



Transitioning For the EFMP Family

When you are transferred, you can smooth your Exceptional Family Member(s) transition by planning ahead.

Get in touch with the EFMP Team at the Fort Carson Army Community Service, Building 1526, across from the Grant Library. The EFMP Team can assist you with identifying resources and can also provide EFMP contact information for your new duty station.

The ACS EFMP Team at your new duty location is an excellent first stop for you upon your arrival at your new duty station. If you need assistance with identifying and locating resources, school transition or EFMP transition assistance in general, make an appointment to meet with any member of the EFMP Team at Army Community Service.

Transitioning a Exceptional Family Member (EFM) with Health Issues

When you are transferred, the health issues of your EFM can be exacerbated due to stress, climate change and lack of self-care. Preparing for the transition by following these steps can alleviate many of the medical issues that arise during a transfer:

Before you leave your current duty station:

- ** Because you can no longer hand-carry medical records, if you will be traveling with an EFM that has a significant medical condition that might require medical treatment during your transition, request a copy of your EFM's recent medical history, particularly from any specialists they may have seen and any off-post medical providers. If possible, request a summary of your EFM's condition, prognosis, and current treatment plan.
- ** Request prescriptions for at least a two month supply of any medications.
- ** If your EFM receives Supplemental Security Income (SSI), contact the local and new duty station SSI office to facilitate transfer of benefits.
- ** If your EFM receives state disability benefits/assistance, contact the local office to advise the agency of your impending transfer. Contact the state where you are transferring and request information on state benefits and assistance to include eligibility and requirements.
- ** If your EFM has mental health issues, contact TRICARE to request a list of mental health providers in the new area to avoid an extended break in service. Mental health care **does not** require a referral.
- ** Prepare an emergency action plan to deal with any medical emergencies along the way. You should have at least two points of contact who can answer medical questions about your family. This should include names and descriptions of everyone in the vehicle. The plan should also include a list of any medications taken, any allergies and any special conditions (i.e. special medical needs, severe (anaphylactic) allergies, deaf or blind, shunts, pacemaker, missing organs or limbs, paralysis, mobility concerns, etc.). A copy of this emergency action plan should be placed with the vehicle's registration in the event of an accident and also should be carried with the individual at all times during travel. Also put an In Case of Emergency "ICE" number in your cell phone.

When you leave your current duty station:

- ** Take any special equipment, medication refills, or supplies which your EFM may need in the next two months.
- ** **Hand-carry** any medical information you can obtain for your EFM. **DO NOT PACK IN UNACCOMPANIED BAGGAGE OR HOUSEHOLD GOODS!**

Transitioning a Child to a New Special Education Program

Veteran military Families know that their special education child typically suffers the most anxiety when there is some sort of transition, whether it be from the home to a classroom environment for the first time, from one classroom to another or from one school to another. These transitions are hard for even the most capable students, so they are understandably even more difficult for students with special needs. As a parent, you will never be able to eliminate all of a child's anxiety or fears, but by being proactive, you can help to ease them. Here are a few guidelines for helping students with transitions.

Before you leave your current duty station:

- ** Request a copy of your child's complete educational records. Be sure you have a copy of your child's most recent Individualized Education Program (IEP) or 504 Plan. **DO NOT PACK IN UNACCOMPANIED BAGGAGE OR HOUSEHOLD GOODS!**
- ** Obtain a copy of all assessment information and medical records used by your local school to plan for your child's special needs.
- ** Meet with your child's teacher and review the progress that your child has made since the last IEP was developed. Ask the teacher if he/she is willing to write a summary of what has occurred this school year, indicating techniques that have been successful and those that have not. Also ask for any suggestions that may help you and the staff at the new school plan a program for your child.
- ** Contact the Military School Liaison Officer (SLO) at your new duty station. This office can be located by calling Child Youth, and School Services at the new duty station.
- ** Write to the director of special education for the state to which you are going for a copy of the state's special education guidelines and policies (or visit the state's department of education website). If you are moving overseas, visit www.dodea.edu/instruction/curriculum/special_ed for guidelines and policies.
- ** Contact the director of special education in the local school district (this contact information can be obtained by speaking with either ACS EFMP personnel or the SLO). Provide the name of your child and current educational placement, and ask what steps might facilitate a smooth transition prior to arrival in the new area.

When you leave your current duty station:

- ** Take any special equipment, medication refills, or supplies which your child may need in the next two months.
- ** **Hand-carry** all information on your child's educational program, birth certificate, and shot records to the new duty station. **DO NOT PACK IN UNACCOMPANIED BAGGAGE OR HOUSEHOLD GOODS!**

Questions about EFMP resources and advocacy should be directed locally to:

EFMP, Army Community Service: 719-526-4590

Questions about EFMP enrollment or update should be directed locally to:

EFMP Special Needs Advisor at Evans Army Community Hospital: 719-526-7805



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