

What Services Do I Need?

Right now, you may be feeling overwhelmed and not sure which way you should channel your energy. It is always good to prioritize your concerns/ issues. Doing so will help you focus your self-advocacy efforts. Here is a self-assessment tool that can help you determine the services you most need. Use this tool to identify benefits and services that you want to explore in more detail with your POC.

On a scale of 0 (meaning none) to 5 (meaning a high level), rate your level of stress/concern with each issue listed in the table on page 9. Then, make a list of the areas where your concerns are highest. Each chapter in Module 4 provides information relating to each issue and available resources. Your areas of concern may change over time, so please use this chart to help you re-identify and prioritize your action plan.

Issues	Level of Stress/Concern					
	None	1	2	3	4	5
Health						
Mental Health						
Employment						
Education						
Housing						
Financial						
Legal						
Travel						

Once you have identified your top concerns, turn to the following chapters in module 4, available for download under "Caregivers Guides", to find the information you need. You can also use this information as background to prepare questions for your Point of Contact (POC) so that he or she can help you identify and obtain the services you and your service member/veteran need.

Health	Chapter 4
Mental Health	Chapter 5
Employment	Chapter 6
Education	Chapter 7
Housing	Chapter 8
Financial	Chapter 9
Legal	Chapter 10
Travel	Chapter 11