



Military Community and Family Policy Fact Sheet

Permanent Change of Station Season

Data

- ✓ *Military families relocate 14 percent more frequently than their civilian counterparts according to the U.S. Census Bureau.*
- ✓ *Military and Family Support Centers, as part of the Family Readiness System, help service members prepare for relocation so they arrive at their duty stations ready to focus on the mission.*

Additional information

Plan My Move

<http://planmymove.militaryonesource.mil>

MilitaryINSTALLATIONS

<http://www.militaryinstallations.dod.mil>

Military OneSource Moving

<http://www.militaryonesource.mil/on-and-off-base-living/moving>

Background

Permanent change of station moves are part of life for most service members and their families. Many thrive on the new experiences and opportunities afforded them through their mobile lives. Frequent moves may strain even the most resilient families. Knowing how to plan and what to expect during a move can help alleviate some of the inherent stresses service members face. Military and Family Support Centers, as part of the Family Readiness System, provide programs and services to support service members and family members with their relocation and moving needs.

Highlights

The following support programs are available to assist military families throughout the move:

- The Relocation Assistance Program offers planning assistance, referrals and education on how to minimize the stress and maximize the benefits of a move.
- The Exceptional Family Member Program is standing by with information and resources to help families moving with a member who has special needs. Military OneSource specialty consultations are available to discuss concerns regarding special needs care and education.
- The Spouse Education and Career Opportunities program assists military spouses with targeted information on portable careers, resources and access to specialized career counselors.
- Sponsorship programs provide an important link between transferring service members and their new units, installations and communities.

