

PREPARING FOR YOUR MOVE



What should you consider when planning to move?

- Connect with your relocation point of contact at your local Military and Family Support Center. Find your support center's contact information at MilitaryINSTALLATIONS, <https://installations.militaryonesource.mil>.
- Connect with your local Exceptional Family Member Program Family Support office to initiate a warm hand-off of EFMP Family Support services to your gaining installation EFMP Family Support office.

EFMP Family Support at your gaining location can connect you with local community resources such as the installation housing office, school liaison or medical treatment facility to address your 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"> □ Obtain your child or adult dependent's medical records, including shot records, prescriptions and dosages. □ Connect with your TRICARE provider if you are changing TRICARE regions to facilitate an easy transition. □ Review Medicare, Medicaid and Supplemental Security Income information available at your new location, as appropriate. 	<ul style="list-style-type: none"> □ 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. □ Talk to your medical provider about securing necessary prescriptions and medications for your transition. □ Hand-carry a copy of your child or adult dependent's medical records, as applicable. 	<ul style="list-style-type: none"> □ Connect with your new TRICARE provider to communicate your family's medical needs. □ Schedule appointments with your family's primary care providers and specialists. □ Connect with a legal representative to reestablish conservatorship.
EDUCATIONAL	<ul style="list-style-type: none"> □ 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 advance enrollment. □ Notify your school or early intervention agency of your impending move and request a copy of your child's records, including transcripts and assessments. □ 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. 	<ul style="list-style-type: none"> □ Hand-carry hard copies and devices containing electronic copies of any educational information, including IEP, IFSP, or section 504 plan. □ Keep contact information of your child's school, central office or early intervention agency in case your child's new early intervention specialist or special education teacher have questions. □ 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. 	<ul style="list-style-type: none"> □ Take the hand-carried educational information, including immunization records, with you to enroll your child in the local school. □ 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. □ Connect with your new local EFMP Family Support staff and school liaison. □ Visit your state and local education websites for additional information about special education services.

PREPARING FOR YOUR MOVE



U.S. Department of War

EFMP Exceptional Family Member Program

Preparing for a PCS OCONUS?

Before moving overseas, 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.

Remember: Start the overseas family travel screening process as soon as you receive official notification of an assignment to an overseas location. Please note that ALL family members must be screened for overseas family travel.

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/>

Educational Resources

- The Education Directory for Children with Special Needs: <https://www.militaryonesource.mil/resources/tools/education-directory>
- 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/osers/osep/index.html>

Resources for Adults with Special Needs

- Adults With Special Needs MilLife Guide: <https://www.militaryonesource.mil/resources/millife-guides/adults-with-special-needs/>
- Special Care Organizational Record for Adults with Special Needs: <https://www.militaryonesource.mil/products/special-care-organizational-record-for-adults-with-special-needs-downloadable-142/>



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 War, or DOW, website.