

Military Family Care Plan

CLIENT INFORMATION

Service Member's Name: _____ Rank/Title: _____
Branch of Service (e.g., Air Force): _____ Deployment/Training Dates: _____

FAMILY MEMBER INFORMATION

Spouse/Partner Name: _____

Children's Names and Ages:

ARRANGEMENTS FOR DAILY ACTIVITIES

Create a weekly calendar detailing school schedules, afterschool activities, bedtimes, and special events.

Specify transportation arrangements for daily activities.

FAMILY ROUTINE DETAILS

Provide a comprehensive overview of housing arrangements.

Detail information about meal plans and dietary preferences.

Outline transportation arrangements for regular activities.

Specify any religious services or cultural events that are part of the family routine.

MEDICAL INFORMATION

List family physicians, including contact information.

Specify medications, vitamins, and dosage instructions.

Outline any allergies and emergency procedures.

Provide details about nearby hospitals and regular medical appointments.

CLOSE CONTACTS AND RESOURCES

Names, addresses, and telephone numbers of relatives, neighbors, and friends.

Contacts for doctors, dentists, and other healthcare professionals.

Information about military and community resources.

Military unit and family readiness program points of contact.

LOCATION OF IMPORTANT DOCUMENTS

Clearly indicate where essential documents are stored.

Include information on wills, insurance papers, birth certificates, and powers of attorney.

DEPENDENT ID CARDS AND REGISTRATION

Explain the importance of dependent ID cards.

Check and provide the expiration date on family members' ID cards.

Ensure registration in the Defense Enrollment Eligibility Reporting System (DEERS).

USING INSTALLATION SERVICES AND MILITARY TREATMENT FACILITIES

Clarify the process for caregivers without a military ID card.

Provide information on accessing military facilities with power of attorney.

Explain the protocol for shopping at commissaries and exchanges.

OBSERVATION AND FAMILIARIZATION

Encourage the caregiver to spend time observing the family routine before deployment.

Offer insights into the family dynamics and routines to enhance understanding.

Therapist Name: _____

Signature: