



## Military Community and Family Policy Fact Sheet

### Additional information

To schedule a specialty consultation appointment, eligible individuals can call Military OneSource at 800-342-9647. Triage consultants are available 24/7.

Additional information on specialty consultation services is located on the Military OneSource website at <http://www.militaryonesource.mil>. Hover over Confidential Help and click on the various links under the Specialty Consultations heading.

## Specialty Consultations

### Background

Along with confidential non-medical counseling services, Military OneSource offers free specialty consultations to service members and their families. A specialty consultation is an online or telephonic meeting between eligible individuals and specialists who have various areas of expertise.

Consultations are available to active duty, National Guard and reserve service members (regardless of activation status) and their families. Service members transitioning out of the military are eligible up to 180 days after separation. What's more, service members treated through military wounded warrior programs have lifetime eligibility through Military OneSource wounded warrior resources.

### Highlights

Military OneSource offers specialty consultations for the following categories: adoption, adult disability care, education, elder care, health and wellness coaching, peer-to-peer, special needs, wounded warrior, and spouse relocation and transition.

- **Adoption**  
Military OneSource consultants can help begin the adoption process, locate military-related financial assistance and identify agencies that can help service members with their specific adoption needs. Consultants will also provide adoption agency information, support groups and general literature on adoption.
- **Adult disability care**  
Military OneSource consultations can connect service members with information and resources related to adult disability care. A work-life specialist will provide one-on-one sessions that include research and





referrals for any services or programs specific to their needs. Consultants can also provide information on in-home care, housing, handicap accessibility resources, adult day care programs and financial assistance for durable medical equipment (wheelchairs, helmets, walkers, etc.).

- **Education**

Education consultations include research and referrals for services or programs specific to service members' educational needs. Consultants provide members with referrals to in-home tutors and tutoring centers in the area, as well as public and private school information, college profiles based on desired degree and specific requests, financial assistance, and scholarship and grant program referrals.

- **Elder care**

If service members are caring for an elder, Military OneSource consultants can provide support by connecting their loved one with senior resources in their community. Consultants will also provide guidance on what to consider before parents or older relatives need long-term care.

- **Health and wellness coaching**

Health and wellness coaching services are available by phone, and via secure online chats and live video sessions to help support service members and their families in achieving their health and wellness goals. A coach can work with a member and focus on different areas of his or her wellness that include weight management, fitness and nutrition, stress management, life transitions and more.

- **Peer-to-peer**

Peer-to-peer support consultants are available by telephone to talk with service members and spouses. All peer-to-peer support consultants are veterans, current members of the National Guard or reserves, or military spouses. Peer-to-peer support consultants possess the experience, knowledge, training, tools and resources to assist with referrals to meet identified needs.

- **Special needs**

Military OneSource special needs consultations can assist families in addressing questions and concerns regarding the care and education of a family member with special needs — both children and adults. Whether they are concerned about the special education cycle or finding information about specialized doctors, Military OneSource consultants can assist them with any non-medical concern.

- **Wounded warrior**

Wounded warrior specialty consultation services provide immediate assistance to wounded, ill, injured and recovering service members and their families, as well as wounded warrior caregivers. Specialty consultants can assist with health care, facilities or benefit information, and can work with the services' wounded warrior programs and Department of Veterans Affairs to promptly connect callers to resources that meet their needs.

- **Spouse relocation and transition**

Spouse relocation and transition specialty consultants help military spouses navigate moving and transition-related challenges. These consultations are particularly ideal for spouses who are unable to attend classes or workshops, or need scheduling flexibility. Consultants create individualized action plans and identify resources that may include information on housing, child care, education, work-life referrals, health and wellness coaching, non-medical counseling services and more.

