



# Disabling Sickness or Condition

## Instructor Guide



# I. COURSE ORGANIZATION AND OUTLINE

The *Disabling Sickness or Condition* course is organized into nine parts:

1. **Introduction and Agenda** (2 minutes)
  - Welcome
  - Facilitator Introduction
  - Review of Agenda
  
2. **Financial Planning** (10 – 15 minutes)
  - Create a Spending Plan
  - Analyze Your Housing / Transportation Needs
  - Create or Restart Your Emergency Fund
  - Disability Income
  - Taxes
  
3. **Insurance** (3 – 5 minutes)
  - Health, Dental and Property
  - Life Insurance
  
4. **Military Retirement** (5 minutes)
  
5. **Education Planning** (5 minutes)
  - Career and Retraining Programs
  - Education Benefits and Savings Options
  - Paying off Student Loans
  
6. **Estate Planning** (5 minutes)
  - Legal Documents
  - Survivor Benefits
  - Review/Update All Home/Auto Documents
  
7. **Caring for Aging Parents** (2 minutes)
  - Housing and Care Options
  - Making Them a Dependent
  - Medical Insurance
  
8. **Military Consumer Protection** (5 minutes)
  
9. **Summary and Resources** (3 minutes)

**TOTAL:** 40 – 45 minutes

## II. LEARNING OBJECTIVES

### Terminal Learning Objectives (TLOs) and Enabling Learning Objectives (ELOs)

- TLO:** Understand the fundamentals of creating and managing a spending plan, and the importance of updating a spending plan.

**ELOs:** Update personal spending plan. Understand how to create a caregiving budget. Be able to compare costs and options of living arrangements for aging parents and ill or injured family members.
- TLO:** Understand fundamentals of income tax and common tax benefits, and potential changes to tax situation.

**ELOs:** Understand how and when to update tax information, dependents and deductions for state and federal liabilities. Understand what will be taxed.
- TLO:** Recognize and know how to protect against misleading consumer practices, and report consumer complaints.

**ELOs:** Understand the threat of predatory lenders and identify better alternatives like military aid societies. Know how to find information on state-specific consumer protection laws. Recognize fraud and scam tactics and know how to safeguard against them. Know which federal agencies support consumer protections and how to find information.
- TLO:** Understand education financing, to include available benefits, obligations, and repayment options.
- TLO:** Comprehend the components of Service member's military retirement system and the importance of preparing for retirement.
- TLO:** Discuss the reasons, needs, types, and options for purchasing insurance.

**ELOs:** Review beneficiaries and levels for life insurance including Servicemembers' Group Life Insurance (SGLI). Know the different types and levels of eligibility of life insurance offered to military family members. Understand the purpose and implications of having an estate plan (beneficiaries, wills, trusts, powers of attorney, etc.). Understand basic Medicare and Medicaid benefits for aging parents.
- TLO:** Understand the purpose and implications of having an estate plan (beneficiaries, wills, trusts, powers of attorney, etc.).

**ELOs:** Understand estate planning considerations. Know why it's important to update estate planning documents and beneficiaries.
- TLO:** Discuss TRICARE options and costs.



**ELOs:** Know how to add or remove dependents from TRICARE. Know when and how to update DEERS. Understand options for health care beyond TRICARE. Understand the necessity for additional health care for those who may not be covered under TRICARE. Know how to review the benefits and costs for various health insurance options. Know which health care benefits will be utilized for varying scenarios.
- TLO:** Discuss survivor and dependent benefits, including SBP and SGLI.
- TLO:** Recognize the importance of and be able to develop savings and an emergency fund.

**ELOs:** Understand the importance of starting and maintaining emergency fund. Know how to set emergency savings goals.

### III. CHAPTER PREPARATION

Sections labeled “**INSTRUCTOR NOTE:**” include additional information for instructor background, as well as activities that provide practical application of key learning points. Instructor notes contain an icon and appear in a shaded text box for easier recognition.

**CONTENT ICONS** — The following icons are used throughout the guide:

<b>INSTRUCTOR NOTE:</b>	<b>Instructor Note</b> (indicates additional information related to the content for the instructor)
	<b>Checklist and Handout</b> (indicates a Checklist or Handout is associated with the content)
	<b>Learning Activity</b> (indicates a learning activity)

**INSTRUCTOR NOTE:** Being prepared for training promotes organization, projects a positive image, and reduces stress.

Be prepared to discuss each Checklist and Handout in class. You should familiarize yourself with this content so you can effectively discuss each document during your presentation.

While this guide is written as a script, avoid reading it word-for-word. Familiarize yourself ahead of time so you feel comfortable covering the material in your own words.

Throughout the presentation, the Checklist or Handouts will be identified with an icon on the PowerPoint and an Instructor Note in this Instructor Guide.

**Materials and equipment:**

- Projector/screen
- *Disabling Sickness or Condition* course PowerPoint slides
- Chart paper and easel or whiteboard and markers
- Paper, pens, pencils
- Course sign-in sheet
- Course evaluations

**Forms and Handouts:**

- *Disabling Sickness or Condition* Counselee Checklist
- *Spending Plan Worksheet* Handout
- *5 Rules of Buying a House* Handout
- *Major Purchases* Handout
- *Education Benefits and Savings* Handout
- *TRICARE Overview* Handout
- *Military Retirement* Handout
- *Paying off Student Loans* Handout
- *Education Benefits and Savings* Handout
- *Estate Planning* Handout
- *Survivor Benefits Overview* Handout
- *Military Consumer Protection* Handout
- *Sources of Help for Military Consumers* Handout

## IV. CONTENT



SLIDE 1

### Introduction

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It can be incredibly overwhelming if you or a family member – whether it's a child or an adult – experiences a disabling sickness or condition. To help ease some of the burden, you'll want to gather as much information as possible about the condition and discuss important issues with others who will be impacted by the situation.

Being informed does two things:

1. It improves your understanding of the challenges your family might face and,
2. It will help you make more knowledgeable health and financial decisions.

This course will focus on the last part – the financial implications of dealing with a disabling sickness or condition – and help you manage your finances more efficiently as you work through it.

### Facilitator Introduction

Introduce yourself by providing:

Hello, my name is \_\_\_\_\_.

I am a \_\_\_\_\_.

(Describe your experience as a facilitator or with personal financial management.)



SLIDE 2

### Agenda

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**INSTRUCTOR NOTE:** *Disabling Sickness or Condition* Counselee Checklist

Today we will cover several key financial tasks to consider once a disability is discovered. To help prepare for these tasks, we will discuss nine topics: **Financial Planning, Disability Income, Taxes, Insurance, Retirement Planning, Education Planning, Estate Planning, Caring for Aging Parents, and Resources.**



**ACTIVITY:** Ask your students about their households. Are they married or single? Are they active duty or in the Reserves? Who has the disability — spouse/child/parent/Service member? Answers to these questions can help you prioritize discussion topics throughout this course. Keep this activity to 60 seconds.



## SLIDE 3

# Spending Plan



**INSTRUCTOR NOTE:** Distribute the *Spending Plan Worksheet*, *Major Purchases*, and *5 Rules of Buying a House* Handouts.

Let's first discuss several financial planning topics you should take to prepare your finances. We will be following *Disabling Sickness or Condition* Checklist throughout this training to ensure we cover all topics needed to help you navigate this process successfully.

In order to create and manage your spending plan (budget), you will need to:

- Understand your current situation first.
  - Experiencing a disabling sickness or condition whether personally or in support of a family member can cause substantial financial changes.
  - It's important to step back and assess your financial situation to try to get an understanding of your new normal as soon as possible.
  - Be sure to consider both sides of the equation – income and expenses.
- Will there be changes/adjustments?
  - Will your household experience a loss of income due to you leaving the military (if you are the one with the disabling sickness or condition) or due to your spouse needing to quit their job to provide care, or both?
  - Will there be additional expenses for caregiving, traveling to/from appointments, equipment, therapies, etc.?

We have provided the *Spending Plan Worksheet* Handout to help you look at your current situation and to revise/account for changes in income and expenses.

An electronic version of the *Spending Plan Worksheet* Handout is available through your Family Support Center if you prefer a more digital approach.

### Housing and Transportation

You will need to take a close look at your current housing and transportation situation. Will you need to make any modifications?

- Do you need to modify your residence to accommodate for the disability such as wheelchair accessibility?
- Will you need to make additional living arrangements such as long-term care facilities?
- Do you need to modify or replace your vehicle to accommodate for the disabling sickness or condition?

If you live in base housing or plan to move to base housing, work with the base housing office for any housing needs related to your situation. Some exceptional family members will have priority in placement for base housing. If you need to change your residence, work with your Family Support Center for tips on house hunting, renting, home-buying strategies, and relocation resources. If you are renting a new residence, be sure your lease contains a military clause.

If you will be purchasing a new home or vehicle, be sure to prepare your finances for any major purchases. Review the *Major Purchases* and *5 Rules of Buying a House* Handouts for more information.

If you'd like help with this, the financial counselors on your installation can help you build or review your spending plan before taking on any major purchases.

### Emergency Fund

Everyone should have an emergency fund. This is money that's kept in a low-risk account, such as a savings account. It should be an account that you can access easily and without any penalties in case you have an emergency. Consider increasing your emergency savings to cover three to six months of living expenses, if not presently funded at that level. This is especially important if you now only have one source of income for your family. Be sure to account for any additional monthly expenses for caregiving, traveling to/from appointments, equipment, therapies, etc.

An emergency fund can help you cover unexpected costs associated with a disability and help to keep you from getting into debt. If you had to use part or your entire emergency fund, establish a plan to replenish the account as soon as possible.



## SLIDE 4

## Disability Income

**INSTRUCTOR NOTE:** Let's discuss some of the possible disability income sources that might be available to you and your family.

### VA Disability

If you happen to be the one with the disabling sickness or condition, and will be separating from the military as a result, you will need to schedule an appointment with a local veterans' service organization to start the process of filing a Veterans Administration disability claim. You will need a copy of your full medical record(s) and many other documents to assist in completing all the required paperwork. This process can take some time. There is a wide range of veterans' service organizations available to represent veterans including the Veterans of Foreign Wars, Disabled American Veterans (DAV), American Legion, AMVETS and others. Contact your local Family Support Center to attend a Transition Workshop and for your local veterans' service organizations contact information.



If you will be receiving VA disability compensation, it will be paid monthly and the amount will depend on your VA disability rating. In most cases, your rating will not be available until after you separate from service. For more VA disability information, visit <https://www.va.gov/disability>.

### **Social Security Disability Income**

It is recommended that everyone with a disability apply for disability income through the Social Security Administration (SSA). Spouses, children, parents and disabled veterans may qualify for Social Security Disability Income (SSDI). This is a very lengthy and complex process, which requires an application with financial and/or work history requirements that must be met for the application to be moved forward to the disability examiner and a five-step medical evaluation. Visit <https://www.ssa.gov> to locate an office near you.



## **SLIDE 5**

## **Taxes**

**INSTRUCTOR NOTE:** Let's shift gears and discuss taxes...everyone's favorite topic.

### **Review Your Current Tax Situation**

Anytime there is a change in your family situation, it's a good idea to review your tax situation to see if any changes are needed. If you determine it's a good idea to change your federal or state income tax withholdings, you can do so at <https://mypay.dfas.mil>.

If the situation results in you leaving the military, it's important to be aware that the tax status of your future income could be very different than what you are used to. You'll want to understand how everything is taxed going forward and plan accordingly.

### **Keep Expense Receipts/Records**

If you make home modifications or have out-of-pocket medical expenses, keep receipts and records for tax purposes. You might be able to deduct these expenses on your tax return. Please see IRS Publication 502 for more information. It is also recommended that you talk to a tax specialist, as this can be a complicated issue.

Consult with a Personal Financial Counselor/Manager at your local Family Support Center or the on-base Volunteer Income Tax Assistance (VITA) office if available.

**INSTRUCTOR NOTE:** Next, let's discuss insurance. Anytime there is a change in circumstances, insurance should be reviewed and updated as needed.



## SLIDE 6

# Health, Dental and Property



**Instructor Note:** Distribute the *TRICARE Overview* Handout. Let's start the insurance review with health insurance.

## Health Insurance

It's important to verify and update all family members enrolled in TRICARE (active duty), TRICARE Reserve Select (Reserve members), or other health insurance plan as soon as possible.

We have provided the *TRICARE Overview* Handout for more information. Visit [www.tricare.mil](http://www.tricare.mil) to find out more about your options.

TRICARE Prime and TRICARE Select require annual enrollment. Service member(s) may also want to reassess their own TRICARE plan. For more information, visit [www.tricare.mil/Plans/HealthPlans](http://www.tricare.mil/Plans/HealthPlans).

If you have civilian insurance plans, you should review available policies for features like deductibles, copays, prescription coverage, costs for in-network and out-of-network coverage, and other options that can affect the true cost of health care.

If your spouse also had additional health insurance through a civilian employer, but will be leaving their job and losing the coverage as a result, be sure to contact TRICARE and let them know that TRICARE is now your spouse's primary insurance.

If you have a dependent family member with special needs, you will need to enroll them in the Exceptional Family Member Program (EFMP). This program is only for active-duty and activated Reservists and is mandatory for family members with any form of disability or impairment that requires special or ongoing treatment, education, and or counseling. Visit your medical treatment facility's EFMP Coordinator for more information. Your Family Support Center has an EFMP liaison who can also assist you and your family with resources and information.

Once you've completed the EFMP enrollment, you can then enroll eligible family members in the Extended Care Health Option (ECHO) Program. Again, this program is only available for active-duty and activated Reservists.

It is strongly recommended that you also enroll family members in any federal and state health care programs available, such as Medicare and Medicaid, if eligible. This will help reduce the out-of-pocket medical expenses you might incur. Visit your state's Department of Social and Health Services office/website for more information.

If you are being separated due to a disability, be sure to locate your nearest VA medical clinics and hospitals. You will need to complete the application for health benefits (VA Form 10-10EZ) before you can be seen at these medical facilities. Visit this website for more information <https://www.va.gov/health-care/apply/application/introduction>.

### Dental

Don't forget to verify and update family members in the TRICARE Dental Program. Monthly premiums and copays will apply. Visit [www.tricare.mil/Dental](http://www.tricare.mil/Dental) for more information.

Service members can contact (844) 653-4061 or visit [www.tricare.mil/CoveredServices/Dental/TDP](http://www.tricare.mil/CoveredServices/Dental/TDP) to learn more. Reserve members should examine available programs to determine the best insurance available for their situation.

Be aware that TRICARE dental terminates once a member leaves active duty either when they separate or retire. However, if a member has a service-connected dental condition, the VA provides coverage for just the member. You will need to obtain private dental insurance to continue care for family members. An employer may provide coverage or there may be state programs available.

### Property Insurance

You will need to review and update your homeowners or renters property and liability insurance policies to ensure they are adequate for your new circumstances and discuss any home modifications you made.

We also recommend that you review and update your vehicle insurance policies as well, particularly if you have made any modifications or changes to the vehicle.

### Life Insurance

Now is a good time to review the coverage, death benefit and beneficiaries of your Servicemembers' Group Life Insurance (SGLI). A Service member can elect up to \$400,000 of coverage to be paid upon their death to whomever they assign as their beneficiaries. Verify and update your beneficiaries.

Under Family SGLI, children are covered at \$10,000 each at no cost as soon as they are registered in DEERS. You can elect for spouses to be covered up to \$100,000 for a minimal premium that is based on the spouse's age. Just be aware that spousal coverage under FSGLI cannot exceed the Service member's coverage amount under SGLI.



**SLIDE 7**

Did you know that the SGLI Online Enrollment System (SOES) allows Service members with full-time SGLI coverage to make fast and easy changes to their life insurance coverage and beneficiary information at any time without completing a paper form or making a trip to their personnel office?

To access SOES, you must sign into [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect) and go to the “Benefits” tab, Life Insurance SOES-SGLI Online Enrollment System.

When separating from the military, SGLI coverage can be converted to VGLI (Veterans’ Group Life Insurance). Coverage is not available for family members under VGLI, but spousal coverage under Family Servicemembers’ Group Life Insurance can be converted to a private permanent policy such as whole life. Those members with young children may want to consider replacing SGLI with VGLI or another private life insurance policy. Visit <https://www.va.gov/life-insurance/> for more information.

Evaluate your life insurance needs to ensure you have enough coverage, the right type of coverage, and correct beneficiaries. If you determine your need for life insurance coverage exceeds what SGLI or VGLI provides, there are many types of private life insurance policies such as term life or permanent life (whole life, universal life, etc.). Be sure to research and understand the costs, benefits, terms and conditions of any policy you consider purchasing, making sure it would still provide coverage given your job and that it does not contain a war clause. Make sure that premium payments are affordable and realistic for your budget.



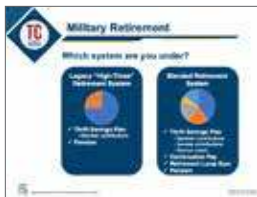
**SLIDE 8**

## LIFE Insurance Needs

A simple method to calculate your life insurance needs is to use the acronym LIFE. Start by totaling all four categories listed below.

<b>L</b> Liabilities	Debt you would like to pay off, like to a mortgage, auto loan or credit cards(s)	\$
<b>I</b> Income to be replaced	Multiply targeted annual income amount by the number of years to replace	\$
<b>F</b> Funeral and final expenses	The amount you would like to set aside for final expenses	\$
<b>E</b> Education and other goals	The amount you want for funding education and other goals for family, friends, or charitable organizations	\$
<b>Total Life Insurance Needed:</b>		<b>\$\$\$\$</b>

Then compare your life insurance needs with your current amount of coverage plus any assets and benefits available at death. Remember that a Personal Financial Manager/Counselor on your installation can help you determine the types and amount of life insurance needed to fill any coverage gaps.



## SLIDE 9

## Retirement Planning



**INSTRUCTOR NOTE:** *Military Retirement and Thrift Savings Plan Handouts*

Let's shift gears again and discuss retirement planning.

While it's understandable that other goals might take priority at this point, it's important to try to keep (or make) your retirement planning a priority too.

Retirement may seem like a distant goal, but it'll be here before you know it, so it's important to start planning for it now to build financial security during those years. One of the most powerful factors you have is time because it allows you to take advantage of the potential for compound earnings and long-term growth.

Here are a few reasons why it's important to save for retirement as far in advance as you can:

- The sooner you begin, the more money you may be able to accumulate.
- As you may know better than anyone at this point, any number of things can happen that can interrupt your future earning and saving ability.
- You do not know how long retirement will last. With longer life expectancy, you may need enough savings to last 30 years or more.



**ACTIVITY:** As a class, review the *Military Retirement* Handout. Which retirement system does each Service member fall under? Cover the different components of each retirement system. For BRS, emphasize the importance of contributing at least 5% to the Thrift Savings Plan to receive the full match.

Distribute/discuss the *Thrift Savings Plan* Handout.



## SLIDE 10

## Education Planning



**INSTRUCTOR NOTE:** Now, let's shift gears and talk about education planning which, depending on your situation, may be an important consideration right now for you or your family.

Distribute the *Education Benefits and Savings* and *Paying off Student Loans* Handouts.

## **Career and Retraining Programs**

Let's start by talking about opportunities that might be available for those of you who are planning on going back to school to adjust your career path or get additional training.

If you are being separated due to a disability, you may be eligible for certain VA programs like Veteran Readiness and Employment (formerly known as Vocational Rehabilitation) or other programs, depending on your disability rating. You'll need to speak with a VA representative for more information. Your local Family Support Center can provide you with contact information if needed.

There may also be state education programs available for you and your family members. Your local Family Support Center should be able to point you to the right resources.

Your spouse might have access to the My Career Advancement Account (myCAA) scholarship. For more information, visit <https://mycaa.militaryonesource.mil/mycaa>.

## **Education Benefits and Savings**

Now let's talk about the education benefits available for those staying in the military by reviewing the *Education Benefits and Savings* Handout.

There are numerous programs available, through military service including:

- Apprenticeship and Credentialing Programs
- Tuition Assistance
- GI Bills, including the Post-9/11 GI Bill which is transferable to immediate family members if certain conditions are met

And last for this topic, let's review the options for saving for college on the second half of the Handout. These are available to both Service members and the civilian population.

- General investment accounts
- 529 College savings plans
- Prepaid tuition plans
- Coverdell Education Savings Accounts
- Uniform Transfer/Gift to Minors accounts

## **Paying off Student Loans**

If you or a family member already have student loans, it is important that you continue to make paying off your student loans a priority, as this debt can keep you from achieving other financial goals.

Review the *Paying off Student Loans* Handout to learn more about repayment options.

If the disabled person has federal student loans, can they now be discharged? Many federal student loans can be discharged if that person can no longer work or even work in the field their degree is in. For more information, visit <https://studentaid.gov/manage-loans/forgiveness-cancellation/disability-discharge>.

Ask your Personal Financial Manager/Counselor at your Family Support Center for more information on education savings plans and repayment options.



## SLIDE 11

## Estate Planning



**INSTRUCTOR NOTE:** Distribute the *Estate Planning* and *Survivor Benefits Overview* Handouts.

Estate planning means making preparations so your wishes for your survivors are carried out if you die or become incapacitated.

### Legal Documents

Review the *Estate Planning* Handout. See your base legal office (or other legal counsel) to establish or update estate-planning documents, including a will, durable power of attorney, health care directive, medical power of attorney and letter of instruction.

Active-duty Service members can visit your installation's legal services office for help with these and other legal needs.

It's usually a good idea to seek legal assistance as soon as possible and not wait until right before temporary duty (TDY) travel or deployment, when appointments may be difficult to get.

### Special Needs Considerations

If you have family members with special needs you will want to seek counsel with your base legal office to understand special needs testamentary/non-testamentary trusts or ABLE accounts for your disabled spouse/child(ren)/parent. These vehicles may help protect income options for the disabled party should an inheritance disqualify them for state or government benefits they are enrolled in. Your base legal office can assist you in determining if this is a viable option for your situation.

They may also want to complete a Special Needs Organizational Record. For more information, visit: [militaryonesource.mil](http://militaryonesource.mil) and search "Special Needs Organizational Record."

## Family Care Plan

If you're caring for a disabled family member, now is also a great time to review or create a Family Care Plan should you ever have to leave your disabled family member under the supervision of a designated caregiver for an extended period of time, such as during a deployment or temporary duty.

For more information on the types of documents you will need to include, visit <https://www.militaryonesource.mil/family-relationships/relationships/parents-guardians/preparing-your-family-care-plan>.

## Review/Update All Home/Auto Documents

Review and update all home ownership and vehicle documents to clarify right of survivorship and joint tenants in common according to your state laws. This will make it easier for your survivors to inherit them.

## Survivor Benefits

As a Service member, it's important to know about the survivor benefits that are available to your dependents for your awareness and peace of mind. If you die while serving, your family will be assigned a Casualty Assistance Officer who will discuss all their survivor benefits and walk them through this process.



**ACTIVITY:** Review the *Survivor Benefits Overview* Handout for more information on financial resources available to eligible dependents. Briefly discuss these benefits as a class.

The **death gratuity** is a lump-sum payment of \$100,000 from the DoD, and it's tax-exempt. They can split it up if they would like, into allocations of at least 10%. It's normally paid within 72 hours of notification.

The **Survivor Benefit Plan (SBP)** gives surviving spouses or children a taxable monthly payment equal to 55% of your retirement pay if the Service member had been retired at 100% disability at the time of death. That amount varies depending on the pay grade and time in service of the member. If there is no surviving spouse, SBP will be paid in equal shares to the deceased Service member's children. For active duty members, SBP death benefits are provided at no cost. If a member is retired or medically retired, they may elect SBP coverage at retirement and there is a monthly premium required, which is usually taken from the retired pay.

**Dependency and Indemnity Compensation (DIC)** is a flat monthly payment for surviving spouses and children that isn't calculated using rank or time in service. Additional money is paid to spouses with dependent children of the deceased Service member.



The **Dependent Educational Assistance (DEA)** program offers education and training opportunities to eligible dependents of veterans who are permanently and totally disabled due to a service-related condition or veterans who died while on active duty or as a result of a service-related condition.

If you pass away, your family will also receive Social Security survivor benefits, starting with a lump sum of \$255. Taxable monthly Social Security payments are paid to spouses or divorced spouses with children of the deceased Service member under the age of 16. Payments are also made to children up to age 18. The survivor's benefit amount cannot exceed 180% of your Social Security benefit.



## SLIDE 12

## Caring for Aging Parents

**INSTRUCTOR NOTE:** Taking care of an aging parent brings different challenges. There are many decisions you need to make from housing to medical insurance.

### Housing and Care Options

You will need to discuss what your aging parent's housing and care options are. What do they want, prefer, or need? Here are the standard options: in-home care, assisted living, nursing home or residing with a family member. They each have their benefits and differ in costs.

### Making Them a Dependent

If your disabled parent is coming to live with you, consider making them a dependent. You will need to complete the following: DD137-3, verification of dependent's income, proof of support, a secondary dependency application (varies by service, for more information visit [www.dfas.mil/militarymembers/SecondaryDependency/SDC](http://www.dfas.mil/militarymembers/SecondaryDependency/SDC)) and DD1172-2. This process can take up to two years. Speak with your legal office for more information on the process.

### Medical Insurance

Parents, who are dependents, can enroll in TRICARE Plus for a monthly fee. This might be beneficial if they do not have access to other insurance options or it can become a secondary insurance option.

Depending on their age, they may also want (or need) to enroll in Medicare and consider receiving their Social Security benefits. Medicare is a very complex health care system with four parts that need to be decided on (A, B, C, and D). Many of your local senior centers have experts who can assist in understanding each part.

If they are not old enough for Medicare be sure to enroll them in any state medical programs they might be eligible for. If they haven't applied for SSDI (Social Security Disability Income), it may be beneficial for them apply particularly if they are not old enough to collect their regular Social Security benefit.



## SLIDE 13

## Military Consumer Protection



**INSTRUCTOR NOTE:** Distribute the *Military Consumer Protection* and *Sources of Help for Military Consumers* Handouts.

Securing your financial future goes way beyond having a budget. It also includes being proactive by protecting your identity and knowing your rights as a member of the military under the Servicemembers Civil Relief Act (SCRA) and Military Lending Act (MLA). See your legal office for more information.

Take the time to get credit reports for yourself, your spouse, and your children. Go to [www.annualcreditreport.com](http://www.annualcreditreport.com) to get your reports or visit your Family Support Center for assistance.

You may be dealing with new creditors, which increases your exposure to billing errors and identity theft. Children are a favorite target of identity thieves, who sometimes commit fraud under a child's assumed identity for many years without being detected. To protect your children, you can request a free credit freeze from all three credit reporting agencies.

**INSTRUCTOR NOTE:** Equifax: 800-685-1111 • Experian: 888-EXPERIAN  
TransUnion: 888-909-8872

You can get a free copy of credit reports from the Personal Financial Counselor/Educator (PFM/E) at your local Family Support Center. The PFM/E can also help you interpret your reports and discuss what you need to do to improve your score. You can also request your free annual credit report and dispute any errors through the Annual Credit Report Request Service at [www.annualcreditreport.com](http://www.annualcreditreport.com). Additional free services are available to members of active duty at the three credit reporting agencies websites.  
<https://www.transunion.com/active-duty-military-credit-monitoring>  
<https://www.equifax.com/personal/military-credit-monitoring/>  
<https://www.experian.com/lp/military.html>



## SLIDE 14

## Summary

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During this course, we've reviewed:

- Financial planning practices to put into place to integrate this disability into your family's finances
- Disability income options that are available
- How your taxes might be impacted
- Insurance benefits and considerations to take into account
- A brief overview of your military retirement benefits
- How to plan and pay for your family's future education
- Estate planning and the documents you will need
- Taking care of an aging parent
- Being aware of Military Consumer Protections and Understanding Sources of Help for Military Consumers

I hope that the topics covered during this course will help you more successfully manage your personal finances.



## SLIDE 15

## Resources

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Please read through your Checklist and Handouts and refer back to them. They are a great resource to help navigate the financial decisions you'll need to make.

You are not alone! You have many layers of support to help you learn more and make good financial decisions.

You can talk to your CFS at your unit or meet with a PFM and attend a class at your local installation service center. You can call Military OneSource or CG SUPRT for additional assistance. This is a great option for flexibility of scheduling since the call center has extended hours. You may also access the FINRED Sen\$e mobile app or the MyNavy Financial Literacy mobile app for assistance with a variety of personal finance issues.



## SLIDE 16

## Thank You!

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Thank you for participating in this course. I wish you the very best as you and your family adjust to this new life situation. Please let me know if you have any questions or would like to schedule an in-person appointment to review your finances.