

# Preparing for Your Move



## 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 EFMP Family Support office to initiate a warm hand-off of EFMP Family Support services to your gaining installation EFMP Family Support office.

### Three to six months before your move:

### As you leave your duty station:

### As you arrive at your new duty station:

|             | 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><input type="checkbox"/> Obtain your child or adult dependent's medical records, including shot records, prescriptions, and dosages.</li><li><input type="checkbox"/> Connect with your TRICARE provider if you are changing TRICARE regions to facilitate an easy transition.</li><li><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> Talk to your medical provider about securing necessary prescriptions and medications for your transition.</li><li><input type="checkbox"/> Hand-carry a copy of your child or adult dependent's medical records, as applicable.</li></ul>  | <ul style="list-style-type: none"><li><input type="checkbox"/> Connect with your new TRICARE provider to communicate your family's medical needs.</li><li><input type="checkbox"/> Schedule appointments with your family's Primary care providers and specialists.</li><li><input type="checkbox"/> Connect with a legal representative to reestablish conservatorship.</li><li><input type="checkbox"/> Call ahead to ensure availability of TRICARE PLUS for dependents, as applicable.</li></ul>  |
| Educational | <ul style="list-style-type: none"><li><input type="checkbox"/> Connect with your local School Liaison to ask for a warm hand-off to the School Liaison at the new installation.</li><li><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> Hand-carry hard copies and thumb drives of any educational information, including IEP, IFSP and 504 Plan.</li><li><input type="checkbox"/> 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><input type="checkbox"/> 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><input type="checkbox"/> Take the hand-carried educational information, including immunization records, with you to enroll your child in the local school.</li><li><input type="checkbox"/> 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><input type="checkbox"/> Connect with your new local EFMP Family Support staff and School Liaison.</li><li><input type="checkbox"/> 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, or MTF, 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?

- Plan My Move: <https://planmymove.militaryonesource.mil/>
- TRICARE Moving: <https://www.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 Care Needs: [http://download.militaryonesource.mil/12038/EFMP/PTK\\_SCORs/SCOR-Children.pdf](http://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://www.militaryonesource.mil/family-relationships/special-needs/special-education-and-childcare/education-directory-for-children-with-special-needs>
- DoD Directory on Early Intervention, Special Education and Related Services in OCONUS Communities: <https://www.militaryonesource.mil/family-relationships/special-needs/support-for-families/department-of-defense-directory-on-early-intervention-special-education-and-related-services-in-oconus-communities>
- Office of Special Education Programs, or OSEP: <https://www2.ed.gov/about/offices/list/osers/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: <http://download.militaryonesource.mil/12038/MOS/Factsheets/EFMP-Factsheet-Support-Services-for-Adults.pdf>
- Special Care Organizational Record for Adults with Special Health Care Needs: [https://download.militaryonesource.mil/12038/EFMP/PTK\\_SCORs/SCOR\\_Adult.pdf](https://download.militaryonesource.mil/12038/EFMP/PTK_SCORs/SCOR_Adult.pdf)