

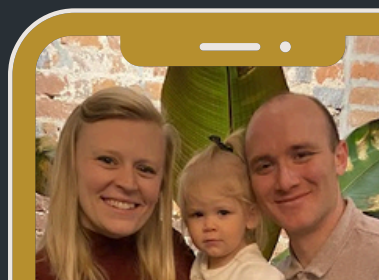
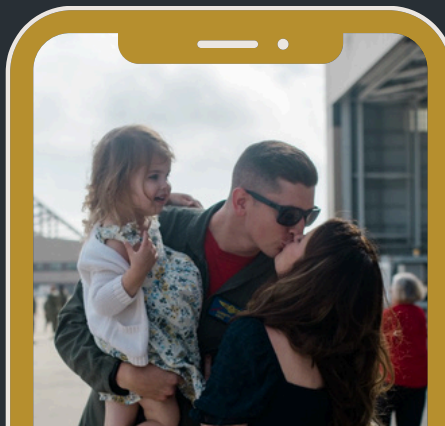
AMERICA'S CHOICE®

# VAUSA®

FOR VIRTUAL ASSISTANTS

# MILITARY SPOUSE DEPLOYMENT CARE PLAN

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A GUIDE FOR EMPLOYERS OF MILITARY SPOUSES

## BEFORE

- Have an open discussion with the military spouse team member about deployment dates, length of time they'll be gone, how many days they think they will need/want off before and after. Also discuss any dates during the deployment they'll want time off for if they have children and will be solo-parenting, etc. Determine if coverage will be necessary during their days off. Understand if this is their first or 10th deployment, this is always challenging and your team member will experience a myriad of emotions throughout each phase. This is normal! They need to know that they are heard and supported. They do not need to mask their realities.
- Consider starting a [meal train](#) for them once the spouse is deployed. Ask for permission and share with the rest of the team or individuals to be able to contribute. Be sure to ask about any allergies/sensitivities there may be within the home.
- Ask if you can have the deployed member's APO address once they get it so you and/or team members can send care packages. This is also a great team-building activity!
- Gather a list of the military spouse and military member's favorites. EX: snacks, restaurants, fast food, places to shop, hobbies, etc.
- Send the team member and the service member each a copy of [The 5 Love Languages Military Edition](#).
- Read this helpful [article](#) on what NOT to say, and what to say to a military spouse during a deployment.
- Determine a monthly budget for caring for the military spouse if necessary.
- Determine who will take point in executing the care initiatives and meet with them to discuss the plans and remove any necessary obstacles.
- Consider gifting a photographer session to capture family photos before the deployment.

## DURING

- Start the [meal train](#) and resend monthly or as needed.
- Send a monthly or quarterly [care package to the deployed military member's](#) APO address.
- Send a monthly or quarterly care package or gift a service to the military spouse.
- Have other team members send handwritten cards of encouragement to the affected team member, their service member, and their children.
- If you have a company chaplain, remind the team member that they are available any time they need someone to talk to.
- [Recognize holidays](#), children's birthdays and military couple's wedding anniversary if they fall during deployment dates. These are often very bitter-sweet for the family members because they can not experience these milestones and special moments with their loved ones together.
- [Send interactive/experience gifts](#) the team member can do with their children. Research local events that they may want to attend and consider sending them tickets if they're available.
- The military spouse may be informed of an estimated return date, but please remember that the date often changes and the morale of the milspo may be impacted by the disappointment and whiplash. Once it's clear the date is more certain, have a discussion with the team member about the length of time they will want off. Everyone is different in how much time they desire, especially if it's their first deployment vs many deployments in, how long they spent apart, and if children are involved.
- Check-in with the team member with a deployed spouse frequently, just to see how they are, ask for prayer requests etc. Actively listen for opportunities to support them practically.

# MILITARY SPOUSE DEPLOYMENT CARE PLAN



## AFTER

- Send a "Welcome Home" gift basket. Can be hand-picked or use pre-prepared [services](#). This could also be a great way to encourage team-building and allow the team to contribute to the gifting.
- Consider sending the couple to a [weekend marriage retreat](#) to help with their reintegration.
- Be compassionate and patient with your team member. Although being reunited with their loved one is worth celebrating and is a relief, the reintegration period can be a rough adjustment for all family members. Check in to see how they're doing and just be aware it can take several weeks to months for them to get back to "normal" as a family.



## Military Spouse Deployment Care Plan

### MONTHLY CARE PACKAGE OR GIFTING IDEAS



#### Services:

- Housekeeping service
- Spa gift certificate
- Pay for a sitter
- Meal delivery service



#### Adult Gifts:

- Books- physical copy and audio version for the team member and service member to read “together”
- All About Me Basket- gather the team member's favorite snacks and small items to have delivered
- [Military focused Bible studies](#)
- [Chocolate strawberries](#) for Valentines day
- [Funny milspo mug](#)



#### Gifts for Children:

- Zoo/museum membership while the service member is away
- [Sensory Play-Doh kit](#)
- [Bug catcher kit](#)
- [Sensory light switch board](#)
- [Lego kit](#)
- [Friendship bracelet making kit](#)
- Brave Books gift certificate, gift bundle, or [monthly subscription](#)
- [Dino building set](#)



#### Gifts for Family:

- [Table Talk cards](#) or [Couple Convo cards](#)
- All the required items to make a “[memory chain](#)” to unlink with the service member once he/she returns home
- Board games ([Trouble](#), [Monopoly Deal](#), [Headbandz](#))
- [Military Family Books](#)



#### Welcome Home Gift Basket Ideas

- [Date-Night-In Basket](#) (aprons, Italian cookbook, pasta, pasta sauce, favorite beverage)
- [Wine and charcuterie basket](#)
- [A-Day-Away Basket](#) (fill a basket with accessory items for a certain day long activity ex. beach day- towel, sunglasses, water bottles, etc.)
- Gift certificate for a local photographer to capture the homecoming.
- Gift certificates to their favorite local establishments or experiences they can do together as a couple or as a family.