.

## Veterans History Project

[loc.gov/vets](https://loc.gov/vets) 

The Veterans History Project of the American Folklife Center collects, preserves and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war.

## Veterans Today

[veteranstoday.com](https://veteranstoday.com) 

*Veterans Today* is an independent online journal representing the positions and providing news for members of the military and veteran community in areas of national security, geopolitical stability and domestic policy. All writers are fully independent and represent their own point of view and not necessarily the point of view of any other writer, administrator or entity.




## CHAPTER 7

# Social Media

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Connect with other veterans through these social media networks.

### Funker530

[funker530.com](https://funker530.com) 

Funker530 is a social network for veterans to share humorous images, news stories and links from third-party sites.



### Military.com

[military.com](https://military.com) 

Military.com is the largest online military and veteran membership organization. Military.com's free membership connects service members, military families and veterans to all the benefits of service: government benefits, scholarships, discounts, lifelong friends, mentors, great stories of military life or missions, and much more.

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## VetsHQ

[vetshq.com](https://vetshq.com) 

VetsHQ is an online community for America's service members, providing a variety of services to help meet their needs. You will find information from experts and your fellow veterans about employment opportunities, information affecting veterans and families, how to work with the Department of Veterans Affairs, veterans benefits eligibility assessment, and much more.

## VetFriends

[vetfriends.com](https://vetfriends.com) 

The mission of VetFriends is to reconnect, honor and support U.S. veterans.





## About BlueStar Caregivers

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BlueStar SeniorTech is a service-disabled veteran-owned small business dedicated to improving the quality of care and life of veterans and seniors everywhere. Offering medical, emergency and health alert systems and senior care products, BlueStar helps make independent living safe and enjoyable while delivering peace of mind to seniors and their loved ones.

BlueStar supports caregivers through our non-profit site ([www.BlueStarCaregivers.org](http://www.BlueStarCaregivers.org)). We support deserving senior veterans and their spouses through our 501(c)(3) charitable foundation, the Blue Star Senior Veterans Foundation ([www.BlueStarSeniorVeterans.org](http://www.BlueStarSeniorVeterans.org)).

BlueStar was founded by, and is operated by, veterans and their families. Our CEO and COO are retired two-star Navy admirals. We have 14 admirals and generals on our advisory board. We are dedicated to helping American seniors be Safe, Healthy, and Connected as they age. For more information, visit [www.BlueStarSeniorTech.com](http://www.BlueStarSeniorTech.com).