



PURPOSE

Provide a comprehensive list of information to discuss with your loved one before long-term training or deployment

KEEP IN MIND

This should be updated regularly as your loved one has changes in command, location or circumstance

First and foremost, if this is your child serving, and not your spouse, realize that your child is not **A child** and may have other people handling these arrangements. Your job is to have the conversation, ask if they have it all handled and trust that they do if they say yes.

It's a good idea to check these points annually and set the standard that you will.

WEBSITE

www.MilitaryMamaNetwork.org

DEPLOYMENT

Preparation

PREPARING YOUR HOME AND LIFE FOR DEPLOYMENT

Topics to discuss (if applicable)

- Review child and elder care arrangements
- Seasonal/annual chores/ duties such as:
 - maintaining the car or emissions testing
 - insurance review or renewal
 - winterizing home
- Update and check legal and financial documents and details
 - Update wills and medical directives
 - Create or update powers of attorney document
 - Ensure that family members or trusted friend has access to accounts and documents
 - Bank accounts
 - Direct deposit information
 - Investments
 - Safe deposit boxes
 - Taxes (Income property, etc)
 - Utilities
 - Loan and credit card accounts
 - Annual or semiannual payments
 - Memberships to gym, associations, etc
- Update all important contact numbers
 - This may include family members your loved one typically contacts
 - Close friends who may need to be contacted
 - Stateside base information if applicable
 - Reservist/NG contact person if applicable
 - FRG/FRA/other family support units
- Gather information about how to reach deployed family member including:
 - Phone numbers or emails for contacting appropriate military officials for information and updates. **THIS IS FOR EMERGENCIES, NOT CURIOSITY OR FEELING OUT OF TOUCH**
- Create a family emergency plan. Talk about what you'd do in the case of an emergency, including where you'd go and how you would get in touch.
- Talk about how you'll handle finances during the deployment.
- Discuss what your loved one wants to be done when situations arise at home (tell him/her, wait until resolved, etc)



RED CROSS

Information

IF, IN CASE OF EMERGENCY, YOU NEED TO REACH YOUR UNMARRIED SERVICE MEMBER, GATHER THIS INFORMATION

PURPOSE

Provide a comprehensive list of information needed if you must contact the Red Cross in case of emergency

KEEP IN MIND

Must involve an immediate family member

This should be updated regularly as your loved one has changes in command, location or circumstance

If your loved one is married, the spouse should have this information ready. It will be expected that the spouse will contact the Red Cross. It's a good idea to check these points annually and set the standard that you will.

This is only for true emergencies such as serious car accidents or medical situations or sudden death.

WEBSITE:

www.MilitaryMamaNetwork.org

- **Service member information**
 - Full legal name
 - Rank/rating
 - Branch of service (Army, Navy, Air Force, Marines, Coast Guard)
 - Social Security number or Date of Birth
 - Military unit address
 - Information about the deployed unit and home base unit (for deployed service members only)
 - Information about the emergency
 - Name and contact for the immediate family member experiencing the emergency (could be spouse, parent, child/grandchild, or grandparent)
 - Nature of the emergency
 - Where the emergency can be verified (hospital, doctors office, funeral home)

- **Eligibility Requirements**
 - **Service members**
 - On active duty in the Army, Marines, Navy, Air Force or Coast Guard
 - An activated member of the Guard and Reserve of all branches of the U.S. Armed Forces
 - A civilian employed by or under contract to the Department of Defense and stationed outside the Continental United States
 - A cadet or midshipman at a service academy; ROTC cadet on orders for training
A Merchant Marine aboard a U.S. Naval Ship



RED CROSS

Information continued

- **Other information for you to be aware of:**
 - The American Red Cross does not authorize emergency leave for members of the United States military.
 - The Red Cross role is to independently verify the emergency, enabling the service member's commander to make an educated decision regarding emergency leave and then to provide transportation assistance and/or financial assistance if needed.
 - The American Red Cross facilitates emergency financial assistance on behalf of Military Aid Societies.
 - These Aid Societies determine the financial assistance package that will be offered – a grant or a loan.
 - The Red Cross is the mechanism to expedite access to these financial resources 24/7.
- **Red Cross has an app for that**
 - Whether you're the parent of a child joining the military or a member of the military/veteran communities, Hero Care will connect you to important resources that can help you through both emergency and nonemergency situations.
 - Text GETHEROCARE to 90999
 - Available in Google Play and Apple App Store
 - Available in Spanish as well