



**HIDDEN  
HELPERS**



### **Hidden Helpers Focus Group Questions**

Q1. Think about your interactions with your children's health care providers. What are your thoughts & feelings about care providers asking you and your child about the impact of being a part of a veteran or military family? Should they ask? Shouldn't they? Does it depend?

Q2. What do you wish your child's care provider knew about your family's and/or child's caregiving experience?

Q3. Please share a time when you or your child felt supported and understood by your child's care provider. Please be specific — what happened or what did the provider say or do that helped you feel supported or understood.

Q4. Please share a time when you or your child did NOT feel supported and understood by your child's care provider. Please be specific — what happened or what did the provider say or do that made you feel unsupported and misunderstood?

Q5. How could your child's care provider best demonstrate an understanding of the unique stressors and needs of your caregiving child and family?

Q6. What kinds of services or supports would you like your child's care provider to connect you and your family with?

Q7. What would you change about the way your child's care provider engages with your caregiving family and/or child to better address your child's needs? For example, are there any questions you wish care providers would ask your child or you? Are there any barriers to accessing the care and services your child needs? Is there anything you wish care providers would offer?

Q8. As we prepare to create a collection of web-based trainings and other resources to help care providers better understand the impacts of caring for a wounded, ill, or injured veteran on families and the children in those families, please list three things care providers need to know about your child.

The last three questions are specific to children/teens who help with care for a parent with service-related injuries or illness (including invisible injuries like PTSD). Care could include taking on additional household chores or caring for siblings so that one parent has more time to care for injured or ill parent. It could also include providing care to the injured or ill parent or helping them with activities they used to do for themselves.

Q9. Do you have any concerns sharing with health care professionals that your child helps provide support or care to parent with service-related injuries or illness?

Q10. What supports or knowledge would help lessen those concerns?

Q11. What are your thoughts on care providers asking you or your child about how being a caregiver impacts your child's stress, sleep, school, and friends?

Q12. Is there anything else you'd like the research team to know, as we prepare to develop trainings and resources for health care providers who serve military caregiving families?