



EFMP Family Support

Resources for Adults with Special Needs (or transitioning)

Updated 15 June 2022 by Ruthy Srun, EFMP-FS

No federal government endorsement intended – please research each agency independently

These resources are not all inclusive. May be applicable to teens transitioning to adulthood or adults with special needs.

EFMP-Family Support Program: 813-828-0122; 6fss.fsh.efmp@us.af.mil

Coordinators are non-medical case managers that help guide you in areas of need related to your dependent with special needs. **Family Needs Assessments** and **Service Plans** assist with referrals and coordination. These are living documents that evolve as needs change for customized assistance.

EFMP Transitions (201) Class: Comprehensive **quarterly** training from EFMP-Medical, MPF, School Liaison Office, Agency for Persons with Disabilities (APD) and Special Needs Alliance (attorney) on:

1. EFMP services for retirees
2. Families whose dependents with special needs are transitioning to adulthood

Legal Resources:

- Disabled Military Child Protection Act: <https://www.specialneedsalliance.org/the-voice/disabled-military-child-protection-act/>
- Special Needs Alliance: <https://www.specialneedsalliance.org/category/the-voice/>

Military OneSource (MOS) 800-342-9647

MOS has special needs consultants who will assess needs and provide information and referrals to community partners as needed. Areas of need can be simple or complex – they will help.

- General resources: <https://www.militaryonesource.mil/family-relationships/special-needs/special-needs-resources>
- EFMP & ME - online search tool for resources: <https://efmpandme.militaryonesource.mil/>
- Guide for Adults with Special Needs: [https://download.militaryonesource.mil/12038/MOS/ResourceGuides/Adults with Special Needs.pdf](https://download.militaryonesource.mil/12038/MOS/ResourceGuides/Adults%20with%20Special%20Needs.pdf)

Dependency & ID Cards

You may need to establish dependency for your adult child (or soon to be) with special needs. This would be to establish an ID card and/or health insurance as an adult. Each military service has their own process and the most appropriate office will be Military Personnel Section (MPS) for your service.

- DoD: [https://milconnect.dmdc.osd.mil/milconnect/public/faq/Life Events-Children/IncapRedet](https://milconnect.dmdc.osd.mil/milconnect/public/faq/Life%20Events-Children/IncapRedet)
- MPF at MacDill AFB: 813-828-2278 or 813-828-6673; email: MACDILLAFB.IDS@US.AF.MIL ; <https://macdillfss.com/id-cards>
- Find other DEERS offices here: <http://www.dmdc.osd.mil/rsl>
- Tricare: <https://www.tricare.mil/Plans/Eligibility/IDCards>

Military Healthcare

Tricare Special Needs: <https://www.tricare.mil/CoveredServices/SpecialNeeds>

Tricare ECHO: <https://www.tricare.mil/Plans/SpecialPrograms/ECHO>

Options for coverage beyond 21: (from Tricare Liaison, Oct 2020): <https://www.tricare.mil/LifeEvents/ChildAdult>

Medicare, Medicaid & Other Healthcare Resources

- Medicaid & Autism: <https://www.medicare.gov/medicaid/benefits/autism-services/index.html>
- Medicare & Disabilities: <https://www.medicare.gov/getting-medicare-if-you-have-a-disability>
- Applying for Medicare in Florida: <https://www.ssa.gov/benefits/medicare/>; <https://www.medicare.gov/basics/get-started-with-medicare> ; <https://www.benefits.gov/benefit/1625>
- Understanding Medicare vs Medicaid (no federal endorsement): <https://www.investopedia.com/articles/pf/07/medicare-vs-medicaid.asp>
- Continued Healthcare Benefit Program (CHBP): <http://www.humana-military.com/chcbp/main.htm>; <https://tricare.mil/CHCBP>

- Comprehensive Healthcare Plans Database: <https://www.healthcare.gov/see-plans/#/>
 - Qualifying Life Events (to enroll outside open season, usually Nov – Feb each year): <https://www.healthcare.gov/coverage-outside-open-enrollment/special-enrollment-period/>

Comprehensive / Databases

- Agency for Persons with Disabilities FAQs: <https://apd.myflorida.com/about/faqs.htm>
- 211: <http://www.211atyourfingertips.org/>
- MyFamily, MyFlorida: https://services.myfloridamyfamily.com/search_results/33616?widget=dcfpublic&ref=www.myflorida.com
- Disability Rights Florida: <https://disabilityrightsflorida.org/>
- Hillsborough County Resources (all disabilities/ages): <https://friendsdownsyndrometampa.com/images/pdf/HILLSBOROUGH-COUNTY-DISABILITY-RESOURCE.pdf>
- The MacDonald Center: <https://macdonaldcenter.org/resources/>
- Olmstead Rights: [https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6623-Florida Disability Resources and Advocacy Organizations](https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6623-Florida%20Disability%20Resources%20and%20Advocacy%20Organizations)

Support & Training (for caregivers)

- CARD (Center for Autism & Related Disabilities) – USF: <http://card-usf.fmhi.usf.edu/index.html>; <http://card-usf.fmhi.usf.edu/resources/materials/adult.html> ; <http://card-usf.fmhi.usf.edu/resources/groups/index.html>
- The Arc Tampa Bay: <http://theartcb.org>

Education & Employment

Vocational Rehabilitation Program (Florida): <http://www.rehabworks.org/> ; <http://www.rehabworks.org/brochures.shtml>

Additional Vocational Rehabilitation resources:

- FAQs: <http://www.rehabworks.org/faq.shtml>
- On the Job Training: <http://www.rehabworks.org/docs/flyers/OnTheJobTraining.pdf?id=1>
- Pre-employment Transition: <http://www.rehabworks.org/docs/flyers/Pre-EmploymentTransitionServices.pdf?id=1>
- Programs for HS students: <http://www.rehabworks.org/docs/flyers/ProgramsVRSupports.pdf?id=1>
- Employment & Complementary Services: <http://www.rehabworks.org/docs/flyers/SupportedEmploymentandComplementaryServices.pdf?id=1>
- Ticket to Work Program: <http://www.rehabworks.org/docs/flyers/TickettoWorkProgram.pdf?id=1>
- Career Building: <http://www.rehabworks.org/docs/flyers/BuildingCareersOnePersonAtATime.pdf?id=1>

Other Related resources:

- Office of Disability Employment Policy: <https://www.dol.gov/agencies/odep/topics>
- Autism and Employment: <https://www.dol.gov/agencies/odep/topics/autism>
- Florida Department of Education: <http://www.fldoe.org/academics/career-adult-edu/adult-edu/learning-disabilities.stml>
- Career Source (Tampa): This agency focuses on all state employment related areas
<https://www.careersourcetampabay.com/job-seekers/career-training-and-development/> ; <https://www.careersourcetampabay.com/job-seekers/persons-with-disabilities/>
- Hillsborough School District: <https://www.sdhc.k12.fl.us/doc/959/adult-education/resources/adultsdisabilities/>
- Learning Academy: <http://learningacademy.fmhi.usf.edu/index.html> ; [http://card-usf.fmhi.usf.edu/docs/resources/LearningAcademy Brochure web.pdf](http://card-usf.fmhi.usf.edu/docs/resources/LearningAcademy%20Brochure%20web.pdf)

Independent Living & Housing Assistance

- Centers for Independent Living (CILs): <https://acl.gov/ils-programs>
- Comprehensive FL list of CIL resources: <https://acl.gov/programs/centers-independent-living/list-cils-and-spils>
- CIL diagram: <https://acl.gov/sites/default/files/news%202018-08/ILProgramsIG.FinalWeb.pdf>
- Office of Housing & Urban Development: https://www.hud.gov/program_offices/fair_housing_equal_opp/disability_main
- Independent Living: <http://www.rehabworks.org/docs/flyers/IndependentLivingProgram.pdf?id=1>

Mental Health & Related Resources *(Eligibility criteria usually applies)*

- Military OneSource: <https://www.militaryonesource.mil/>
- MacDill AFB Military & Family Life Counselors (Active Duty families): 813-816-3061 or 813-210-7822;
- Child & Youth Military & Family Life Counselors (military connected youth): *contact your child's school or the School Liaison Officer: 6FSS.FSY.SLO@us.af.mil*

- Tampa resources (check cost & eligibility): <https://www.tbmentalhealth.org/resources-for-mental-health/>; <https://tampabaythrives.org/>; <https://letstalktampabay.org/>; <https://www.crisiscenter.com/>

Financial Resources

- Military & Family Readiness Centers have Accredited Financial Counselors: 813-828-0145
- Military OneSource: <https://www.militaryonesource.mil/>
- DoD Financial Resources: <https://finred.usalearning.gov/Training/>
- Life Cycle Approach to Insurance: <https://finred.usalearning.gov/assets/downloads/MDS%20Lifecycle%20Approach%20to%20Insurance.pdf>
- Benefits for People with Disabilities: <https://www.ssa.gov/disability/>
- Applying for Disability in Florida: <https://www.ssa.gov/applyfordisability/>
- Checklist for Online Adult Disability Application: <https://www.ssa.gov/hlp/radr/10/ovw001-checklist.pdf>
- FAQs for Disability (SSDI): <https://faq.ssa.gov/en-US/topic?id=CAT-01089>

Checklists, Guides & Toolkits for steps in transitioning into adulthood

Important: Each family and child is different, therefore – each checklist may not fully apply to your situation. Please look through each one and find the steps important for YOU and your family to take. No federal endorsement of any specific list intended.

- <https://kidshealth.org/PrimaryChildrens/en/parents/autism-checklist-teens.html>
- <https://www.autismspeaks.org/transition-adulthood>
- <https://www.care.com/special-needs-when-a-child-turns-22-p1167-q227938.html>
- http://project10.info/Documents/FamilyGuide_Revised_FINAL_6.13.18.pdf
- https://floridadcdt.org/uploads/3/5/7/1/35718381/transition_basics_4-19-18.rev.pdf
- <http://centerforchildwelfare.fmhi.usf.edu/kb/Prgprac/TransitionThePassageFromYouthToAdulthood.pdf>
- <https://informingfamilies.org/ages/ages-14-21/>
- https://informingfamilies.org/wp-content/uploads/2015/07/IFBT.TransitionPlanning.final_3.pdf
- <https://informingfamilies.org/transition-toolkit/>
- https://informingfamilies.org/wp-content/uploads/2015/07/Bulletin_TransitionChecklist2.pdf

MacDill AFB EFMP Family Support

Phone: (813) 828-0122 or 0136

Email: 6fss.fsh.efmp@us.af.mil

Website: <https://macdillfss.com/efmp>