

# PREPARING FOR YOUR MOVE



U.S. Department of Defense

**EFMP** Exceptional Family Member Program

## What should you consider when planning to move?

- Connect with your relocation point of contact, or POC, at your local Military Family Support Center, and visit MilitaryINSTALLATIONS, <https://installations.militaryonesource.mil>, for more information.
- Connect with your local Exceptional Family Member Program Family Support office to initiate a warm handoff of EFMP Family Support services to your gaining installation EFMP Family Support office.

EFMP Family Support can connect you with the installation housing office and the medical treatment facility to address your housing needs.

|             | THREE TO SIX MONTHS BEFORE YOUR MOVE   | AS YOU LEAVE YOUR DUTY STATION   | AS YOU ARRIVE AT YOUR NEW DUTY STATION   |
|-------------|--|--|--|
| MEDICAL     | <ul style="list-style-type: none"> <li>□ Obtain your child or adult dependent's medical records, including shot records, prescriptions and dosages.</li> <li>□ Connect with your TRICARE provider if you are changing TRICARE regions to facilitate an easy transition.</li> <li>□ Review Medicare, Medicaid and Supplemental Security Income, or SSI, information available at your new location, as appropriate.</li> </ul>  | <ul style="list-style-type: none"> <li>□ Collect any supplies that your child or adult dependent may need upon arrival at your new duty station, including medication refills and supplies – for example, hearing aid batteries.</li> <li>□ Talk to your medical provider about securing necessary prescriptions and medications for your transition.</li> <li>□ Hand-carry a copy of your child or adult dependent's medical records, as applicable.</li> </ul>   | <ul style="list-style-type: none"> <li>□ Connect with your new TRICARE provider to communicate your family's medical needs.</li> <li>□ Schedule appointments with your family's primary care providers and specialists.</li> <li>□ Connect with a legal representative to reestablish conservatorship.</li> <li>□ Call ahead to ensure availability of TRICARE PLUS for dependents, as applicable.</li> </ul>  |
| EDUCATIONAL | <ul style="list-style-type: none"> <li>□ Connect with your local school liaison to ask for a warm handoff to the school liaison at the new installation and inquire about the possibility of preregistration.</li> <li>□ Notify your school or early intervention agency of your impending move and request a copy of your child's records, including transcripts and assessments.</li> <li>□ Request your child's latest Individualized Education Program, or IEP, or Individualized Family Service Plan, or IFSP, including IEP and IFSP meeting minutes and the most recent progress report.</li> </ul> | <ul style="list-style-type: none"> <li>□ Hand-carry hard copies and thumb drives of any educational information, including IEP, IFSP and 504 Plan.</li> <li>□ Keep contact information of your child's current teacher or early intervention specialist in case there are questions at your new school or your new early intervention agency.</li> <li>□ Provide the staff at your child's current school with the contact information for the special education staff at your child's new school to speed the transfer of information.</li> </ul> | <ul style="list-style-type: none"> <li>□ Take the hand-carried educational information, including immunization records, with you to enroll your child in the local school.</li> <li>□ Notify the new school of your child's educational needs, and sign appropriate releases so they can request copies of your child's records, if applicable.</li> <li>□ Connect with your new local EFMP Family Support staff and school liaison.</li> <li>□ Visit your state education website and the Office of Special Education Programs for timelines and for additional information.</li> </ul> |

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## Preparing for a PCS OCONUS?

Before moving OCONUS, your family will be screened to ensure that the medical/educational needs of all family members are considered during the assignment coordination process. Contact your military treatment facility for more information on Family Member Travel Screening, or FMTS.

**Remember: Start the FMTS process as soon as you receive official notification of assignment to an OCONUS location.**

## What links may be helpful for you?

- EFMP and Me: <https://efmpandme.militaryonesource.mil/>
- Plan My Move: <https://planmymove.militaryonesource.mil/>
- TRICARE Moving: <https://tricare.mil/lifeevents/moving>
- MilitaryINSTALLATIONS: <https://installations.militaryonesource.mil/>
- Parent Center Hub: <https://www.parentcenterhub.org/>
- Special Care Organizational Record for Children with Special Health or Educational Needs: [https://download.militaryonesource.mil/12038/EFMP/PTK\\_SCORs/SCOR-Children.pdf](https://download.militaryonesource.mil/12038/EFMP/PTK_SCORs/SCOR-Children.pdf)

### Educational Resources

- Moving with an IEP: <https://millifelearning.militaryonesource.mil/>
- The Education Directory for Children with Special Needs: <https://efmpeducationdirectory.militaryonesource.mil/>
- DoD Directory on Early Intervention, Special Education and Related Services in OCONUS Communities: <https://download.militaryonesource.mil/12038/MOS/EFMP/OCONUS-Directory.pdf>
- Office of Special Education Programs, or OSEP: <https://www2.ed.gov/about/offices/list/osep/index.html>

### Resources for Adults with Special Needs

- Guide for Adults with Special Needs: [https://download.militaryonesource.mil/12038/MOS/ResourceGuides/Adults\\_with\\_Special\\_Needs.pdf](https://download.militaryonesource.mil/12038/MOS/ResourceGuides/Adults_with_Special_Needs.pdf)
- Support Services for Adults with Special Needs: <https://www.militaryonesource.mil/products/support-services-for-adults-with-special-needs-fact-sheet-206/>
- Special Care Organizational Record for Adults with Special Needs: <https://www.militaryonesource.mil/products/special-care-organizational-record-for-adults-with-special-needs-25/>



Exceptional Family Member Program, or EFMP, support is available for military families with special needs. For more information, please contact your installation EFMP Family Support office or visit <https://www.militaryonesource.mil/>, an official Department of Defense, or DOD, website.