

# America's Heroes

## Army Involves Families In Wounded Warriors' Recovery Goals

(NAPSA)—Army Staff Sgt. Gabriel Garcia realized how much he needed his family when he lost his right arm in combat. Now, as Garcia learns to use a prosthetic, his entire family participates in his recovery at the Warrior Transition Unit (WTU) at Walter Reed Army Medical Center in Washington, D.C.

Soldiers requiring at least six months of complex medical care are assigned to one of the 29 WTUs throughout the United States and Europe. At these facilities, more than 9,000 soldiers like Garcia have one mission: to heal and transition, either back to the force or to veteran status. Garcia spends his days attending appointments for medical care, physical therapy and occupational therapy, and working toward his transition goals.

With the support of his medical providers and professional multidisciplinary team, Garcia articulated his goals through his Comprehensive Transition Plan (CTP), developed by the Army Warrior Transition Command (WTC). The CTP is a six-part process that includes a personalized plan for each wounded soldier.

"The Comprehensive Transition Plan isn't the Army's plan for the soldier," said Col. Darryl Williams, commander of the Warrior Transition Command. "It's a process that includes a personal plan created for the soldier by the soldier. They provide the vision—the Army provides the tools."

Families have a formal role in the CTP process that includes attending medical appointments and regular progress meetings, called scrimmages, and supporting the soldier in accomplishing his/her goals.

"It's everybody coming together,"



**The Army recognizes the pivotal role families play in the recovery of wounded warriors, and the Army integrates them in the soldier's treatment and transition plan.**

said Christina Garcia, Staff Sgt. Garcia's wife, after one of these scrimmages. "His nurse case manager, his primary care doctor, the social worker and his squad leader—everybody together in the same room—discussing just him."

The Garcia family works together to support Garcia's recovery goals. Christina keeps careful watch over his schedule and the care of his prosthetics. Garcia's son plays video games with him to support his hand dexterity and throws the football with him to increase his arm strength.

"This is my new life. I am missing an arm but I'm just lucky to still be alive," said Garcia. "It doesn't mean I can't do anything a normal person can do. It is just a little tougher for me, and I have to be smart and figure out a way around it."

WTC is a new command under the U.S. Army Medical Command. For more information, visit [www.WTC.army.mil](http://www.WTC.army.mil).