



# RETIRED ACTIVITIES OFFICE



Prepared by:  
Legal Assistance Department  
Region Legal Service Office Southwest  
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## WHAT IS THE RETIRED ACTIVITIES OFFICE?

The Retired Activities Office (RAO) was established in 1981 under the Department of the Navy Retired Activities Program. By both tradition and law, retired personnel and their family members are entitled to certain rights and benefits. The RAO provides a link between local retirees and military communities as well as other agencies which provide assistance to retirees and their families. The purpose of this assistance is to support and enrich the lives of retired military personnel and their families.

## SERVICES PROVIDED

### Assistance in Preparing Claims

- Retired Serviceman's Family Protection Plan (RSFPP)
- Survivor Benefit Plan (SBP)
- Claims for Unpaid Compensation
- Death Benefits under the Civil Service Retirement System
- All types of Government Life Insurance (SGLI, VGLI, NSLI, etc.)

### Referrals

- Navy and Marine Corps Relief Society for financial assistance
- Fleet and Family Support Centers for counseling on stress, depression, etc.
- Medicare, Social Security, Tricare
- Internal Revenue Service
- U.S. Citizenship and Naturalization Service
- Legal Aid Society or Naval Legal Service Office

### Individual Briefings

- Survivor Benefit Plan (SBP)
- Dependency Indemnity Compensation
- Government Life Insurance
- Disability
- Federal and private employment opportunities
- Educational opportunities (GI Bill)

### Assistance in Planning for a Civilian Career

- Resume preparation
- Plan of action
- Strategies
- Job interview skills

### Financial Estate Planning and Investment Opportunities:

- Investment guidance

### Pre-legal Guidance

- Probate
- Retirees' rights under the Uniformed Services Former Spouses Protection Act

WARNING: PROVIDED FOR INFORMATIONAL PURPOSES ONLY AND NOT INTENDED TO BE TAKEN AS SPECIFIC LEGAL ADVICE.  
FOR LEGAL ADVICE IN A PARTICULAR SITUATION, ALWAYS CONSULT WITH AN ATTORNEY.

**Annual Retired Personnel Seminar:** The seminar is presented by the Naval Station Fleet and Family Service Center each November.

**House Calls:** House calls will be provided for physically handicapped individuals and all persons incapable of making the trip to the Retired Activities Office.

### **LEGAL ASSISTANCE SERVICES**

A legal assistance attorney is available by appointment Monday from 0800-1100 and 1300-1500, Tuesday through Thursday (excluding the fourth Wednesday of the month) from 0900-1100 and 1300-1500 and Friday from 0900-1045. Powers of attorney and notaries are available at the same times. For more information, please contact the Legal Assistance Office, located in Building 56, 32nd Street Naval Station, San Diego, CA, by telephone at (619) 556-2211, or our office at Naval Air Station North Island – Coronado, Building 318 – Second Deck, above the Fleet and Family Support Center, Saufley Road, by telephone at (619) 545-6437.

### **RESOURCES**

**Retired Activities Office:** Bldg. 259, 3005 Corbina Alley Ste. 1, (619) 556-8987; [NRSWRAO@navy.mil](mailto:NRSWRAO@navy.mil); [www.navylifew.com/sandiego/families/ffsc/retiree-support/](http://www.navylifew.com/sandiego/families/ffsc/retiree-support/)

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