



**EFMP** Family Support

# MOVING TO JBLM

INSIDER TIPS FOR FAMILY PCS SUCCESS WITH EFMP

## Medical Care



### Transfer Coverage

- Transfer to Tricare West region 844-866-WEST (9378)
- Request physician/PCM appointment (If you are already in the region, you still need to transfer with each assignment)

### Transfer Referrals for Specialty Care

Bring a list of all specialists to your physician/PCM appointment to submit new referrals.

### Wait Lists for Therapies

At times, there may be a wait for weekly therapies. Your PCM may refer to JBLM Center for Autism Resources Education & Services (CARES) until services are available in your community. Please email us if you would like a list of Tricare approved providers, as you may add to their wait list.



## Housing Accommodations

### Prior To Leaving Your Current Installation

If you intend to live on base:

- Request your physician/PCM at your current installation provide a statement of medical-related accommodations within 90 days prior to your arrival.
- Contact Lincoln Military Housing at 253-912-2112 and request your housing accommodations packet.

### Where to live

Public school boundaries are determined by your residence. The school districts surrounding JBLM are: Bethel, Puyallup, Yelm, Olympia, North Thurston, Steilacoom, University Place, Tacoma, and Clover Park (this is also the one serving on base housing).

## School IEP/504



### Prior To Leaving Your Current Installation

Review your IEP/504 to ensure all the services/minutes they receive and the current status of progress in the present levels. Receiving school districts are federally required to accept the incoming document.

### Registration

Provide the last annual IEP/504, ideally the last school evaluation (hand-carried), and physician orders for rescue medications for registration at the school or school district.

### Recommended Schools

Review the Washington School Report Card:

<https://washingtonstatereportcard.ospi.k12.wa.us/>

You may request to teleconference with leadership within the schools. Consider asking about measures to promote morale, train specific to inclusion, prevent bullying, and their plan.

### Best Advice Ever!

Find out the name and email of your child's teacher or IEP Case Manager. Go beyond an introduction. Share with the team about what motivates, comforts, and redirects your child.



### **JBLM EFMP On & Off Base Resource Directory**

<https://jblm.armymwr.com/programs/EFMP>

### **JBLM DPFR Online Scheduling**

Schedule online appointments with EFMP for support and advocacy with medical care, respite, school IEP/504, federal & state benefits, etc.

[jblmdpfr.timetap.com](http://jblmdpfr.timetap.com)

