



TURN YOUR PLEDGE INTO ACTION - HIDDEN HEROES CITIES & COUNTIES

Being a Hidden Heroes City or County is more than just signing a pledge to recognize military caregivers. Use these ideas as a starting point to support and engage caregivers in your community. The Foundation has Dole Caregiver Fellows in all 50 states and Puerto Rico who are ready to assist. We are happy to collaborate on activities and may even have funding available to support your efforts.

Include Caregiver Resources on Official Website and Social Media

Celebrate that your community is a Hidden Heroes City or County! Having a dedicated caregiver resource page on a city or county website can help caregivers quickly access important and relevant information. These resources can be locally tailored or nationally focused and should be shared on social media platforms as well.

Raise Awareness Through a Roundtable

Roundtables or community forums can provide valuable information and identify challenges caregivers in your community may be experiencing. Host a community roundtable with local stakeholders to raise awareness of issues facing caregivers, share available resources, and discuss potential community-wide solutions. EDF Staff and Dole Caregiver Fellows can help you get started.

Host a Recurring Event

Whether it's a monthly caregiver coffee hour or quarterly caregiver yoga session in the park, work with community partners to host regularly scheduled events for caregivers to connect and receive peer support. These can be big or small, virtual or in-person, and the Foundation may have funding to support these events.

Collaborate with Local Partners

Work with local food banks, childcare facilities, nonprofit partners, or local businesses to address unmet needs in the veteran and caregiver community. In-home delivery and distribution services can be a big help to veterans, caregivers, and military families less able to leave their homes.

Organize a Caregiver Family Night

Organizing an event for military caregivers that includes family members and friends is a great way to make caregivers and their support networks feel welcomed and appreciated. Work with community partners to host a family inclusive night for caregivers.

Invite a Caregiver to Share Their Story

Caregivers have impactful stories that can prompt action. Invite a caregiver to share their story with city and county officials and discuss how the community can better support their needs.

Include Caregiver Appreciation in Events and Holidays

While May is the Month of the Military Caregiver, show appreciation to caregivers year-round! Include and recognize military caregivers during events and holidays such as Veterans Day to make caregivers feel appreciated and raise public awareness of their important roles.

Establish a Hidden Heroes or Patriotic Committee

Creating a Hidden Heroes or Patriotic Committee within your city or county can drive local efforts to reach and serve military and veteran caregivers. Engage stakeholders including caregivers, elected officials, Veterans Service Organizations (VSOs), Military Support Organizations (MSOs), businesses, and nonprofit and faith leaders.

Encourage Local Businesses to be Caregiver Friendly

Many businesses offer special services, rates, and employment opportunities to military members and veterans. Encourage businesses in your area to become "Caregiver Friendly" and offer these opportunities to military caregivers as well.

Promote Caregiver Resources and Employment Opportunities

Hosting a community resource table or job fair? Ensure that resources and employment opportunities for caregivers are available and denoted as caregiver specific.

Engage Local Volunteers

A primary need for caregivers is time. Engage local volunteer organizations or youth groups to help caregivers with everyday tasks they may not be able to tackle on their own. This can include yard work, picking up groceries, or walking pets.

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Need Help Getting Started?

Contact Laurel Haxton, Community Engagement Manager, at lhaxton@elizabethdolefoundation.org or 202-935-0127.