



THE EXCEPTIONAL FAMILY MEMBER PROGRAM  
SUPPORTING MILITARY FAMILIES WITH SPECIAL NEEDS



# EFMP

# edge

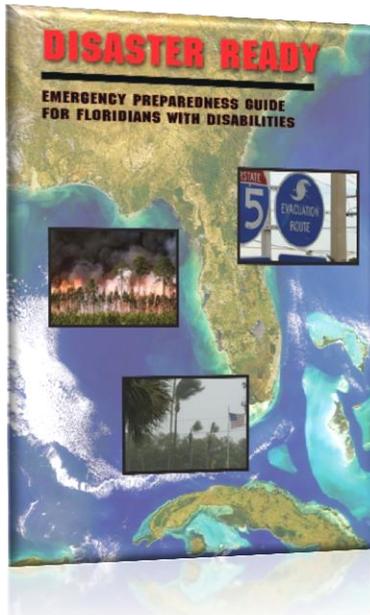
## MONTHLY NEWS & HAPPENINGS *from your EFMP LIASION*

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## DISASTER READY



You may never be directly affected by a disaster. But if you are, you will want to stay as safe & comfortable as possible during the event itself – and in the days that follow. Life may not get back to normal for days, weeks, or even months after a disaster. All families should have a disaster plan, especially those living in an area where severe weather can occur with little or no warning. However, individuals with disabilities may require special consideration when developing a disaster plan.

**DISASTER READY** is an emergency preparedness guide for Floridians with disabilities developed by the Florida Developmental Disabilities Council. This guide specifically includes

information that is important for people who have disabilities. It will help you understand your options, identify your needs, make decisions, & prepare for a potential disaster. This is an interactive guide with worksheets to help you evaluate your needs. A blank personal disaster plan is also enclosed with the Disaster Ready guide. It will lead you through the process of preparing for & responding to a disaster.

For a copy of the **DISASTER READY** guide, contact your EFMP liaison today.

Don't wait until a disaster is imminent to begin thinking about the safety & security of your family – prepare today!

## TRICARE ECHO

*You may have heard about TRICARE's ECHO (Extended Care Health Option) as one of the benefits of EFMP enrollment, but do you know who is eligible & what the benefits of ECHO are? Here's what the DOD Special Needs Parent Tool Kit has to say:*

“TRICARE's ECHO supplements basic TRICARE coverage. The ECHO provides financial assistance for certain services & supplies to qualified active duty family members.

### Qualifying Conditions

- Moderate or severe intellectual disability
- Serious physical disability
- Extraordinary physical or psychological condition causing the beneficiary to be homebound
- Diagnosis in an infant or toddler expected to lead to a diagnosis of intellectual or physical disability
- Multiple disabilities may qualify

The ECHO provides **benefits** not available through the basic TRICARE program, including the following:

- Medical & rehabilitative services
- Training to use assistive technology devices
- Special education (which can include ABA)
- Institutional/residential care
- Transportation under certain limited circumstances
- Assistive services
- Durable equipment, adaptation, & maintenance
- In-home respite services (up to 16hrs/month)

*For more information on TRICARE's ECHO or for a copy of the Special Needs Parent Tool Kit, contact your EFMP case liaison today. You can also find the TRICARE ECHO fact sheet & ECHO application on our website:*

<http://www.med.navy.mil/sites/pcola/Patients/Pages/Exceptional-Family-Member.aspx>



# Calendar of Events

Get the scope on what's happenin' around town!

Do YOU have an event to share with our EFMP community?  
Email [rita.h.lung.ctr@mail.mil](mailto:rita.h.lung.ctr@mail.mil)!

**Historic Pensacola Trolley Tour**  
Tuesdays & Thursdays 10am & 2pm  
Pensacola Visitor Center  
*Enjoy a 50 minute narrated tour of the historic area of Downtown Pensacola, the "City of Five Flags".*

**16<sup>th</sup> Annual Gulf Coast Renaissance Faire & Pirate Festival**  
Saturday, March 5 - 6 10am – 5pm  
Pensacola Interstate Fairgrounds  
*Come see Jousting knights, Wizards, Jesters, The Black Dragon, Jugglers, Fire Breathers, Dancers, Pirates Falconry, Swordfighters, \$10 adults, \$5 child, free for kids 4 and under*

**Touch a Truck!**  
Saturday, March 12 10am – 2pm  
Community Maritime Park  
*Kids can get a chance to be "behind the wheel" & rub elbows with their hometown heroes, climb on & explore their favorite vehicles, including fire engines, police cars, military vehicles, construction trucks, & more!*

**McGuire's 5K Prediction Run**  
Saturday, March 12 9am  
McGuire's Irish Pub  
*The 39th Annual McGuire's St. Patrick's Day 5k Run starts and finishes at McGuire's Irish Pub in the beautiful downtown Pensacola! Event begins at 9 a.m. Each Runner/Walker predicts how long it will take them to complete the course, the finishers that come closest to their prediction wins.*

**Pensacola Lighthouse Ghost Hunt**  
Saturday, March 12, 19 7pm  
Pensacola Lighthouse  
*Follow in the footsteps of the Travel Channel & SciFi's Ghost Hunters (TAPS) using real ghost hunting equipment & answer the question of "Is the Pensacola Lighthouse HAUNTED?" for yourself!*

**Sexuality & Autism: a workshop for parents & professionals**  
Tuesday, March 15 6pm  
Pollak Training Center, corner of 10<sup>th</sup> & Fairfield  
*The training is geared towards parents, caregivers, & professionals who work with individuals with autism. This 2-hour training about autism & sexuality will focus on issues dealing with puberty, hygiene, & safety.*

**Gallery Night**  
Friday, March 18 5pm – 9pm  
Downtown Pensacola  
*Stroll through the charming brick walkways of Downtown Pensacola to experience an eclectic array of music, art and cuisine.*

**TRIVIA CORNER**  
*think you know EFMP?*



**1. What is the CSC?**  
a) Center for Special Care  
b) Central Screening Committee  
c) Central Special Command

**2. How long does the enrollment/update process currently take?**  
a) 12wks b) 3wks c) 5 days

**3. EFMP enrollment is required for access to ECHO benefits TRUE or FALSE**

**Answers:**  
1. CSC is the Central Screening Committee.  
2. Enrollments/updates are currently taking 12 weeks to process through the CSC!  
3. TRUE!



The enrollment and/or update process takes **12 WEEKS** so don't delay, submit your paperwork today!

Stop by for a visit – we have two locations for your convenience:

**Naval Hospital Pensacola**  
6000 West Highway 98  
Pensacola, FL 32512  
850.505.6822

**Fleet & Family Support Center**  
151 Ellyson Ave., Bldg 625  
NAS Pensacola, FL 32508  
850.452.5618