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/Expectional-Family-Member.aspx](http://www.med.navy.mil/sites/pcola/Patients/Pages/Expectional-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!

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”.

16th Annual Gulf Coast Renaissance Faire & Pirate Festival
Saturday, March 5 - 6 10am – 5pm
Pensacola Interstate Fairgrounds
Come see Joasting 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 10th & 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
   ANSWER:

DON’T FORGET
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

MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH.
HOW WILL YOU RAISE AWARENESS?