

## How EFMP Can Help

### Exceptional Family Member Program, podcast transcript

For even more great information, visit <http://www.militaryhomefront.dod.mil/tf/efmp>.

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Have you or a member of your family been diagnosed with a chronic medical condition? Do you need help understanding what to do, where to go, or who to ask for help? If you or a family member has a special need, the Exceptional Family Member Program, or EFMP, is the best way to find help.

When someone in your family is diagnosed with an illness or a disability, it is normal to feel overwhelmed by emotions, questions, and concerns. Suddenly, just the quantity of information you need to know can seem like an impossible task. To get back on track, you may need to talk to someone who can understand what you're going through and listen objectively. During your times of need, EFMP service providers can listen to your needs and help you cope with a range of disabilities and illnesses as you begin to understand your personal situation, treatment, and the way forward.

EFMP supports you and your family members through two important functions; Assignment Coordination and Family Support.

Once a family member is identified as having a special need, active duty service members should provide documentation to their Service's EFMP for enrollment. Through **assignment coordination**, EFMP ensures family member's special needs are considered by the command during the assignment or relocation process. Enrollment in EFMP is required for active duty service members. Guard and Reserves members may also be required to enroll based on Service specific guidance. This program is dedicated to ensuring an enrolled family member's special need can be met by assigning the service member to a properly equipped location.

**The EFMP family support** is there to help you connect with and navigate programs and services. EFMP service providers know the system and can help connect you to programs, resources, and support organizations within the military and civilian medical communities, and educational systems specific to your needs at each duty station. They can also provide information and referral to a wide variety of programs and services including Early Intervention, Special Education, Schools, TRICARE, and Public Benefits. Your installation EFMP offers non-clinical case management, relocation assistance, financial management, training, parent support groups and family events.

The EFMP strives to provide the resources, education, and tools necessary to empower you to be the best possible advocate. You can find information on a variety of topics including support services, financial support, child care, and state

resources through the MilitaryHOMEFRONT website section dedicated to special needs. Educational materials are available for download on MilitaryHOMEFRONT in the EFMP Tool Box. Materials include Special Care Organizational Records and Tool Kits for Special Needs Children and Adults.

The demands of military life, coupled with the challenges of caring for a special needs family member, can cause a strain on military families. There is comfort in knowing you are not alone and the support you need is out there. Find the local EFMP by contacting your installation's Family Readiness Center, visiting [www.MilitaryINSTALLATIONS.dod.mil](http://www.MilitaryINSTALLATIONS.dod.mil), or calling Military OneSource at 1-800-342-9647.

*For a complete listing of podcasts offered by Military Community and Family Policy (MC&FP), visit the [MC&FP Social Media](#) Hub located on MilitaryHOMEFRONT.*

