

# Understanding Yourself

## Helping Disabled Veterans And Their Families

(NAPSA)—The brave men and women who have served the country so valiantly in the nation's armed forces now have a new resource to help them cope with the transition to civilian life and other related issues.

VetsFirst ([www.vetsfirst.org](http://www.vetsfirst.org)), a new national nonprofit organization that will help all of America's disabled veterans, their spouses, dependent family members and survivors receive health care, compensation, rehabilitation and other benefits offered by the U.S. Department of Veterans Affairs (VA), was announced by United Spinal Association.

Membership embraces all generations of veterans, including those living with post-traumatic stress disorders, traumatic brain injuries, toxic exposures and those who are at increased risk of neuromuscular diseases (e.g., multiple sclerosis, ALS).

It also supplies the veterans' community with guidance on education and employment. Together with United Spinal Association, VetsFirst provides legal representation in VA claims and appeals.

"VetsFirst will offer the same high level of service and personal approach it has become known for, while expanding to provide for the needs of veterans of the wars in Iraq and Afghanistan," said Paul J. Tobin, president and CEO of United Spinal Association.

The organization recognizes that older-era veterans are aging, and their health and benefits needs are changing. Advocating and assisting women veterans and their particular health concerns are high priorities.

"We're serving a very large membership with our holistic approach. When their families are



**A new organization can help disabled veterans and their families with getting their benefits and getting on with their lives.**

taken care of, veterans recover faster. Extending membership to veterans' families and others involved in their lives and well-being distinguishes us from other veterans' organizations," said Leonard Selfon, VetsFirst senior vice president.

The organization offers "Ask VetsFirst" (<http://helpdesk.vetsfirst.org>), a Web-based service that gives veterans an opportunity to get assistance with benefits-related inquiries. The service lets visitors submit questions online. A national service officer or attorney supplies information and resources to help resolve the inquiry.

Together with United Spinal Association ([www.unitedspinal.org](http://www.unitedspinal.org)), VetsFirst is a national 501(c)(3) nonprofit membership organization. Membership is free.