

NON-MEDICAL ATTENDANT ORIENTATION

WTU Commander

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Enclosure 6 Non Medical Attendant
Orientation



AGENDA

- Welcome
- Warrior Transition Units
- Army 101
- Medical 101
- Non Medical Attendant
- Taking care of yourself
- Where to go for assistance
- Schedule
- Tour (and maps)



WARRIOR TRANSITION UNITS WE ARE YOUR UNIT

WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.



WARRIOR TRANSITION UNITS

Warrior's Mission

I am a Warrior.

My job is to heal as I transition back to duty or
continue serving the nation as a veteran in my
community.

This is not a status, but a mission.

I will succeed in this mission because

**I AM A WARRIOR and
I AM ARMY STRONG**



MILITARY 101

- Military 101 Training
- Basics
 - Ranks
 - Command Teams
 - Command Staff
 - Command Structure
 - Formations



MEDICAL 101

- Military Treatment Facilities
- TRICARE
- “The Network”
- Access to Care
- Health care staff
- Patient Advocates / Ombudsmen



WTU 101

- Interdisciplinary Team
- AW2 Advocates
- Comprehensive Transition Plan
- Self Assessments
- Risk Assessments
- Scrimmages / Focused Transition Reviews
- Career Education and Rehabilitation
- Adaptive Reconditioning



RECOVERY, REHABILITATION, AND REINTEGRATION

- **Recovery Phase** – begins at the time of injury or diagnosis and ends with release from acute inpatient care—that is, when your service member is discharged from the hospital..
- **Rehabilitation phase** - begins when your service member checks out of the hospital and continues through the tapering off of treatments such as physical therapy. This phase will vary in length depending on the needs of each service member and family.
- **Reintegration phase** - the time when your service member prepares to either return to military duty or separate from the military and return to civilian life.



NON-MEDICAL ATTENDANTS

What is a Non-Medical Attendant (NMA)

A non-medical attendant is an individual who is:

Designated by the Soldier to be an NMA for the Soldier, and

Determined by the attending physician or surgeon and the military medical facility commander or head to be *appropriate to serve* as a NMA for the Soldier and whose presence may contribute to the health and welfare of the Soldier

SOLDIER ELIGIBILITIES FOR A NMA

Who is eligible for a NMA?

A member of the uniformed services who as a result of a wound, illness, or injury, has been determined by the attending physician or surgeon to be in the category known as “very seriously wounded, ill, or injured” or “seriously wounded, ill, or injured”;

AND is hospitalized for treatment of the wound, illness, or injury or requires continuing outpatient treatment for the wound, illness, or injury.

TERMINATION OF NMA STATUS

The Primary Care Manager will decide, based upon the Soldier's medical condition, when the Soldier no longer needs a NMA.

The Soldier will be re-evaluated 30 days prior to the end of the NMA orders.

The PCM will explain the decision to the Soldier and NMA at that time.

The Command team will provide counseling to the Soldier and the NMA on the activities that must occur when NMA orders end.

The Soldier can appeal the decision to terminate NMA orders to the Battalion Surgeon (if in a Separate Company WTU, to the Deputy Commander for Clinical Services).

WTU AND THE NMA

The WTU considers the NMA as part of the WTU family and will be there to assist the NMA just as we will the Soldier.

Social Workers

Access to Health Care

Access to Support Activities

Soldier Family Assistance Centers

National Resource Database

Military One Source

Life Family Counselors

Financial Counselors

Child Care



NMA DUTIES (1 OF 2)

Escort/drive the Soldier to and from medical and military appointments.

Assistance with shopping (including providing the needed transportation).

Provide transportation to and from leisure and recreation activities. Transportation to and from leisure and recreation activities is not reimbursable.

Provide a safe environment in the home setting for the Soldier to heal, recover, and transition.

Protect the Soldier from hazards or dangers incident to his/her daily living environment.



NMA DUTIES (2 OF 2)

Understand the medical plan of care including medications, various types of therapies, dietary needs, and exercise requirements. Assist the Soldier with the medical plan.

Serve as an advocate for the Soldier regarding care and administrative activities.

Motivate the Soldier to complete the medical plan of care and transition plans.

Help establish the daily routine for the Soldier and set/meet goals and expectations.

Assist the Soldier with managing required medical and administrative paperwork as appropriate.

Assist the Soldier in securing medications and pertinent medical equipment, information, records, and personal information as appropriate.

NMA WTU RESPONSIBILITIES (1 OF 2)

Complete required administrative documents as directed by the WTU.

Along with Soldier, meet with the Squad Leader (SL) at least weekly and the Nurse Case Manager (NCM) at least twice per month.

Accompany the Soldier to monthly meetings with the Primary Care Manager.

Maintain a living space that provides for the Soldier's safety and well-being.

Attend formations and Town Halls with Soldier at least once per quarter.



NMA WTU RESPONSIBILITIES (2 OF 2)

Meet with Ombudsman and MTF Patient Advocate within one month of arrival. If the Soldier is attached or assigned to a WTU this meeting can occur via telephone. The Soldier's SL or Platoon Sergeant will document that these actions are complete in the Soldiers personnel file.

Attend Family Readiness Group meetings, at minimum, once per quarter.

Attend Transition Assistance Program(s) with Soldier.

Meet with Soldier Family Assistance Center (SFAC) staff to outline required classes or programs.



NMA TRAINING

The WTU will provide the following training:

Orientation to the duties and responsibilities of a NMA prior to assignment as a NMA (this briefing).

Integrated Disability Evaluation System Familiarization Briefing within 30 days of arrival.

Fire and Rescue Drills Training may be offered to those in on-post lodging.

First Aid Training and CPR training may be offered within 90 days of assignment as a NMA.



NMA ENTITLEMENTS

NMA Entitlements include the following per the Joint Federal Travel Regulation

Per Diem pay. This is pay to cover the expenses for food and incidentals while serving as a NMA. Not all NMAs qualify for all entitlements. Your Chain of Command will discuss your specific entitlements with you.

Transportation Reimbursement. One round trip from the NMA's home of record and return; and to and from a military appointment outside of the Permanent Duty Station.

Costs incurred from driving the Soldier to and from medical appointments or therapies may be reimbursed. Travel to MWR or recreational events are not covered in this entitlement.

TAKING CARE OF YOURSELF

- Eat healthy meals.
- Drink water.
- Get some sleep.

Limit caffeine (especially in the late afternoon/evening).

Avoid watching stressful TV in the hour before you go to sleep.

- Rest when you can; Inquire about Respite Care with NCM.
- Get some exercise.
- Reduce other stress in your life.
- Identify a “spokesperson.”
- When people offer to help, accept the offer.
- Acknowledge how you feel.
- Seek spiritual guidance if religious beliefs are part of your life.



TAKING CARE OF YOURSELF

Try writing about your feelings in a notebook or journal.

- Set realistic expectations for your service member and yourself.
- Grieve for your losses, then try to adjust your expectations to a realistic “new normal.” This can reduce your stress level significantly.
- Take time to manage your finances and work leave benefits.
- Use the resources available to you.
- Connect with other families that are going through the same experience.
- Don’t feel guilty about making time for yourself.

COMMUNICATING WITH THE TEAM

- Be assertive in a friendly way.
- Remember that the medical team takes care of many patients, but that you take care of one. Speak up to make sure that your service member's needs are met,
- Keep in mind that all these people are on your side.
- Recognize that when you are stressed, scared, or confused you may need to step back from your emotions to communicate effectively.
- Be friendly with the people around you.



YOUR WTU TEAM

- Contact numbers

