



Elizabeth Dole Foundation

Caring for America's Hidden Heroes



Elizabeth Dole Foundation
CARING FOR MILITARY FAMILIES



The Elizabeth Dole Foundation is the preeminent organization dedicated to serving, empowering, and honoring the millions of spouses, parents, family members, and loved ones who care for America's wounded service members and veterans at home.

The Foundation's story began in 2011, in the hallways of Walter Reed National Military Medical Center, where Senator Bob Dole was hospitalized for 11 months due to service-related injuries. During this time, his wife Senator Elizabeth Dole met countless individuals caring for loved ones wounded in war. She was deeply moved by their challenges and the lack of assistance available to them. In 2012, she established the Elizabeth Dole Foundation to honor the service of caregivers she met and the millions of caregivers across our nation through caregiver-informed programs and resources that have become central to living out our mission.

Our programming is aligned along three efforts:

Advancing a common agenda, informed by quality research, and grounded in coalition building with government, nonprofits, and corporations.

Investing in caregivers through our systematic programming.

Mobilizing individuals, communities, and stakeholders recognizes the power of advocates and allies.

OUR PROGRAMS



DOLE CAREGIVER FELLOWS

Dole Caregiver Fellows are the heart and soul of the Foundation, lending their experiences and wisdom to support our work on behalf of military caregivers nationwide.

elizabethdolefoundation.org/fellows



RESPIRE RELIEF

What could you do with the gift of time?

As someone who cares for a military or veteran spouse, child, parent, or friend, we know your days are packed with responsibilities. Would having an extra pair of hands help free you up to invest a little more time in yourself?

hiddenheroes.org/respire.





HIDDEN HEROES CITIES & COUNTIES PROGRAM

The Hidden Heroes Cities and Counties Program is a growing network of cities, counties, and states working to find local solutions to better serve military and veteran caregivers.

hiddenheroes.org/hidden-heroes-cities-and-counties



CAMPAIGN FOR INCLUSIVE CARE

The Campaign aims to integrate military and veteran caregivers into their veteran's healthcare team and make inclusive care the standard of care across the Veterans Health Administration.

[campaignforinclusivecare.
elizabethdolefoundation.org](https://campaignforinclusivecare.elizabethdolefoundation.org)



HIDDEN HEROES CAREGIVER COMMUNITY

The Hidden Heroes Caregiver Community (HHCC) is an online peer support group that offers a safe space for military and veteran caregivers of all eras to connect with one another.

hiddenheroes.org/join-our-community

Are you a military or veteran caregiver? Answering that can feel layered and complicated. After all, helping the wounded veteran in your life is just something you do as a spouse, friend, sibling, or parent. Acknowledging your role as a military or veteran caregiver is a critical first step in joining a supportive community of others, just like you. The range of tasks and responsibilities differ for every caregiver. See the list below of common tasks caregivers provide for their service member or veteran.

- Manage medication and medical appointments
- Provide emotional and physical support
- Assist in the care of a disabling wound, injury, or illness
- Assist with activities of daily living like grooming, dressing, toileting, eating
- Advocate for proper treatment and care
- Manage household activities like banking, grocery shopping, cleaning

If you answered yes to one or more of the above tasks, you are a military or veteran caregiver.

It's important to remember that **caregiving journeys look different for everyone who embarks on them**. Your path may not be the same as another caregivers, but that's why the Elizabeth Dole Foundation is here to help.

STAY CONNECTED

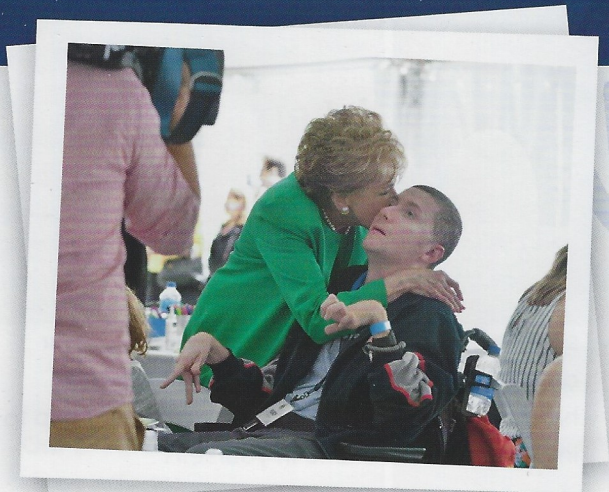
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