



Troops & Families

Leadership

Service Providers

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move Booklet for Fort Myer (Joint Base Myer - Henderson Hall)

Overview



Location

Welcome to the Fort Myer Military Community (FMMC). The garrison command includes Fort Myer, which is located in Arlington, VA and Fort Lesley J. McNair, which is located in Washington, D.C. As a result of the 2005 Base Realignment and Closure (BRAC) initiative, Henderson Hall Marine Corps installation management functions will join the Fort Myer Military Community and will be known as Joint Base Myer-Henderson Hall.

Fort Myer is approximately 5 miles from the District of Columbia. Fort Myer's most immediate neighbor is the county of Arlington, originally part of a 10-mile square parcel of land surveyed in 1791 to be the nation's capital. Arlington is an urban county of about 26 square miles located directly across the Potomac River from Washington DC. Arlington's central location in the Washington DC metropolitan area, its ease of access by car and public transportation, and its highly skilled labor force have attracted an increasingly varied residential and commercial mix. In 2005, Arlington was ranked first among most walkable cities in the United States by the American Podiatric Medical Association. The cost of living is higher than the average for other major U.S. cities. In 2008, the cost of living index in Arlington was 128.3. The high U.S. average was 100. For information, you may contact the ACS main line at 703-696-3510 or DSN 312-426-3510.

History

Fort Myer traces its origins to the Civil War. Since then it has been an important Signal Corps post, a showcase for Army cavalry and the site of the first flight of an aircraft at a military installation. The first military test flight of an aircraft was made from the Fort Myer parade ground on September 9, 1908, when Orville Wright kept one of his planes in the air for a minute and 11 seconds. Fort Myer has been the home of Army chiefs of staff for nearly a century. During World War I, Fort Myer was a staging area for a large number of engineering, artillery, and gas companies and regiments. Fort Myer and Arlington National Cemetery occupy land once owned by the family of General Robert E. Lee's wife, Mary Anna Randolph Custis Lee. Fort Myer today is headquarters to service personnel working throughout the National Capital Region (NCR). For more information, go to the [Fort Myer homepage](#).

Fort Leslie J. McNair, on the point of land where the Potomac and Anacostia Rivers join in Washington D.C., has been an Army post for more than 200 years, third only to West Point and Carlisle Barracks, Pennsylvania, in length of service. About 90 percent of the present buildings on the post's 100 acres were built, reconstructed or remodeled by 1908. In 1901, with the birth of the Army War College, the post, now called Washington Barracks, became the Army's center for the education and training of senior officers to lead and direct large numbers of troops. Its first classes were conducted in 1904. The Army Industrial College was founded at McNair in 1924 to prepare officers for high level posts in Army supply organizations, and to study industrial mobilization. It evolved into the Industrial College of the Armed Forces. The Army War College was reorganized as the Army-Navy Staff College in 1943, and became the National War College in 1946. The two colleges became the National Defense University in 1976.

Mission

The command's mission is three-fold. First, to respond to crises, disasters, or security requirements in the National Capital Region through implementation of various contingency plans. Second, provide both base operations and a variety of specialized support to Army and other Defense Department organizations throughout the National Capital Region. Specialized support includes personal property shipping, nationwide fixed-wing airlift and operation of Arlington National Cemetery. Third, and most visible, conduct official ceremonies, locally and worldwide, on behalf of the nation's civilian and military leaders. The major command is the U.S. Army Military District of Washington (MDW). Within the Fort Myer Military Community, Major Units include the 3rd U.S. Infantry (The Old Guard), HHC U.S. Army Garrison, HHC U.S. Army, The U.S. Army Band (TUSAB), 3rd Military Intelligence, CID/Washington District, National Defense University, White House Communications Agency, and the National Guard Bureau. See the Major Unit Listings for more information.

Base Transportation

The Fort Myer Military Community's "Myer Flyer" provides bus service between Fort Myer, the Pentagon and Henderson Hall during duty hours. Department of Defense buses shuttle military and DoD civilian employees from the Pentagon to major Department of Defense buildings. Military must be in uniform or have their ID card to use DoD buses. Civilians must show their DoD building passes. Retired Military ID cards are not honored. Information on base transportation can be found on the Fort Myer Military Community website under "mass transit links".

For medical appointments, a shuttle bus runs between Rader Clinic at Fort Myer, DeWitt Army Community Hospital at Fort Belvoir Hospital and Walter Reed Army Medical Center. The bus schedule can be found on the [Walter Reed Army Community Hospital website](#).

Transportation Assistance from Washington Dulles International Airport

Military personnel flying into Washington Dulles International Airport (approximately 25 miles from Fort Myer) in need of assistance with transportation options can contact the USO for assistance. The USO Lounge is located across from Baggage Claim # 12. They are open daily from 6:00 am until 10:00 pm. The phone number is 703-572-4876.

Transportation Assistance from Reagan National Airport

Military personnel flying into Reagan National Airport (approximately 5 miles from Fort Myer) in need of assistance with transportation options can contact the USO for assistance. The USO Lounge is located on the main level of Terminal A across from the "lost and found" office. They are open daily from 6:00 am until 10:00 pm. The phone number is 703-417-8876.

Sponsorship

Soldiers PCSing to Fort Myer Military Community should contact their gaining unit to request a Sponsor. If the soldier does not know his/her unit, they can contact Army Community Service (ACS) at 1-800-477-9571, or DSN 312-426-0026. All military personnel assigned to U.S. Army Garrison should contact the S-1 at 703-696-8875/8174 or DSN 426-8875/8174. All military personnel assigned to the 3d U.S. Infantry, (The Old Guard) should contact the Regimental Headquarters at 703-696-3003/3004/3005 or DSN 312-426-3003/3004/3005. New civilian employees should contact the Civilian Personnel Advisory Center (CPAC) at 703-696-3134.

Forwarding mail while en-route: Personnel wanting to forward their mail while en-route, can go to "[PO Boxes Online](#)" and searching by zip code 22211. Personnel can find a PO Box at Fort Myer, determine the box size that is available and, with a valid credit card, can rent the box for six months to a year. Fees are based on a six-month term and determined by box size. Fees can range from \$36-\$56. Customers also are charged a \$2 key deposit. Once an available box is found, customers can indicate box size and complete the online application. The printed application form and two forms of identification are needed for the customer to pick up the keys to the PO Box. Customers must be 18 years of age to rent a PO Box. Soldiers may also choose to notify their gaining unit and request their mail to be sent and held there.

Temporary Quarters

There are limited temporary quarters on the installations of Fort Myer and Fort McNair. The cost varies from \$66.00 to \$130.00 per night, depending upon the location and type of room. There is an additional charge of \$3-\$5 per person per night. Children under 10 stay free in the same rooms as their parents. For reservations at any FMMC facility, call (703) 696-3576/3577, DSN 312-426-3576/3577. The registration office is in Wainwright Hall, Building 50, Fort Myer. The

registration office is open 24 hours, 7 days a week. Army Community Service (ACS) maintains a listing of temporary lodging facilities within the Fort Myer area, please call 703-696-0152, DSN 312-426-0152.

Relocation Assistance

All incoming personnel assigned to FMMC will be in-processed at the START RIGHT briefing which is held every Thursday from 8:00 am until 4:00 pm. The briefing is held in building 230 on Forrester Circle and is mandatory for all Soldiers. Representatives from ACS, Personnel, Finance, and other organizations will be present. Soldiers should bring the following documents with them: 5 copies each of (PCS) orders, duty memorandum and amendments, (DA) Form 31 (leave form), signed by the gaining unit (in block 16), copy of any travel advance, copy of receipts and plane ticket, DA Form 4187 for (separate) rations, DD Form 788, Termination/Assignment of quarters, (driver's license, weight tickets, car registration and proof of auto insurance), medical and dental records.

The ACS Relocation Assistance program offers a variety of workshops, orientations, training and seminars on various subjects and topics pertaining to relocation, (i.e., Smooth Move classes, PCS to Germany/Korea classes, Center for Area). The ACS Lending Closet offers basic household items such as pots and pans, microwaves, coffee makers, toasters, irons, car seats and sleeping mats, free of charge to newly arrived or departing personnel who are temporarily without their own household items.

Critical Installation Information

Housing for Fort Myer is extremely limited, with approximately 30 sets of quarters. Fort Myer has 18 Senior NCO quarters with 1-3 bedrooms and 12 Senior NCO quarters. Soldiers assigned for duty in this area are authorized to apply, under priority two, and be assigned family quarters at the installation of their choice, regardless of duty station or place of work. Many communities with a variety of housing, many may be found within a 60 mile radius. It is recommended that soldiers assigned to Fort Myer and looking for on-post housing contact Fort Belvoir Residential Communities, LLC at (703) 454-9700.

Sponsorship

Settling into your new location and your new unit takes time. [Plan My Move](#) is designed to assist you with information about your new location. Complimenting Plan My Move each of the military Services has a Sponsorship Program which is very helpful in providing new unit information. Sponsors can make your transition smoother. The purpose of the Sponsorship program is to:

- Provide a sense of belonging
- Ease the transition for inbound service members or civilians and their family members
- Increase productivity
- Reduce culture shock
- Help newcomers make informed decisions
- Cultivate new friendships
- Improve morale

A sponsor is someone from your new unit who is assigned to assist you settling into your new location. You can request a sponsor through your unit, or with help from the Relocation Assistance Program or the Family Center at your new installation.

Your Service will appoint your sponsor in writing. He/she will be the same or close to your rank and the same marital status, if at all possible. This person will be knowledgeable about the local community and the installation; available to assist you and your family for at least two weeks post arrival, and be someone who is positive and outgoing.

A sponsor's duties include:

- Contacting you and your family by letter of introduction or e-mail upon learning of your assignment to the installation.
- Following up with a personal phone call after contact has been made.
- Sending information about the installation/area which you may require, or putting you in touch with the resources on the web and at the installation that provide current, complete and up-to-date information such as those provide by the Relocation Program.
- Answering any questions which you or your family may have, or, again, providing the proper resources to answer those questions.
- Confirm transportation and lodging arrangements.
- Assisting with obtaining a Post Office Box for your mail.
- Meeting you and your family upon arrival.
- Accompanying you to your check in point for the unit.
- Introducing you to the Family Center and lending closet
- Providing essential service locations such as commissary, exchange, gas station, bank.
- Being available when you arrive at your installation to meet you, show you around, and help you through in-processing.

If you have not been assigned a sponsor, or have not been contacted as of yet, request one by contacting your gaining command or unit. If after contacting your new command you find difficulties in obtaining a sponsor, contact your Relocation Assistance Personnel for additional help with your move.

Service specific processes for requesting a Sponsor include:

- **Army and Defense Logistics Agency:** AR 600-8-8 outlines procedures for DA Form 5434, Sponsorship Program Counseling and Information Sheet. Sponsorship is mandatory for first term Soldiers. All Soldiers, private through colonel (excluding those completing advanced individual training (AIT) and those PCSing to long term schools) and civilian employees through grade 15 may participate in the advance arrival sponsorship program. Reactionary Sponsorship is available for individuals arriving at an installation without a sponsor. Contact the gaining unit to request a sponsor.

- **Air Force:** Gaining Unit Commander Support Staff/Military Personnel Element will assign a sponsor upon receipt of assignment notice. Assigned sponsor will then make contact with the inbound member.
- **Navy:** OPNAV INSTRUCTION 1740.3C prescribes procedures regarding Command Sponsor and Indoctrination Programs. This Program is designed to facilitate the adaptation of Sailors and their families into new working and living environments, to minimize the anxiety associated with a Permanent Change of Station (PCS) move, and afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.

Command sponsor and indoctrination responsibilities begin upon receipt of PCS orders and continue until the Sailor has become an integral part of the new command and is fully cognizant of all policies, programs, services, and responsibilities available through the command. Commanding Officers shall establish a Command Indoctrination Program to include the delivery of the Navy Pride and Professionalism training per this instruction. COs should ensure all incoming personnel receive command indoctrination training within 30 days of arrival or within 3 drill weekends.

Enclosures (1) and (2) of OPNAVINST 1740.3C outline responsibilities and provide guidance for these programs. Assistance to local commands regarding the Command Sponsor Program is through the Fleet and Family Support Center (FFSC) Relocation Assistance Program staff.

- **Marine Corps:** Gaining Unit Commander will assign a sponsor on request. Overseas commands should assign a sponsor automatically, however if one is not assigned, send a request to the gaining command. A sample request form is available on our website that can be filled out and sent to the gaining command. See the following [website](#).

Sponsors' responsibilities and abilities to be available will vary from installation to installation, depending upon the priority which the installation and unit commanders give to the program; however, the Services are making the Sponsorship program a priority as research has shown the many benefits of good sponsorship to service, family members and youth.

Youth Sponsorship

The Youth Sponsorship Program depends on the availability of youth who volunteer to become sponsors. The Youth Services topic should explain the Youth Sponsorship program at your new installation, but if it does not answer all of your questions, contact your Relocation Manager to inquire about the program and acquiring a youth sponsor.

Directions to Installation

Directions to Fort Myer Military Community

Directions for Incoming personnel Driving from National Airport (Main Terminal)

Follow signs for Route 1 Crystal City/Alexandria -Turn right onto Route 1 N. to Washington -Take Route 110 N. towards Rosslyn/Memorial Bridge/I-66W. (Left hand lanes) -Turn left at sign to Iwo Jima Memorial/Fort Myer (approx. 2 miles) - Proceed up hill to Wright gate, Fort Myer.

Driving from National Airport (Interim Terminal)

Follow signs for I-395, I-66 -Exit right onto I-395 South towards Richmond -Left at sign Iwo Jima Memorial/Fort Myer - Proceed up hill to Wright gate, Fort Myer

Driving from I-495 to I-66 East

I-66E runs into Fort Myer Drive. Turn right onto Fort Myer Drive and follow it straight to Marshal Dr. then turn right into Wright Gate.

From I-395 North

Exit 8A (Columbia Pike/Washington Blvd) stay on Washington Blvd to Fort Myer entrance ramp to Hatfield Gate.

From I-395 South (From DC or Maryland)

Take Highway 110 (Rosslyn) exit. Stay on 110 to the Iwo Jima exit sign. Turn left and drive straight to Wright Gate.

Directions to Fort Myer

Fort Myer, Virginia, is located across the Potomac River from Washington, D.C., adjacent to Arlington National Cemetery. Fort Myer has three gates:

- Hatfield Gate on Washington Blvd. at South 2nd Street -- Main gate, open at all times;
- Wright Gate on Marshall Dr. at Meade St. just off Rte 110 --Open from 5 a.m. to 9 p.m. seven days a week
- Henry Gate on Arlington Blvd. (U.S. Rt. 50) at North Pershing Dr. -- For Outbound Vehicular Traffic and Pedestrian Traffic, open Monday-Friday, 6 a.m. to 6 p.m.

From the South on Interstate 95:

Inside the Capital Beltway, 1-95 becomes 1-395. Proceed north toward Washington. Take Exit 8A (7 miles inside the Beltway), marked "Washington Blvd., Route 27." Bear left on the ramp, following the signs. Exit Washington Blvd. to the right at the exit marked "Fort Myer Only." Go through gate at top of exit ramp and take second left turn onto McNair Rd. Brucker Hall is the last building on the left before the stop sign.

From the West on Interstate 66:

Proceed on 1-66 inside the Capital Beltway. Take exit 26 (7 miles inside the Beltway) marked "Route 110 South, Pentagon, Alexandria." Pass the Iwo Jima Memorial on your right, then immediately turn right onto Marshall Drive and continue 3/4 miles to Fort Myer gate.

From the North on the Capital Beltway (I-495):

Immediately after crossing the American Legion Bridge into Virginia, exit to the right onto the George Washington Memorial Parkway, Exit 14B. Continue to the Exit for Route 50 West which will be just past the exit for the Key Bridge. Proceed west in the right lane to a ramp for Ft. Myer Drive/Meade Street. Make a left turn, pass by the Iwo Jima Memorial on your left, proceed to the stop sign and turn right into Ft. Myer.

From D.C.:

Take 1-395 out of the city and into Virginia. Pass the Pentagon and take Exit 8 for Washington Blvd. Proceed on Washington Blvd and take exit marked "Fort Myer Only" on the right.

Airports

Transportation Assistance from Washington Dulles International Airport

Military personnel flying into Washington Dulles International Airport (approximately 25 miles from Fort Myer) in need of assistance with transportation options can contact the USO for assistance. The USO Lounge is located across from Baggage Claim # 12. They are open daily from 6:00 am until 10:00 pm. The phone number is 703-572-4876.

Transportation Assistance from Reagan National Airport

Military personnel flying into Reagan National Airport (approximately 5 miles from Fort Myer) in need of assistance with transportation options can contact the USO for assistance. The USO Lounge is located on the main level of Terminal A across from the "lost and found" office. They are open daily from 6:00 am until 10:00 pm. The phone number is 703-417-8876.

Check-in Procedures

Inprocessing Procedures

All incoming personnel assigned to the 3d U.S. Infantry, The Old Guard, will report to the Regimental Headquarters located at 201 Jackson Avenue, building 242 (Tel 703-696-3003/3004/3005). The Staff Duty NCO will take your leave form, confirm your unit of assignment, and assist you with your immediate lodging needs.

All personnel assigned to Headquarters U.S. Army Garrison should coordinate their arrival with the Battalion S-1 prior to arrival. The S-1 can be contacted by calling 703-696-8174/8875 or DSN 312-426-8875/8174 during duty hours. The Battalion headquarters office is located at 239 Sheridan Avenue, building 417. If personnel arrive after duty hours and have not coordinated with the unit, they should report to the Directorate of Emergency Services building located at 108 Sheridan Avenue, building 415.

It is important to note that the Fort Myer Military Community has a very limited number of temporary rooms available, especially on the weekends. Incoming personnel are encouraged to coordinate with their gaining unit PRIOR to arriving. Temporary rooms may be available at Fort Belvoir which is approximately 30 min away.

The Newcomer's Briefing, "START RIGHT" is conducted every Thursday in building 230 on Forrester Circle. All inprocessing requirements are completed at this time.

Important Documents to Hand Carry

Documents needed for START RIGHT

Orders (5 copies)
 DA Form 31, (signed by unit in block 16)
 Travel Advance paperwork
 Copy of travel receipts/e-ticket
 DA Form 4187 (for separate rations)

 DD Form 788 (if applicable)
 Vehicle Registration and Proof of Insurance
 Driver's License
 Weight tickets
 Termination/Assignment of Quarters
 Medical and Dental Records

Documents needed for Unit Inprocessing

Orders (10 copies)
 DA Form 31
 Birth Certificate (needed for security clearance)
 Copy of travel receipts/e-ticket
 DA Form 4187 (signed) approving Home Town Recruiting
 Any Bonus Paperwork
 Vehicle Registration and Proof of Insurance
 Driver's License
 201 File, including 2A and 2-1
 Most recent NCOER/OER/AER
 HS and College Diploma (if applicable)
 Training Records
 Government Credit Card
 All initial issue clothing items
 Family Care Plan (if applicable)

What to do if you Get Married Enroute

If you get married before you PCS or during your PCS, you must inform your commander and follow the procedures exactly as you are given them. The military will not pay for travel and housing of your spouse if you do not follow proper procedures.

Relocation Assistance

Programs and Services

While moving is always stressful, your stress can be drastically reduced if you take full advantage of the information, education, and personal assistance provided to you by the Relocation Program. This is the place to find answers and get referral to other installation resources as well as assistance with in-transit emergencies. The most important thing you can do to ensure a smooth move is to start planning early using the many Relocation Assistance program services and tools available.

Individual PCS Planning -- Most relocation programs offer one-on-one consultation for anyone needing assistance. In particular those making their first military move, first overseas move, or those with challenging and complex situations such as special needs family members or financial problems should call the Relocation Program for an appointment.

Military Installations and Plan My Move -- For managing and planning your move, use these two DoD sponsored web-based relocation tools with information on over 250 installations worldwide. You can estimate expenses, find the forms necessary for housing and household goods, keep a calendar of events and take other necessary actions to ensure a successful move.

Loan Closet -- Basic household goods items are available to borrow while waiting for your personal property pre-departure or upon arrival. The typical items in stock include: pots and pans, dishes, silverware, irons, ironing boards, portacribs, high chairs, and infant/toddler car seats. Generally, towels and bed linens are not available, so these should be packed in your hold baggage.

Workshops and Briefings -- The classes offered vary from installation to installation but you can generally find classes on buying, selling and renting smart, budgeting and finance, moving with children, general moving preparation and many other moving related topics.

Pre-departure Briefings -- Sometimes called Smooth Move or PCS Briefings, you and your spouse will want to attend for sure. These briefings provide essential information that can prevent you from making uninformed and costly decisions before your move.

Settling-in Services -- These may include welcome wagon services, local area tours with childcare often provided, or basic household items to use until your goods arrive. Overseas arrival services may include introductory language classes and cultural awareness training.

Deployment Support -- The Family Center assists unit family readiness groups and Ombudsman programs during the entire deployment cycle. Support includes services for special needs, classes on deployment preparation, managing finances, helping children adjust, family separation, return and reunion, and information on resources available locally and on-line.

Foreign Born Spouse Support -- Whether your question concerns immigration and naturalization, learning the English language or how to take local transportation, the Relocation Program provides assistance, classes and referrals.

Emergency Assistance -- From time-to-time emergencies occur while moving, the Relocation Program office has the resources to provide emergency financial assistance and referrals.

Transition Assistance -- This is a mandatory program available to assist personnel and family members when they separate from the military. The Relocation Assistance office will establish your individual transition plan and refer you to all the installation and community resources necessary to complete a successful transition.

Installation Specific Information

Moving to the National Capital Region can be overwhelming. The Fort Myer Military Community RRP can provide assistance before and after your move. If you are unsure on what to do or need assistance with your move, please call us at 1-800-477-9571 or DSN 312-426-0156/0153.

Our Loan Closet is equipped with many items you might need while waiting shipment of your household goods. You will find dishes, pots and pans, sleeping mats, irons and ironing boards, car seats and more.

If the service member is going TDY in advance of PCS, it is important to designate someone as a power of attorney to take care of personal business in their absence.

Due to budget constraints, Fort Myer ACS RRP is unable to continue to mail out the traditional welcome packets. However, electronic packets are available by contacting the Fort Myer ACS RRP.

Services Provided by the Fort Myer Relocation Readiness Program

Newcomers & Re-entry Orientation -- START RIGHT is held every Thursday in building 230 on Forrester Circle. This briefing is mandatory for all service members. The orientation provides an overview on services available in the area and it also completes the inprocessing requirements. At the conclusion of START RIGHT, Re-entry briefings are offered to service members returning from overseas who need assistance with preparing for the adjustments that must often be made when returning from an overseas tour.

Individual relocation counseling -- Personalized individual counseling is available to those requesting it from our office.

Lending Closet -- Assistance is available for Families PCSing to or from the Fort Myer Military Community in the form of basic household items such as: pots and pans, dishes, car seats, high chairs, sleeping mats, etc. Items can be loaned for a designated period of time while Families wait for the shipment of their household goods.

Welcome Packets-- Information about the installation and surrounding areas is provided to help familiarize personnel with their new assignment. Please ask your sponsor to forward a welcome packet or e-mail us for an electronic packet.

Sponsorship -- ACS provides unit and individual sponsorship training quarterly and upon request. Incoming Soldiers requesting a sponsor should contact their gaining unit.

Multicultural family services: Army Community Service offers programs and resources that are exclusively designed for foreign-born spouses of military service members, based on specific needs. Programs may include:

1. English as a Second Language (ESL) Classes are offered throughout the local community. Contact the ACS office for current class schedules.
2. A Foreign-Born Spouses Group, an interactive group focusing on everyday life in the United States and a chance to share your culture with others.
3. Citizenship and Naturalization assistance. Citizenship information classes are offered to Soldiers and Family members who are preparing to become U.S. Citizens. For more information about Citizenship, contact ACS or visit the USCIS website.

Emergency Assistance

Planning for Emergencies

No matter how well you plan a move, emergencies can still happen. Before you leave, make sure you have important documents with you, such as your orders, phone numbers for your new unit, and your sponsor's phone number, if applicable.

Emergency assistance and referrals are available at:

- Army Emergency Relief, 703-696-8435 (Monday - Friday 7:30 a.m. - 4:00 p.m.)
- Army Community Service, 703-696-3510 (Monday - Friday 7:30 a.m. - 4:00 p.m.)
- Military One Source, 1-800-342-9647 (24/7)

American Red Cross

The American Red Cross (ARC) is always available to assist in emergency situations. For assistance, call toll-free: 1-877-272-7337 for emergency aid.

For the National Capital Region Red Cross Chapter, call 703-584-8400.

Financial Emergencies

If you have a financial emergency, it is advisable to utilize the military's Army Emergency Relief (AER) program when possible. Financial assistance is usually provided in the form of a no-interest loan. Unfortunately, many local businesses offer "cash advance" services, but the fees and charges, when repaid, can be extremely expensive.

AER offers emergency financial assistance in the following categories:

- Food, rent or utilities
- Emergency transportation and vehicle repair
- Funeral expenses
- Medical/dental expenses
- Personal needs when pay is delayed or stolen

Eligibility

Eligibility for AER includes the following: active duty military; members of the Army National Guard and the U.S. Army Reserve on continuous active duty for more than 30 days and their dependents (this applies to soldiers on AD for training (ADT) and serving under various sections of title 10, United States Code); Soldiers retired from active duty because of longevity or physical disability, or retired upon reaching age 60 (Reserve Components) and their dependents; Widows/widowers and orphans of soldiers who died while on active duty or after they retired.

Medical Emergencies

Fort Myer does not have an emergency room. Beneficiaries with a medical emergency should call 911 or go to the nearest civilian emergency room.

Motor Vehicles

Registration & Licensing Requirements

Virginia State law requires you to have sufficient liability insurance and a valid driver's license in order to operate a vehicle. The term "vehicle" generally includes automobiles, motorcycles, vans, trailers and boats regularly parked or garaged overnight. Further, your vehicle must be properly registered. Even though you are in the Military, you may be required to register your vehicle in-state and obtain an in-state license within a few months of moving. Access complete information on insurance, driver's licensing, and where and how to register your vehicle by visiting the [State Department of Motor Vehicles](#) website.

State Laws

You and your passengers must always wear seatbelts while driving, you will be ticketed and issued heavy fines if seatbelts are not secured. State law requires that all children under 7 years of age be properly restrained in child seats. Some states also require younger, smaller children to sit in the back seat.

Motorcycles and their operators are subject to special laws. If you own and operate a motorcycle, you must comply with those laws. Visit the State Department of Motor Vehicles website for more information.

Many States and local jurisdictions have strict laws about the use of cell phones and other digital devices while driving. Research these laws on the State Department of Motor Vehicles website. Tickets will be issued and fines assessed for violating these laws. Play it safe and always use a "hands free" device if you must use a cell phone or other PDA while driving. Hands-free devices must be used while operating a motor vehicle on ALL military installations worldwide.

Virginia Driver's License/Vehicle Registration

Driver's License

If you are an active duty member of the Armed Forces stationed in Virginia, you, your spouse and dependent children may drive with a valid driver's license issued by your home state or country. You are not required to obtain a Virginia driver's license; however, if you choose to apply, you will need documents to prove identity, Virginia residency, legal presence, and social security number. The DMV website offers a complete list of documents that are acceptable.

Vehicle Registration

While stationed in Virginia, you may title and register your vehicle in your home state, or you may title and register the vehicle in Virginia. Vehicles titled and registered in the military member's name ONLY may be driven with valid out-of-state license plates. If the vehicle is co-owned and an out-of-state plate is used, all co-owners must be active duty members of the Armed Forces. If all co-owners are not active duty, the vehicle will need to be registered in Virginia.

Insurance Requirements

You may title and register your vehicle in Virginia without obtaining a Virginia driver's license, but before you put plates on your vehicle, it will need to be inspected and insured. All Virginia drivers must carry the minimum insurance requirements on their vehicle, or pay the Uninsured Motor Vehicle fee, before registering a vehicle in Virginia. Be sure your insurance carrier is authorized to conduct business in Virginia.

County Decal Requirements

The locality in which you live may or may not require you to register the vehicle. Once you have established where you will live, contact your locality to determine if a county decal is required. You can find this information by contacting the local Commissioner of Revenue, Treasurer or Director of Finance or searching a link on the DMV website.

Installation Regulations

Vehicle Registration

Vehicle registration is mandatory at Fort Myer for all active duty military personnel and their authorized dependents who reside on or are assigned or attached to Fort Myer. Vehicles can be registered at the Fort Myer Directorate of Emergency Services Vehicle Registration Office located in building 415 on Sheridan Avenue. Hours of operation are Monday - Friday 8:30 a.m. - 4:30 p.m.

The following documents are required to register a vehicle:

- A valid military ID card (or proof of employment on Fort Myer or Fort McNair)
- Driver's license
- Proof of Insurance
- Vehicle Registration (must be original documents)

Child Restraint

Children 7 years and younger must be in a child restraint unless they have a physician exemption. (Children at least 4 years but less than 8 years may be belted if any licensed physician determines that use of a child restraint system would be impractical by reason of the child's weight, physical fitness, or other medical reason. Any person transporting a child so exempted shall carry in the vehicle, a signed written statement by the physician.) Adult safety belts are permissible for children 8-15 years old. Children in rear-facing devices must be in a rear seat if available. If not available, they may be placed in the front only if the front passenger airbag is deactivated.

Loan Closet

Items Available

Items include: Microwave ovens, George Foreman Grills, Pots and Pans, vacuum cleaners, strollers, high chairs, car seats, flatware, etc.

We do not provide bed linens.

How to Borrow

The Loan Closet Program provides temporary loan of household items to newly arrived or departing personnel who are temporarily without their own household items. If in sufficient shelf supply, items may be borrowed by personnel who are not in the process of relocation.

The ACS Loan Closet will be open during normal ACS Center operating hours. FMMC ACS Center operating hours are 7:30 am - 4:00 pm, Monday through Friday, except on authorized Federal holidays and organization training days or as directed by the Chief, Army Community Service.

Loan Closet items are available to all military members (active and retired) and DOD civilians. However, priority is given to those members on permanent change of station (PCS) orders.

Housing - Overview

Government Housing

The greater Washington DC area includes installations at Forts Myer, McNair, Belvoir, Meade, Detrick, Ritchie, Walter Reed Army Medical Center and The Pentagon. All of the installations are within 60 miles or a one-hour commute from the White House, which is a natural focal point of the area. There is a very wide variety of housing within this 60 mile radius. Service members assigned for duty in this area are authorized to apply, under priority two, and be assigned family quarters at the installation of their choice, regardless of duty station or place of work. Residing in on-post housing is voluntary, not mandatory, except for personnel assigned to Key and Essential Positions, as designated by the Installation Commander.

Application--Personnel desiring to apply for on-post housing must do so within 30 days of their arrival to receive an eligibility date back to the date of departure from their last permanent duty station. If application is made after the initial 30 days, the eligibility date will be the date of the application. A copy of PCS orders must be presented with the application along with proof of dependency (DEERS, or Marriage or Birth certificates). Only the service member may apply for and place their name on the waiting list, however, spouses are authorized to accept and sign for housing.

Non-government Housing

Housing Referral Office---The HRO is your contact for any problems you may encounter such as discrimination complaints, tenant/landlord disputes, or any questions or problems about off-post housing is the HRO. The HRO will provide you a list of rentals with corresponding locator maps and give you information regarding the communities in which the rentals are located. All renters should carry renters insurance against fire, theft and other damages. The property owner's insurance will cover the property but not the renters personal property.

DoD Automated Housing Referral Network (AHRN)--Visit AHRN.com or ask at your local housing office to learn about this DoD program that is currently available for most installations. The program allows military members and families to:

- Search listings and pictures of available rentals near military installations
- Find out about shared rentals
- List their own properties for rent to other military families
- List their homes for sale by owner (FSBO) to other military members
- Contact installation housing offices

AHRN is not currently available at all installations but the phased program is adding new installations every month. Check the AHRN [website](#) to see if your next assignment is an AHRN base and check out other features to assist you in your home search.

Housing - Temporary

Temporary Lodging Facility

FMMC Lodging consists of 58 total guest rooms located on two U.S. Army installations (Fort Myer and Fort McNair).

Availability

The guest room inventory consists of 18 Distinguished Visitors Quarters/Suites located in Wainwright Hall, Fort Myer. Advance reservations for these rooms are controlled by DA Protocol Office for O7 and above. There are 13 one bedroom apartments located on Fort Myer, four of these apartments are controlled by DA Protocol for General Officer (GO) Aides. There are 27 standard hotel rooms and family suites located at Fort McNair.

Check In/Check Out

All guests must check-in/out at the main Lodging office on Fort Myer. The main Lodging office open 24 hours a day. For a complete description of the guest rooms, rates, and amenities go to the website or email address.

Housing - Government

Military Housing

Availability -- The Fort Myer Military Community has 30 sets of quarters including (18), 1-3 bedroom ,Senior NCO units at Fort Myer and (12) Senior NCO quarters at Fort McNair. Junior enlisted service members are advised to check out Fort Belvoir, VA and Fort Meade, MD. See chart for listing of Housing Referral offices (Army, Navy and Air Force)in the area.

Housing Referral Offices

Service	Installation	State	Telephone Number
ARMY	Aberdeen Proving Ground	Maryland	(410) 306-2019
ARMY	Fort Belvoir	Virginia	(703) 805-3019
ARMY	Fort Lee	Virginia	(804) 765-1978
ARMY	Fort Meade	Maryland	(410) 672-4570
ARMY	Walter Reed Army Center	District of Columbia	(202) 782-3173 or DSN 426-3153
NAVY	Anacostia Naval Station	District of Columbia	(202) 685-1187 or (800) 210-0139
NAVY	National Naval Medical Center	Maryland	(301) 295-1138/0789
AIR FORCE	Andrews Air Force Base	Maryland	(301) 981-5516 or DSN 858-4668
AIR FORCE	Bolling Air Force Base	District of Columbia	DSN 297-4668
COAST GUARD	US Coast Guard Headquarters	District of Columbia	(202) 267-0208

Policies -- Exceptional Family Members are not authorized priority housing. All requests are processed on a case-by-case basis.

There are no geographical or bonafide bachelor housing on Fort Myer Military Community.

There is no loaner furniture available.

Application--Personnel desiring to apply for on-post housing must do so within 30 days of their arrival to receive an eligibility date back to the date of departure from their last permanent duty station. If application is made after the initial 30 days, the eligibility date will be the date of the application. A copy of Permanent Change of Station (PCS) orders must be presented with the application, along with proof of dependency (DEERS, or Marriage or Birth certificates). Only the service member may apply for and place their name on the waiting list, however, spouses are authorized to accept and sign for housing.

Household Goods - Overview

Arranging Household Goods Shipments

As soon as you are alerted to your upcoming PCS move, you can start getting your house and family ready. Clean up and get rid of junk. Hold a yard sale or take serviceable items you no longer need to a thrift shop or donate to charity. Get important family records together in one place. You can even [estimate the weight](#) of your household goods before you visit your transportation office to set up the move. If you are going overseas, you should begin to plan what items you will take in your unaccompanied baggage, in your household goods shipment, and what might need to go into permanent storage. Remember for overseas assignments, electricity is different and houses are generally much smaller and cannot handle large furniture.

Set up an appointment with your transportation office as soon as you have a copy of your PCS orders. The earlier you call or visit your transportation office, the greater your chances of moving on the date you desire. The transportation office may instruct you to use the government's [new automated moving system](#) and process, DP3. The counselors will explain all your PCS move entitlements in detail. Your first decision is whether to have the government move you or whether to move yourself. There are pros and cons to each type of move. Your counselor will answer all of your questions. If you choose a government move, they will book your shipment and put you in contact with your mover (Transportation Service Provider - TSP). The TSP will contact you for a pre-move survey and let you know the exact dates the movers will come. If you choose to move yourself, the counselor can assist with recommendations and tips on how to do a personal move.

Automobile

The government may ship one Privately Owned Vehicle (POV) at their expense to your new overseas location. This is handled through your transportation office. Remember to discuss your POV needs at your initial counseling session. The shipping contractor has established a [website](#) where you can track the location of your POV through the shipping process.

Shipping Pets

Planning for shipment of your pet includes researching airline requirements, and quarantine restriction laws in your new location. You will need to ask the airlines the requirements for size, weight, number of animals, kennel construction, documentation and season of the year limitations. Occasionally, small pets can be shipped on military flights but availability and regulations are always changing as well as fees. Check the [DoD Household Goods Portal website](#) for details on shipping pets.

Many international locations have strict importation laws including extended quarantines and restrictions on breeds or types of animals that can be brought into the country. Carefully research these rules as they could impact your moving schedule. Not only do overseas locations have strict rules but many locations have restrictions on dangerous dogs as well. Review your destination installation's Shipping Pets article for details.

Arrival and Delivery of Household Goods Shipments

Follow the instructions you are given at counseling carefully. Depending on how your shipment moves, it is your responsibility to contact the transportation office or mover (TSP) as soon as you arrive at your new duty station. Let them know how you can be contacted, phone, mobile phone and e-mail. If you already have new quarters, they will help arrange delivery of your personal property shipments. Otherwise they will arrange for temporary storage until you have permanent housing.

Make certain that you, or someone who can act in your name, is available at your new home on delivery day. If the TSP arrives and cannot deliver the shipment, you may be charged for the attempted delivery and any additional storage that may result.

Customer Satisfaction Survey

Once your personal property is delivered, you'll be asked to rate your satisfaction with the customer service you received from the TSP. Make sure you take the time to do this. Your feedback will make the process better for everyone. The SDDC website provides detailed information about [completing the Customer Satisfaction Survey](#).

Claims

DoD customers are eligible for Full Replacement Value (FRV) protection on most DoD sponsored shipments. With this protection, the TSP will either repair or pay to repair damaged items and pay the full replacement cost for items that are lost or destroyed.

Providing prompt notice of loss or damage is an essential part of the process. Use the front of [DD Form 1840/1840R](#) to notify the mover of any loss or damage you find at the time of delivery. If further loss or damage is discovered after the transportation provider departs, use the reverse side of the form, DD Form 1840R. You must **file DD Form 1840/1840R with the TSP within 75 days of delivery**. The TSP has the right to inspect the damaged item once they receive the notice forms.

If you have any loss or damage to your personal property you will need to file a claim. Completing and submitting the DD Form 1840/1840R does not constitute filing a claim. You must file the claim directly with the TSP within nine months of delivery to receive FRV protection. Once the claim is filed directly with the TSP, the TSP is responsible for obtaining repair and replacement estimates and settling the claim by paying repair or replacement costs.

As in the past, the Military Claims Office (MCO) is available to help you understand the claims process and your rights and responsibilities. You may still transfer your claim to the MCO if you wish. However, if you transfer your claim the MCO will only be responsible for the lower depreciated cost of items on the claim.

Household Goods - Shipping Pets

Boarding

There are many Kennels in the surrounding area. For information or assistance please contact the FMMC ACS Center for Area Information and Referral (CAIR) office. Those dogs and cats housed off post must be registered when and where you pay your personal property tax.

Quarantines

No quarantine is required in the United States for dogs or cats, however, all dogs and cats in the Metro area are required to be immunized against rabies and registered.

Pet Transportation

The U.S. government is not responsible for shipping pets. If you wish your pet to accompany you on a flight, notify your transportation office so that concurrent reservations may be made. It will cost approximately 1/3 of the ticket price to ship your pet.

Pet Registration & Licenses

Although local laws vary, all nearby areas require dog owners to obtain a license.

Virginia

- Alexandria: 703-838-4775
- Arlington County: 703-228-3081
- Fairfax County, Office of Finance: 703-222-8234
- Falls Church City: 703-248-5130
- [Prince William County](#): 703-792-6710
- [Spotsylvania County](#): 540-373-3122
- [Stafford County](#): 540-658-7387

Maryland

Montgomery County: 301-217-6999

District of Columbia: 202-576-6665

Education - General Overview

Public School

There are many school districts in the National Capital Region (NCR). Washington D.C. has the District of Columbia School District. Some of the Maryland Public School Districts where military children live are: Anne Arundel County Public Schools; Calvert County Public Schools; Charles County Public Schools; Howard County Public Schools; Prince George County Public Schools; and Montgomery County Public Schools. The Northern Virginia School Districts most popular with military families are: Arlington County Public Schools; Alexandria City Public Schools; Falls Church City Public Schools; Fairfax County Public Schools; Loudoun County Public Schools; Prince William County Public Schools; Stafford County Public Schools. Most school districts have a policy that you must live within the boundaries of a specific school for your children to be eligible to attend. Usually documents such as rental contract or a utility bill with your address printed on it will be needed when registering to verify your address. In some cases, school districts will take a few families from a waiting list and allow them to pay tuition to attend their school. So make sure you check the schools where you want to live.

General Registration Requirements

- * Birth certificate of child
- * Social Security Card, if available
- * Proof of residency (rental lease, real estate contract, mortgage agreement or deed)
- * Immunization records
- * Physical exam within 12 months of starting school
- * Written results of a TB test conducted within the last 12 months
- * Former report card, if applicable

Arlington County Schools

If you live on Fort Myer, your children will attend the Arlington County Public Schools, which are Long Branch Elementary School, Thomas Jefferson Middle School and Washington-Lee High School. Arlington Public Schools has more than 30 schools and programs: 21 elementary schools - 4 Countywide Alternative Schools, 4 Team Schools and 14 neighborhood schools. Arlington Public Schools has five middle schools and a Countywide Secondary Alternative Program housed at H-B Woodlawn. Arlington Public Schools has three high schools, the Career Center and a Countywide Secondary Alternative Program housed at H-B Woodlawn.

Academic Standards are high in the Arlington Schools. The Virginia state testing, Standards of Learning (SOL) passing rates have continued to improve overall. Students have performed well above average in the national Stanford 9 Achievement Tests. Arlington students have exceeded state and national averages on SAT tests. Arlington high schools rank in the top 100 schools nationally for the number of AP and IB tests given, with 21% of high school students taking one or more AP courses.

Transportation

Over 40 % of our students ride buses to schools. For more information about school bus routes and bus stops, call the Transportation Department at (703) 228-6635, or go to the transportation link on the school district web site.

School Meals

Every Arlington school serves lunch to students. Most schools also offer breakfast programs and summer nutrition programs. Prices vary and many low-income students qualify for free or reduced-price meals. For more information, call the Food Services at (703) 228-6130.

Home Schooling in Virginia

A qualifying parent may elect to provide home instruction for his or her school-age child in lieu of school attendance. For important information regarding home instruction, call 703-876-5227 or 703-876-5206.

Education - Training (College/Technical)

Continuing Education

The Fort Myer Military Community Education office has a description of adult education opportunities available. Counseling by professional staff to help the military member and family member achieve his/her personal and professional goals is also available. Other educational opportunities are testing services (CLEP, DANTES, SAT and others), tuition assistance programs (for active duty and DOD civilians), financial aid information, and Veteran's Administration information.

Testing Services provides a wide variety of military (AFST, OSB, DLPT, DLAB, etc.) and civilian (CLEP, DSST, Praxis) examination programs. Learning Resource Center- computer based and video-based college preparatory and college level courses, CLEP-prep, college reference material, and financial aid information, etc.

College

The Fort Myer Education Center provides, on post, a full range of adult continuing education programs that include college-prep, associate, bachelor and master degree programs. Undergraduate programs include business, management, social science, public administration, law enforcement, and liberal arts. Graduate programs include computer resources and information management, telecommunications, procurement and acquisition management, human resources development, adult and continuing education, and general administration. Counseling for degree and career planning, financial aid information (Veteran's Educational Benefits, tuition assistance, PELL, etc.) and learning resource center services are available as well.

Five colleges provide on-post programs and related services (degree evaluations, advisement, courses, and financial aid assistance and enrollment services).

Army tuition assistance covers 100 percent of tuition cost (not to exceed \$250 per credit hour not to exceed \$4500 per fiscal year) for eligible active-duty soldiers. Soldiers must complete a TA application and provide it to the Education Center where a TA Form DA2171 will be generated. Applications are available on the FMMC website or at the Education Center. Soldiers must provide a TA Form to the school before they start class.

Library

Army General Libraries - something for everyone! From art and photographic exhibits...to community related programs, Army libraries have something for everyone. Connect to the world via the Internet. Prepare projects/presentations using office software. Search the library's electronic catalog. Log into Army Knowledge Online from home, office, or library to access full-text databases, magazines, newspapers, ebooks and audio books 24/7 anywhere, anytime. Look for jobs and colleges on-line, take college prep tests and CLEP tests on-line. Research academic and military subjects on-line. Plug into eArmyU throughout your library. Attend a popular programming event for fun and intellectual stimulation. Escape through fiction, keep up with current affairs, find military professional reading material, explore your hobby, find a quiet nook to study or to dream, encourage reading in your young child---whether a singular experience or a family affair, it all adds up to a life enriching experience. Evening and weekend hours accommodate your busy schedule at 71 main libraries and 21 branches world-wide.

Military OneSource On-Line Library

Our mobile military members often don't have the resources of a brick and mortar library on hand to provide entertainment, learning or solace. The Online Library provides those resources while the members are in transit or deployed. One-stop shopping for all library resources in print, electronic and downloadable format are available online, 24/7. The library provides recreation, lifelong learning, reference, and career resources for all ages and interests. **All resources including audio and eBooks are free. Resources are available anywhere in the world where there is access to the internet.**

[Military OneSource On-Line Library](#) provides 24/7 access to library materials that include:

- Ability to download free books from thousands of fiction and non-fiction titles, including animated children's books, or request a free paperback or digital Playaway book from Military OneSource.
- Access to data bases to pursue education, research careers, fix cars or home appliances, maintain or remodel apartments or homes, and more.

Education - Local Schools

Choosing the right school for their children is a priority for military families. This article describes excellent resources for your use in planning for your child's educational needs. Parents can find current information about public, charter and private schools by using the tools below:

1. How do I choose a good school?

[Choosing a School for Your Child](#) is a U.S. Department of Education publication that will help families identify what is important in selecting a school.

[The School Visit: What to Look For, What to Ask](#) Whether you are choosing a school for the first time, or because you are in transition, this site will provide you with information about what to do and what to ask.

2. What schools are in my area (or in the area where I may move), and how good are they?

Several high quality commercial tools are available to assist in making decisions about which school to choose for your child. Listed below are these website tools along with information on how you access the information and what type of information each site provides.

Both [Great Schools](#) and [School Matters](#) provide a wealth of information for parents:

- School contact information
- Distance from zip code (provide the installation zip code, or the zip code of the area where you will be living)
- Public, private or charter school designation
- Student/teacher ratios
- Free and reduced school lunch program (an estimate of economic disadvantage)
- Great Schools provides a rating of schools and a parent comment section
- Percentage of students meeting or exceeding the state standards in math, reading and language arts
- Teachers - average number of years teaching experience, % of first year teachers on the staff
- Students: Average percentage of students absent from school for more than 15 days
- Ethnic breakdown and percent of students with English as a second language
- School Matters provides college prep scores (PSAT, SAT, ACT test scores)-for high schools only
- Great Schools also provides parents the ability to rate the schools and make comments on the schools.

For both sites, the user must enter the State and zip code to find schools in the area.

SchoolQuest was developed by the [Military Child Education Coalition](#) to help military families select schools. SchoolQuest also offers an Online Library that provides resources for families in transition. At this time, the SchoolQuest data base covers 99 military installations. The Military Child Education Coalition also provides a [data base of information](#) on each State's educational system.

[The School Report Tool](#) is available from Military OneSource that list names and locations of public, public charter, private, virtual and home schooling choices around major installations. [Charter Schools](#) are nonsectarian public schools of choice that operate with freedom from many of the regulations that apply to traditional public schools. Use this site to find one in your area.

3. How can I help plan for a successful transition in this new school and for my child's school career?

Parents often want to know about the availability of extra curricular activities and sports, or the availability of advanced classes. For these questions, it is best to contact the schools directly. It is important to ask the right questions. The following resources can help with these questions and others.

The [Toolkit for Parents](#) was developed by the Department of Defense, especially for Military Families. This 85 page booklet walks parents through preparing for the move and the first two weeks of school....what to ask, what to take, etc..

The [Military Impacted Association](#) has [checklists](#) available for military kids who are leaving or entering a new school.

The Military Child Education Coalition has a [checklist for transferring students](#) that will be helpful. Additionally, through [SchoolQuest](#), MCEC provides parents with the ability to develop a profile for each of their children, which then will provide them with a report on issues related to transferring to a new school district.

4. Question? What happens if I need help during the school year?

During the school year, there are always questions that parents have, such as "What is the best way to help with homework?" or "What if my child needs to see a counselor because my spouse is deployed?" Military OneSource helps with these questions and has 24/7 access. You can call them at 1-800-342-9647, connect to them at the website [Military OneSource](#), or [e-mail a consultant](#).

Education - Local Schools/Overseas

Overseas Schools -- What You Should Know

Moving your family from one installation to another in the U.S. can be challenging enough; but moving your family overseas presents an even more complex situation. One of the most important challenges can be summed up by this question, "Where are my children going to go to school?"

This article will provide resources to help guide military families through the many questions and decisions regarding local schools abroad.

Where do I start?

Start with the information on your new installation. Visit [Plan My Move](#) and review the installation's Education - Overview article. All of the overseas installations have dedicated a portion of the Education Overview to discussing the education options available in the local community as well as the DoD schools located on the installation, if available. Most installations overseas that allow accompanied family travel have one or more DoD schools.

What is the difference between a DoD school and an international or national school?

[DoDEA](#) is the Department of Defense Education Activity. DoDEA operates DoD schools in 12 foreign countries, Guam and Puerto Rico. All DoDEA schools are fully accredited by U.S. accreditation agencies and maintain high academic standards with well rounded educational programs.

In addition to DoDEA, the [U.S. Department of State's Office of Overseas Schools](#) mission is to promote quality educational opportunities for dependents of American citizens overseas at the elementary and secondary level. If a DoD school is not available on your installation there may be a school in the local community that is an American-Sponsored Elementary and Secondary School.

International schools are English-language schools whereas National schools are schools where courses are taught in the native language. The curriculum and grading system of an International school tends to be similar to the traditional American education system. This is a consideration if your family will be returning to the U.S. prior to your child or children graduating high school. Remember, when choosing a school it is best to try to match the school with your child's needs and expectations.

Where can I find a list of International schools in the country where my family is moving?

The Internet can be an excellent resource for finding International Schools overseas. You can find a complete directory of overseas schools on the [International Schools Services' website](#).

In addition, the [World Wide Schools](#) website is an excellent resource. From the homepage you can select the country. Once you have done this, a list of schools will appear and you can then choose which one you are interested in researching. All of the information appearing on this website is provided by the schools directly. Some of the information you may find on a school includes: a background summary about the school, the school's address, phone number, website, and even the email address of the director of the school. This information should be explored so that you can make comparisons with other International schools in the area to determine the best place for your child/children.

How do I decide what school is best for my child?

This process is much the same as it would be in the U.S. You may not have as many choices but it is important to make a list of possible schools and then begin to ask around. This is a daunting task since it is likely that there will be a language barrier. However, talk to the Relocation Personnel in the Family Center and your sponsor at your new installation who may be able to put you in touch other families with children around the same age as your child/children. Always contact the school directly and ask for references.

Once you have narrowed down your options, interview the school or schools directly. This is best done in person, if possible. Ask about: attendance, atmosphere, curriculum; grading system, tuition, accreditations, the staff and administration; as well as other practical details such as, does the school provide meals, what types of extra curricular programs are available, is there transportation, holidays and schedule, sports programs, before and after school care programs, and how is the facility maintained.

Now that I have chosen a school, how do I successfully facilitate the transition for my child?

A successful transition should be a priority during planning the move and once the move has been completed. The more knowledge you provide your child with, the more confident he/she will feel once he/she arrives at the new school. Allow your child to be a part of the decision making process, if he/she is old enough, and take his/her opinions into account.

[MilitaryStudent](#) provides several valuable tools to facilitate the transition process. Although many of these tools are not geared specifically to an international move the resources provided do apply to any military student transitioning to a new school in the U.S. or overseas.

Employment - Overview

Employment Opportunities

The Employment Readiness Program (ERP) is specifically designed to enhance career, educational and volunteer opportunities for the active duty, retired and transitioning military, DOD personnel and the family members of all of the above. ERP is a vital part of Army Community Service, an organization committed to strengthening the military family.

ERP can provide you with free counseling and assistance in your job search. We will assess your job skills, recommend training, provide various workshops to enhance your knowledge, and lend you access to an employer resource file and job bank. ERP will provide you with important information regarding where to apply for local employment in your field, and answer questions you have regarding career, educational or volunteer opportunities.

To participate in ERP:

1. You may just walk in, but it is preferred that you make an appointment for your first visit.
2. Talk to the counselor regarding the type of career you would like to pursue, your level of skill and work history, the job search, etc.
3. Review the ERP job bank for available employment and/or educational opportunities.
4. Let the counselor know about positions that interest you so he/she can explain application procedures.
5. Find out where the various workshops and Job Fairs are being offered.
6. After you leave the ERP office and continue your job search, notify the counselor of any change of status or employment. Utilize ERP in conjunction with other One-Stop Employment Information Center services for future or continuing job search information and opportunities.

Workshops Offered -- Federal Application Form (SF-171) -Resume Writing -Interviewing Techniques -Dress for Success - Career Transitions - Job Fair preparation.

Services Offered -- Computers with forms software, facsimile, microfiche and typewriters for in-house use -Inter-service job fairs are held quarterly -Up-to-date job bank of local opportunities and nationwide federal job bank -Personal assessments for resumes and job applications -Personal career guidance, assistance and counseling -Volunteer opportunities -Free informational brochures and booklets -Interactive computer program providing career and college information to Virginia.

New Parent Support Program

General Program Description

The Army New Parent Support Program (NPSP) provides intensive home visiting services to eligible Families with children prenatal to 3 years old whether they live on or off the installation. Activities and services provided include information and referral to military and civilian programs that support parents of infants and young children, such as parenting programs, respite care for children, and supervised play time for children. All activities and services provided through NPSP are voluntary and non-stigmatizing and emphasize the parents' strengths.

Goals of the Army NPSP are:

1. Contribute to mission readiness.
2. Support Family member adaptation to military life.
3. Enhance the knowledge and skills Family members need to form healthy relationships and provide safe, nurturing environments for children to prevent Family violence.
4. Foster a supportive military community for young military Families.

Staff Qualifications

NPSP Home Visitor staff consists of Licensed Clinical Social Workers and Registered Nurses. All personnel will possess the knowledge, skills, and abilities necessary for their professional certification/licensure and positions. Local installation or State background checks, including Army Central Registry checks, will be completed on all personnel who provide services to parents and their children and will be updated annually.

Eligibility Requirements

Families may be self-referred or referred by other agencies such as health care providers, chaplains, social service staff, command, or Family Advocacy Program (FAP) staff.

How to Enroll

Interested families may contact the local Army Community Service (ACS) office, or their health care provider, for further information in the New Parent Support Program.

Child Care

Child Development Center (CDC)

The Fort Myer CDC, located at 102 Carpenter Road, is accredited by the National Association for the Education of Young Children (NAEYC) and certified by the Department of Defense (DOD). It is a new and modern facility that serves more than 400 children.

Eligibility

All active duty military and DoD civilian employees.

Programs Offered

Childcare and pre-school is offered for children 6 weeks through 5 years of age at the CDC. These programs can include full-day, part day, or hourly care. However, hourly care is on a space available/emergency basis.

Costs

Central registration is done on site and is \$18 for individuals. Childcare fees are based on total family income.

Fees are broken down as follows:

2 Day Program (Tuesday/Thursday) 9:00am - 12:00pm

Income Category	Monthly Fee
I \$0 - \$28,000	\$38
II \$28,001- \$34,000	\$60
III \$34,001 - \$44,000	\$66
IV \$44,001 - \$55,000	\$76
V \$55,001 - \$70,000	\$86
VI \$70,001 +	\$90

3 Day Program (Monday/Wednesday/Friday) 9:00am - 12:00pm

Income Category	Monthly Fee
I \$0 - \$28,000	\$56
II \$28,001 - \$34,000	\$88
III \$34,001 - \$44,000	\$98
IV \$44,001 - \$55,000	\$114
V \$55,001 - \$70,000	\$118
VI \$70,001 +	\$134

5 Day Program (Monday through Friday) 9:00am - 12:00pm

Income Category	Monthly Fee
I \$0 - \$28,000	\$94
II \$28,001 - \$34,000	\$142
III \$34,001 - \$44,000	\$160
IV \$44,001 - \$55,000	\$182
V \$55,001 - \$70,000	\$210
VI \$70,001 +	\$218

Child Development Center Fees SY 2008/2009 Full time care

Category	Total Family Income	Monthly Fees
I	0-28,000	\$196

Category	Total Family Income	Monthly Fees
II	28,001-34,000	\$346
III	34,001-44,000	\$404
IV	44,001-55,000	\$464
V	55,001-70,000	\$526
VI	70,001 and UP	\$586

Youth Services

Youth Services

All Youth Services programs may be used by all eligible youth (6 to 18 years old) of active duty military, retired military and DOD civilians. Programs are offered for the youth at the Child and Youth Services Center, building 469. Our services include programs and activities following the Framework for Army Youth Programs.

School Age Services Program

The School Age Services (SAS) program for 1st through 5th Graders is part of the Youth Services program and provides before school care, after school care and full day care on non-school days to include winter, spring and summer camp programs.

Middle School/Teen Program

The Middle School and Teen (MST) program for 6th through 12th Graders provides programs after school and full day camps during winter, spring and summer school breaks during the year.

Youth Center

Youth ages 6 to 18 years can participate in a wide variety of programs and activities through Youth Services, including:

- Sports and Fitness programs include basketball, baseball, softball, tee ball, bowling, lessons, participation in national sports contests, weight lifting and physical fitness.
- Arts, Recreation and Leisure program includes participation in Boys and Girls Club activities, 4-H Club activities, Gardening Club, Cooking Club, roller skate nights, holiday theme parties, special events and trips.
- Life Skills, Citizenship and Leadership programs include computer center, youth sponsorship for arriving and departing youth, volunteer opportunities, youth council, career development programs, and involvement with Teen Discovery.
- Mentoring, Intervention and Education Service program include SAT Prep course, homework center, home alone skill classes, and personal health and safety programs.

The Youth Services Center, Building 469, has a Multipurpose Room for basketball games and large group activities, Game Room with game tables, billiard table, tables to play board games and Nintendo. An activity room is available for talking with friends, drawing, reading, free play and a offers a television with VCR and DVD players. There is a Computer/Homework Center for completing and obtaining assistance with homework and offers computers with Internet access. The Middle School/Teen Lounge is available for socializing with friends, playing pool, playing Nintendo and includes a television with VCR and DVD players and stereo system with surround sound.

Family Center

Programs and Services

A key resource on your installation and a gateway to accessing all of the resources available to you, the Army Community Services provides information, support and services to help you balance the demands of family and the military lifestyle. The Army Community Services is one part of the overall installation family support system, which is the network of agencies, programs, services, partnerships and individuals that supports your personal and family life readiness, mobilization and deployment readiness, and mobility and economic readiness. The Army Community Services should be one of you first stops upon arriving at an installation; its programs and services will be an important resource for you and your family.

Deployment Readiness -- Assists you during all phases of the deployment cycle. We provide programs and services to individual soldiers, civilians, and family members throughout the deployment process. We educate you on what to expect and the best ways to prepare.

Relocation Readiness -- Provides information, referral, resources and tools to help you with permanent change of station (PCS) moves and post-move orientations. We maintain a loan closet from which families may borrow basic household goods. We also assist you with in-transit emergencies by providing classes on move-related topics such as buying or selling homes and individual PCS planning, among others. We serve as liaison to citizenship, immigration, and multicultural diversity information, and provide outreach to waiting families.

Personal Financial Readiness -- A program to assist you in sustaining financial self-sufficiency. You can learn more about debt liquidation, thrift savings plans, consumer and credit issues, and predatory lending.

Employment Readiness -- The training and information provided can help you identify and reach your employment and career development goals, manage the challenges associated with a mobile lifestyle and develop job search skills. Assists you in acquiring skills, networks, and resources that will allow you to participate in the work force and to develop a career/work plan.

Family Life Education -- Provides you with information and education about a variety of life cycle issues, including parenting and relationships, among others, to help you strengthen your relationships.

Information and Referral -- An integral function of the family center, information and referral services can assist you in locating needed services and programs available on your installation, through civilian agencies in the local community, and connect to national resources.

Army Community Services may also provide other services, such as counseling, family advocacy, fitness and recreation programs and Exceptional Family Member support. Services vary by location.

Financial Assistance

Cost of Living

The Washington Area has a reputation that most soldiers hear about long before they arrive. You undoubtedly have already been told how expensive everything is here. Although housing in this area is expensive Fort Myer has a unique program, The Center for Area Information and Referral (CAIR), which will assist you in a move to this area. Call 1-800-477-9571 or (703) 696-0026 or DSN 426-0026 for personalized relocation assistance, rental and buying assistance, on and off post temporary lodging list, local school information, on and off post recreational activities and local area transportation, etc.

Most things you will want to spend money on, after housing, can cost less in Washington than in most other locations, or even free. No matter what your interests, you will find them here or close by. Your entertainment costs can be lower here than anywhere else the Army can send you.

Consumer Affairs and Financial Assistance Program

Consumer Affairs and Financial Assistance Program (CAFAP) has a one day Financial Management Program for First Termers or anyone wanting to learn more about managing their money. Moving to this area can be very traumatic to your budget while you adjust to changes in family incomes (loss of spouses job), higher housing costs, moving expenses, etc.

Legal Assistance

Legal Services

This installation has not provided any narrative for this topic.

Deployment Support

Family Deployment Support

If you will be leaving your family behind for any reason some of the things you will need to consider are:

1. Power of Attorney - this is important if a family member is left behind and has to do things in the name of the military member.
2. Family Care Plan - be sure to keep an up to date family care plan, with correct names and numbers of those that may have to care for your children.
3. Copies of Orders -leave extra copies of our order's with a family member.
4. Finances - make sure allotments, checkbooks, savings accounts, credit cards, bills etc. are accessible for family members.
5. Vehicles - up to date maintenance schedule, vehicle registration and insurance papers.
6. School Information - ensure that all school records are in order.

Health Care - Overview

Moving With TRICARE

Your [TRICARE](#) coverage is completely portable—meaning it moves with you. You're covered worldwide—both in transit to your new duty location and once you arrive—but depending on where you go you may use a different TRICARE health plan option. Additionally, you may have different steps depending on which health plan option you are using now.

When Enrolled in a TRICARE Prime Option

The TRICARE Prime options include TRICARE Prime and TRICARE Prime Remote in the United States, and TRICARE Prime Overseas and TRICARE Global Remote Overseas in regions outside of the United States. Follow these simple steps to ensure you have no break in coverage when you move.

1. Do not disenroll from your TRICARE Prime option before you move.
2. Once you arrive at your new location, update your personal information in the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#) immediately.
3. Select a new primary care manager (PCM), when moving within the same region or submit a new Prime enrollment form within 30 days if you're moving to a new region.

Where you are moving will determine which Prime option you will enroll in.

Prime Options in the United States

TRICARE Prime

TRICARE Prime is offered in Prime service areas—geographic areas typically located around a military treatment facility—throughout the country.

- North Region [Health Net Federal Services, Inc.](#), 1-877-TRICARE (1-877-874 2273)
- South Region [Humana Military Healthcare Services, Inc.](#) 1-800444-5445
- West Region [TriWest Healthcare Alliance](#) 1-888-TRIWEST (1-888-874-9378)

If you move to a new Prime service area, transfer your enrollment by submitting a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Be sure to include all family members who wish to use Prime on the form.

TRICARE Prime Remote

In non-Prime service areas, TRICARE offers TRICARE Prime Remote. To enroll, submit a TRICARE Prime Enrollment and PCM Change Form to your regional contractor. Any TRICARE-eligible family members living with you in a TRICARE Prime Remote area can enroll in TRICARE Prime Remote for Active Duty Family Members. Be sure to include them on the enrollment form.

Prime Options Outside of the United States

TRICARE Prime Overseas

TRICARE Prime Overseas is offered in overseas areas where there are military treatment facilities or areas in which TRICARE has established a network of qualified host nation providers.

- TRICARE Europe Toll free: 1-888-777-8343; Commercial 011-49-6302-67-7432; DSN 314-496-7432 Fax Numbers: Commercial 011-49-6302-67-6374; DSN 314-496-6374 or [e-mail](#)
- TRICARE Pacific Toll free: 1-888-777-8343; Commercial 011-81-6117-43-2036; DSN: 643-2036; Remote Sites: 011-65-6-338-9277 Fax Numbers: Commercial 011-81-611-743-2037; DSN: 643-2037 or [e-mail](#)
- TRICARE Latin America & Canada (TLAC) Address: TAO-LAC, Bldg 38802, Ft Gordon GA 30905-5650; Toll free 1-888-777-8343; 1-706-787-2424; DSN: 773-2424 Fax Number 1-706-787-3024 or [e-mail](#)

If you move to an area in which TRICARE Prime Overseas is offered, transfer your enrollment by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center. Command-sponsored family members who reside with you are eligible for TRICARE Prime Overseas. Be sure to include all family members who wish to use TRICARE Prime Overseas on the form.

TRICARE Global Remote Overseas

TRICARE Global Remote Overseas is a Prime option offered in designated remote overseas locations. If you move to an area in which TRICARE Global Remote Overseas is offered, you and any authorized family members living with you may enroll by submitting a TRICARE Prime Enrollment Form to the nearest TRICARE Service Center.

Before you move to another overseas area or to an area within the United States, contact the nearest TRICARE Service Center. Then, when you arrive in your new area, transfer your enrollment.

When Using TRICARE Standard and Extra

TRICARE Standard and Extra are available to family members only. Active duty service members are required to enroll in one of the Prime options described above.

TRICARE Standard and Extra are available throughout the United States and enrollment is not required. Any active duty family member who is registered in DEERS may use these programs by seeing any network or non-network providers that are authorized by TRICARE. In areas outside of the United States, active duty family members who don't want to use a Prime option may use TRICARE Standard Overseas by seeing qualified host nation provider.

If you're already using TRICARE Standard and Extra, moving is easy.

1. Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
2. Then, find TRICARE-authorized providers in your new area.

Here are a few things to remember about using TRICARE Standard and Extra in a new region

- In the U.S.: Visit your new regional contractor's Web site for a list of providers. Remember, if you see network providers, you'll be using the Extra option and pay lower copayments.
- Outside of the U.S.: Contact your TRICARE Service Center for help locating a qualified host nation provider. The TRICARE Extra option is not available in overseas areas.
- If you move to a new region, you'll have a new claims address for submitting your TRICARE claims.
- Learn your new region's prior authorization requirements because these requirements can differ by region.

When Using TRICARE For Life

TRICARE For Life—TRICARE's coverage for those who are eligible for Medicare—requires no enrollment and you'll have a smooth transition when you move. [TRICARE for Life](#) contact information: WPS TRICARE For Life, P.O. Box 7889, Madison, WI 53707-7889; 1-866-773-0404; TDD 1-866-773-0405

- Once you arrive at your new location, update your personal information in the Defense Enrollment Eligibility Reporting System (DEERS) immediately.
- Find Medicare providers in your new area.

If you move overseas, your TRICARE For Life coverage may change depending on where you move. In U.S. Territories such as Guam, Puerto Rico and the U.S. Virgin Islands, TRICARE For Life coverage works the same as the stateside program. But, in all other overseas locations, TRICARE For Life Overseas works differently because Medicare does not provide coverage in most overseas locations. Therefore, TRICARE is the primary payer. You can get care from any host nation provider and you will be responsible for TRICARE deductibles and cost shares.

Contact the TRICARE Area Office for the overseas area where you are moving or the nearest American Embassy Health Unit for assistance finding a host nation provider.

Getting Care Along the Way

- Routine Medical and Dental Care—Get it before you go.

Before you move, make sure you've received any routine medical or dental care you think you might need during the time you'll be traveling. Or, delay the care until you get to your new duty location.

- Emergency Care in the United States—Call 911 or go to the nearest emergency room.

TRICARE defines emergency care as medical services provided for a sudden or unexpected medical or psychiatric condition, or the sudden worsening of a chronic (ongoing) condition that is threatening to life, limb, or sight and needs immediate medical treatment, or which has painful symptoms that need immediate relief to stop suffering. If you're traveling near a military treatment facility (MTF), you should go to the MTF or military dental treatment facility for emergency services. If you are hospitalized in a civilian facility for more than 24 hours, contact your regional contractor

- Urgent care in the United States—Coordinate with your PCM and/or regional contractor

TRICARE defines urgent care as medical care for a condition that will not result in disability or death if not treated immediately but should be treated within 24 hours to avoid further complications. If you are in a Prime program, you must coordinate urgent care with your primary care manager and/or regional contractor before receiving care. If you are in TRICARE Standard and Extra or TRICARE For Life, you can receive care as you normally would. You should, however, contact your contractor as soon as possible to coordinate any prior authorizations that are needed.

- Emergency or Urgent care Overseas—Contact closest TRICARE Area Office or TRICARE Global Remote Call Center.

You don't need prior authorization for emergency or urgent care but the TRICARE Area Office or TRICARE Global Remote Call Center will help you find the best care available in the overseas area in which you are traveling.

Filling Prescriptions on the Road

You should have all your prescriptions filled before you leave, but if you need a prescription filled while you're traveling in the United States, you have several options:

- If near an MTF, fill the prescription at the MTF pharmacy.
- Find the closest TRICARE network pharmacy.
- If a network pharmacy is not available, you can visit a non-network pharmacy. In this case, you may have to pay up front for your medications and file a claim with Express Scripts, Inc., for reimbursement. For more details, visit the [TRICARE web site](#)
- The mail-order option is not recommended for a prescription you need right away, but if you'll be traveling for a long time, you can arrange for any regular prescriptions to be filled via the mail-order pharmacy.

Your pharmacy coverage is limited overseas:

- TRICARE network pharmacies are only located in the United States, Puerto Rico, Guam and the U.S. Virgin Islands. You can have prescriptions filled at host-nation pharmacies, if necessary. Host-nation pharmacies are treated the same as non-network pharmacies. If you have prescriptions filled at a host-nation pharmacy, you should expect to pay for the total amount up front and file a claim with Wisconsin Physicians Service for partial reimbursement. To learn more about pharmacy claims, visit the [TRICARE web site](#).
- To use the mail-order pharmacy overseas, the prescription must be from a U.S. licensed provider and you must have an APO or FPO address.

If You Have Questions

Your regional contractors and TRICARE Area Offices are available to answer your questions. These offices are listed above. Find even more information about moving, updating DEERS, the TRICARE regions and much more at the [TRICARE web site](#).

Installation Specific Information*Medical Care*

The Andrew Rader US Army Health Clinic provides routine primary care for all eligible beneficiaries. Patients must enroll with the clinic to receive treatment in one of the following care groups; Primary Care clinics or Pediatrics. In each group each patient is assigned to one physician for all routine care, such as health maintenance and minor complaints. Patients are referred out by their primary physician for more comprehensive care at any number of military hospitals in the area.

Specialty services available at the Andrew Rader US Army Health Clinic are as follows:

- Physical Therapy
- Adult Wellness Center
- Podiatry
- Physical Exams
- Optometry (active duty only)
- Audiology (Hearing Conservation)
- Allergy and Immunization
- Mental Health
- Laboratory
- Radiology
- Pharmacy
- Nutrition and Community health

Dental Care

Routine dental services are available for active duty personnel only. However, any eligible beneficiary may receive emergency treatment (i.e. bleeding, excruciating pain, etc.). The Active Duty Dental Plan is a comprehensive dental plan available to the spouses and children of active duty members of the seven uniformed services.

Health Care - Special Needs

Exceptional Family Member Program

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

Military Treatment Facility

The clinics and services available at [Military Treatment Facilities](#) vary by location. Before you move, identify the MTF that will serve you, visit the MTF's website to learn about the clinics and services available and to get relevant contact information.

Moving to a New TRICARE Region

If you anticipate a move to another [TRICARE region](#), work with your local TRICARE Service Center (TSC) or case manager before your move to ensure the transition is as smooth as possible. On arrival at the new duty location, your sponsor should contact the Beneficiary Counseling and Assistance Coordinator (BCAC) or TSC to ensure the transition plans are in place and to obtain authorizations for TRICARE [Extended Care Health Option](#) (ECHO) services, if applicable.

Beneficiary Counseling and Assistance Coordinator (BCAC)

All TRICARE Regional Offices and most MTFs are staffed with [BCACs](#) (formerly known as Health Benefits Advisors.) [BCACs](#) provide information, guidance and assistance on benefit options, TRICARE Prime enrollment, special authorizations, status of claims and eligibility, plus assistance with referrals and appointments. If you or your family member has a more severe medical need, contact your assigned [case manager](#).

Case Management

Case management involves a team of health care professionals who help you and your family to find solutions to complex health problems. It is important to inform your case manager if you are moving as he/she will connect you with the case manager at your new location.

Extended Care Health Option (ECHO)

TRICARE [ECHO](#) provides financial assistance to beneficiaries of active duty service members who qualify based on specific mental or physical disabilities. ECHO offers an integrated set of services and supplies beyond the basic TRICARE program. ECHO is administered by regional contractors in the TRICARE North, South, and West Regions and by TRICARE Regional Offices in overseas locations.

Transporting Medical Equipment

Your [Installation Transportation Office](#) has special procedures to follow for the transportation of medical equipment that is necessary for medical treatment required by the sponsor or family member. Some types of medical equipment may be shipped in the same manner as Professional Books, Papers, and Equipment (PBP&E).

Federal and State Health Care Programs

Medicaid - [Medicaid](#) pays for medical assistance for certain individuals and families with low incomes and resources. State Medicaid programs are usually administered by departments of social service or departments of medical assistance.

Supplemental Security Income (SSI) - [SSI](#) is a cash assistance program intended to meet basic needs for food, clothing and shelter for those who are aged, blind or disabled. It provides cash to meet basic needs for food, clothing, and shelter. Families must reapply upon each move to another state.

Title V of the Social Security Act - Many states have services for children with special health care needs that are funded by the Maternal and Child Health Services Block Grant, or [Title V](#). State departments of health web sites and local health departments will provide information on state health benefits for children with special health care needs. The Maternal and Child Health Bureaus' web site has Title V information organized by State that provide you with [Title V points of](#)

[contact](#) and other pertinent information.

Other Important Resources

Debt Collection Assistance Officer (DCAO) - TRICARE has a [DCAO](#) assigned to TRICARE Regional Offices and MTFs worldwide to help beneficiaries understand and get assistance with debt collection problems related to TRICARE. Individuals who have received a notice from a collection agency or a negative credit report because of a medical or dental bill should be referred to the nearest [DCAO](#).

Family Voices - [Family Voices](#) is a national, grassroots clearinghouse for information and education concerning the health care of children with special health needs. Family Voices also has [State points of contacts](#) with useful links to State programs and organizations.

Installation Specific Information

Exceptional Family Member Program (EFMP)

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services to families with special needs.

An exceptional family member is a child or adult with any physical, emotional, developmental, intellectual disability that requires special treatment, therapy, education, training or counseling.

The following soldiers with exceptional family members must enroll in the program:

- Active Army
- U.S. Army Reserve (USAR) soldiers in the USAR-Active Guard (AGR) program and other USAR soldiers on active duty exceeding 30 days
- Army National Guard (AGR) personnel serving under authority of Titles 10 and 32, United States Code.

Department of the Army civilian employees do not enroll in the program, but must identify family members who require special education and medically related service needs to their current and gaining civilian personnel offices each time they process for an assignment to a location outside the United States where family member travel is authorized at Government expense.

Enrollment

To initiate enrollment, the soldier contacts the nearest medical treatment facility EFMP point of contact to begin the assessment process and obtain either the medical and/or educational forms. Once the forms are completed, they are forwarded to the appropriate regional medical center for coding and then to the Army personnel agencies who enroll the soldier in the program. EFMP enrollment does not adversely affect selection for promotion, schools or assignment. Information concerning EFMP enrollment or any of the data used in the program is not made available to selection boards.

Enrollment allows assignment managers at Army personnel agencies to consider the documented medical and special educational needs of exceptional family members in the assignment process. When possible, soldiers are assigned to areas where medical and special educational needs of their exceptional family member(s) can be met. This assignment will depend on a valid personnel requirement for the soldier's grade, specialty and eligibility for the tour. All soldiers are eligible for worldwide assignments.

Special Education -- Special education needs are only considered in assignments outside the United States. Assignments within our 50 States and Trust Territories are not based on the educational needs of children, due to the fact that every local school system must obey public laws regarding the provision of special education.

The Fort Myer Military Community's (FMMC) Andrew Rader Army Health Clinic (ARUSAHC) provides limited services to family members. Multi-service military and civilian medical facilities, offering adult and pediatric services, are available within the Virginia, Maryland and Washington D.C. area. For further information regarding routine and specialty services,

contact the Andrew Rader US Army Health Clinic Patient Administration Division.

Army Community Service (ACS) EFMP

The Fort Myer Military Community's (FMMC) Army Community Service (ACS) Exceptional Family Member Program (EFMP) provides the following services:

- provides community special needs resources
- chairs an installation multidisciplinary committee, servicing special needs family members
- facilitates a Special Needs Resource Team (SNRT), properly placing special needs children within the Child Development Center
- offers educational and training sessions and provides a special needs video and book resource library.

Education - Special Education/EIS

Exceptional Family Member Program

The [Exceptional Family Member Program](#) (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination process.

Children from Birth to Three Years of Age

The Individuals with Disabilities Education Act (IDEA) requires all States and territories to provide [early intervention services](#) to children from birth to age three who are developmentally delayed, or who are at high risk of being developmentally delayed. Early intervention services may be provided by local school districts or health departments. There is no common name across States for the programs, but you may hear them referred to as Part C programs (because Part C is the section of the IDEA that pertains to early intervention).

The [National Early Childhood Technical Assistance Center](#) provides a list of State Part C directors and funded programs at their web site. [Military OneSource](#) can identify local early intervention programs for you.

- Parents of children who receive early intervention services should hand-carry a copy of the Individual Family Service Plan (IFSP) and most current evaluation reports to the new location.

Children from 3 through 21 Years of Age

The Individuals with Disabilities Education Act (IDEA) requires all States and Territories to provide [special education services](#) to children who are from 3 through 21 year of age. Each local school district has a special education director, and each school should have a case study committee or school based committee (terms differ) that attends to special education students' needs.

Parents of children receiving special education and related services should hand-carry all pertinent school and medical documents to include their children's Individualized Education Program (IEP) and current testing and evaluation reports to the new school.

The IDEA requires that if a child transfers to a district in the same state, the receiving school must provide comparable services to those in the child's IEP from the sending district's until the new school develops and implements a new IEP. If a child transfers to another State, the receiving district must provide comparable services to those in the child's IEP from the sending district until the receiving district completes an evaluation and creates a new IEP.

Others who can help you:

- **Parent Training and Information Centers** Each state is home to at least one Parent Training and Information Center (PTI). PTIs serve families of children and young adults from birth to age 22 with all disabilities: physical, cognitive, emotional, and learning. They help families obtain appropriate education and services for their children with disabilities; work to improve education results for all children; train and inform parents and professionals on a variety of topics; resolve problems between families and schools or other agencies; and connect children with disabilities to community resources that address their needs. [The Technical Assistance Alliance for Parent Centers](#) provides addresses and phone number of the centers in your state.
- **STOMP (Specialized Training of Military Parents)** is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs. The staff of the [STOMP Project](#) are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

6316 So. 12th St.
Tacoma, WA 98465
253-565-2266 (v/tty)
1-800-5-PARENT (v/tty)
Fax: 253-566-8052

[Email](#)

Installation Specific Information

Since neither Fort Myer in Virginia nor Fort McNair in the District of Columbia have on-post schools, and most families reside off-post, family members will attend either schools in their county or installation in the National Capital Region in which they reside. FMMC has neither installation coordinators for special education or point of contact for Early Intervention Services (EIS) due to the lack of on-post schools. However, the area school systems comply with all federal and state special education laws. For assistance locating additional services available or targeting the special education services that best match your needs please contact the FMMC Army Community Service (ACS) Exceptional Family Member Program (EFMP) Manager.

Contact Information

102 Custer Road
Bldg 201
Fort Myer, VA 22211-1199
Phone 703-696-3510
Phone (DSN) 312-426-3510
Fax 703-696-0159
Fax (DSN) 312-426-0159

[Email](#)
[Website](#)

Automotive Services

Car Care Center (AAFES)
452 Pershing Drive
Bldg 452
Fort Myer, VA 22211-1199
Phone 703-522-2584 / 703-522-2585
Phone (DSN) 312-426-2584
Fax 703-696-9243

[Website](#)
Monday-Friday 6:30 am-6:00 pm
Saturday 9:00 am-5:00 pm
Sunday - closed

Chapels

Fort Myer Old Post Chapel
204 Lee Avenue
Building 335
Fort Myer, VA 22211-1199
Phone 703-696-3129
Fax 312-426-3129

[Website](#)
Hours of Operation vary
(Used for wedding and funeral ceremonies)

Child Development Centers

Child Development Center
102 Carpenter Road
Building 483
Fort Myer, VA 22211-1199
Phone 703-696-3095
Phone (DSN) 312-426-3095
Fax 703-696-3793

[Email](#)
[Website](#)
Monday-Friday 5:30 am-6:30 pm
Saturday and Sunday - closed
Holidays - closed

Adult Education Centers

FMMC Army Education Center
239 Sheridan Avenue
Building 417
Fort Myer, VA 22211-1199
Phone 703-696-3195 / 703-696-1579
Phone (DSN) 312-426-1579/3195
Fax 703-696-0145
Fax (DSN) 312-426-0145

[Email](#)
[Website](#)
Monday-Friday 7:30 am - 4:00 pm
Saturday and Sunday - closed
Holidays - closed

Beneficiary Counseling Assistance Coordinators

Health Benefits Advisor (HBA)
525 Carpenter Road
Building 525
Fort Myer, VA 22211
Phone 703-696-3452 / 703-696-7982
Phone (DSN) 312-426-3452/7982

[Email](#)
Monday-Friday 7:30 am-4:00 pm
Closed every Wed 12:00-2:00 pm
Saturday and Sunday - closed

Chapels

Fort Myer Post Chapel
101 McNair Road
Building 480
Fort Myer, VA Fort Myer
Phone 703-696-6635 / 703-696-3533
Fax 703-696-5996

[Email](#)
[Website](#)
Monday-Friday 8:30 am-4:30 pm

Civilian Personnel Office

FORT MYER CIVILIAN PERSONNEL OFFICE
Building 203
Fort Myer, VA 22211
Phone 703-696-3134
Phone (DSN) 312-426-3134
Fax 703-696-2758

[Website](#)
Monday, Wednesday, Thursday, Friday 8:00 am -4:00 pm
Tuesday 1:00 pm-4:00 pm
Saturday and Sunday - closed

Commissary/Shoppette

Shoppette (AAFES)
 441 Pershing Drive
 Bldg. 441
 Fort Myer, VA 22211-1199
 Phone 703-696-9239

[Website](#)

Commissary/Shoppette

Fort Myer Commissary
 523 Carpenter Road
 Bldg 409
 Fort Myer, VA 22211-1199
 Phone 703-696-3674
 Phone (DSN) 312-426-3674
 Fax 703-696-6863
 Fax (DSN) 312-426-6863

[Email](#)

[Website](#)

Sunday 9:00 am -6:00 pm
 Monday-Friday 8:30 am-7:30 pm
 Saturday 7:00 am-6:30 pm
 Early Bird Hours:
 Monday-Friday 7:00 am-8:30 am

Dental Clinics

Andrew Rader US Army Dental Clinic
 401 Carpenter Road
 Building 525
 Fort Myer, VA 22211
 Phone 703-696-3460
 Phone (DSN) 312-426-3460
 Fax 703-696-0586

[Email](#)

[Website](#)

Monday - Friday 7:15 am - 4:00 pm

Deployment/Mobilization

Deployment/Mobilization
 201 Custer Road, Bldg 201
 Fort Myer, VA 22211
 Phone 703-696-1229 / 703-696-3510
 Phone (DSN) 312-426-1229
 Fax (DSN) 312-426-1059

[Email](#)

Monday- Friday 7:30 am - 4:00 pm
 Saturday and Sunday - closed

Emergency Relief Services

Army Emergency Relief (AER)
 201 Custer Road
 Bldg 201
 Fort Myer, VA 22211-1199
 Phone 703-696-3510
 Phone (DSN) 312-426-3510
 Fax 703-696-0159

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.
 Saturday and Sunday - closed
 Holidays - closed

Exceptional Family Member Program/Special Needs

ACS Exceptional Family Member Program (EFMP)
 201 Custer Road
 Bldg. 201
 Fort Myer, VA 22211
 Phone 703-696-8467 / 703-696-3510
 Phone (DSN) 312-426-8467
 Fax 703-696-0159
 Fax (DSN) 312-426-0159

[Email](#)

[Website](#) [Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.
 Saturday and Sunday - closed
 Holidays - closed

Exchange(s)

Fort Myer Army, Air Force Exchange Service (AAFES)
 450 McNair Road
 Bldg 450
 Fort Myer, VA 22211-1199
 Phone 703-522-4575
 Fax 703-525-2284

[Website](#)

Monday-Friday 9:00 am-8:00 pm
 Saturday 9:00 am-7:00 pm
 Sunday 10:00 am-6:00 pm

Family Advocacy Program

ACS Family Advocacy Program
 201 Custer Road
 Bldg. 201
 Fort Myer, VA 22211-1199
 Phone 703-696-3512 / 703-696-3510
 Phone (DSN) 312-426-3512
 Fax 703-696-1201
 Fax (DSN) 312-426-1200

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.
 Saturday and Sunday - closed
 Holidays - closed

Family Center

Army Community Service
201 Custer Road
Bldg. 201

Fort Myer, VA 22211
Phone 703-696-3510
Phone (DSN) 312-426-3510
Fax 703-696-0159

[Email](#)
[Website](#) [Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.
Saturday and Sunday - closed
Holidays - closed

Family Child Care/Child Development Homes

Child Development Center
102 Carpenter Road
Building 483

Fort Myer, VA 22211
Phone 703-696-3095
Phone (DSN) 312-426-3095
Fax 703-696-3793

[Email](#)
[Website](#)

Monday-Friday 5:30 am-6:30 pm
Saturday and Sunday - closed

Financial Institutions

Armed Forces Bank, N.A.
Fort Myer - Main Branch
108 McNair Road, Bldg. 451

Fort Myer, VA 22211-0759
Phone 703-351-8080 / PX Branch: 703-741-0959
Fax 703-351-9038

[Email](#)
[Website](#)

Fort Myer PX Branch:
703-741-0959
Open 7 days per week
PX Branch:
Monday-Friday 9:00 am-8:00 pm
Saturday 10:00 am-6:00 pm
Sunday 10:00 am-4:00 pm

Gymnasiums/Fitness Centers

Fort Myer Fitness Center
414 Sheridan Avenue
Bldg 414

Fort Myer, VA 22211-1199
Phone 703-696-7868 / 703-696-7867
Phone (DSN) 312-426-7868
Fax 703-696-1042

[Website](#)

Monday-Friday 5:00 am - 8:00 pm
Saturday, Sunday and Federal Holidays 9:00 am - 5:00 pm

Hospital/Medical Treatment Facility(s)

Andrew Rader US Army Health Clinic
525 Carpenter Road
Fort Myer, VA 22211-1101

Phone 703-696-7951
Phone (DSN) 312-426-7951
Fax 703-696-3450

[Website](#)

Monday-Friday 7:30 am - 4:00 pm
Saturday and Sunday - closed

Household Goods/Transportation Office (inbound)

Joint Personal Property Shipping Office (JPPSOWA)
Belvoir

9325 Gunston Road, Suite N110
Fort Belvoir, VA 22060
Phone 703 806-4900 / 1-800-762-7186
Phone (DSN) 312-656-4900
Fax 703-806-4877

[Website](#) [Website](#) [Website](#)

Monday - Friday 7:30 am - 4:00 pm
Saturday and Sunday - closed

Household Goods/Transportation Office (outbound)

Joint Personal Property Shipping Office (JPPSOWA)
Belvoir

9325 Gunston Road, Suite N110
Fort Belvoir, VA 22060
Phone 703 806-4900 / 1-800-762-7186
Phone (DSN) 312-656-4900
Fax 703-806-4877

[Website](#) [Website](#) [Website](#)

Monday - Friday 7:30 am - 4:00 pm
Saturday and Sunday - closed

Housing Office/Government Housing

Fort Myer Housing Services Branch
228 Sheridan Avenue
Bldg. 416

Fort Myer, VA 2211-1199
Phone 703-696-3557 / 703-696-3558
Phone (DSN) 312-426-3557
Fax 703-696-8332

[Email](#)
[Website](#) [Website](#)

Monday - Friday 7:30 am - 4:00 pm
Saturday and Sunday - closed

Housing Referral Office/Housing Privatization*The Villages at Belvoir*

5994 12th Street

Fort Belvoir, VA 22060

Phone 703-454-9700 / 1-888-886-4394 / 703-696-3510

Phone (DSN) 312-426-0026

Fax 703-696-0165

Fax (DSN) 312-426-0165

[Email](#)[Website](#)

Monday - Friday 8:30 am - 5:30 pm

Saturday and Sunday - closed

Information and Referral Services*Army Community Service (ACS) - Information and Referral*

Building 201 Custer Road

Fort Myer, VA 22211

Phone 703-696-2178 / 703-696-3510

Phone (DSN) 312-426-2178

Fax 703-696-0159

[Email](#)[Website](#)

Monday - Friday 7:30 am - 4:00 pm

Saturday and Sunday - closed

Library*FMMC Library*

229 Sheridan Avenue

Building 417, Room 120

Fort Myer, VA 22211-1199

Phone 703-696-3555

Phone (DSN) 312-426-3555

Fax 703-696-8587

Fax (DSN) 312-426-8587

[Email](#)[Website](#)

Monday-Wednesday 11:00 am - 7:00 pm

Saturday-Sunday 12:00pm - 5:00 pm

Thursday and Friday - Closed

MWR (Morale Welfare and Recreation)*Morale, Welfare, & Recreation*

102 Custer Road, Building 203

Fort Myer, VA 22211

Phone 703-696-3305/06

Phone (DSN) 312-426-3305/3306

[Email](#)[Website](#)

Monday - Friday 8:00 a.m. - 5:00 p.m.

Saturday and Sunday - closed

Holidays - closed

ID/CAC Card Processing*ID/CAC Card Processing*

106 Custer Road

Bldg 202

Fort Myer, VA 22211

Phone 703-696-3030

Phone (DSN) 312-426-3030

Fax 703-696-2580

Fax (DSN) 312-426-2580

[Website](#)

Monday - Friday 8:00 am - 3:30 pm

Saturday and Sunday - closed

Legal Services/JAG*Fort Myer Legal Assistance*

102 Custer Road

Bldg. 201

Fort Myer, VA 22211

Phone 703-696-0761

Fax 703-696-2181

[Website](#)

Monday - Friday 8:00 am - 4:00 pm

Saturday and Sunday - closed

Loan Closet*ACS Loan Closet*

201 Custer Road

Bldg 201

Fort Myer, VA 22211-1199

Phone 703-696-3510 / 703-696-0153

Phone (DSN) 312-426-3510/0026

Fax 703-696-0159

Fax (DSN) 312-426-0159

[Email](#)[Website](#) [Website](#)

Monday - Friday 8:00 a.m. - 3:30 p.m.

Saturday and Sunday - closed

Holidays - closed

New Parent Support Program*Army Community Service - New Parent Support Program*

Building 201 Custer Road

Fort Myer, VA 22211

Phone 703-696-1200

Phone (DSN) 312-426-1200

Fax 703-696-1201

Fax (DSN) 312-426-1201

[Email](#)[Website](#)

Monday - Friday 7:30 am - 4:00 pm

Saturday and Sunday - closed

Personal Financial Management Services

ACS Financial Readiness Program (FRP)
 201 Custer Road
 Bldg. 201

Fort Myer, VA 22211-1199

Phone 703-696-3510 / 703-696-0163

Phone (DSN) 312-426-3510

Fax 703-696-0159

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday and Sunday - closed

Holidays - closed

Relocation Assistance Program

ACS Relocation Assistance Program
 201 Custer Road
 Bldg 201

Fort Myer, VA 22211

Phone 703-696-0153 / 1-800-477-9571

Phone (DSN) 312-426-0153

Fax 703-696-0159

Fax (DSN) 312-426-0159

[Email](#)

[Website](#) [Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday and Sunday - closed

Holidays - closed

Restaurants/Fast Food

Fort Myer Officers' Club
 214 Jackson Avenue
 Bldg 214

Fort Myer, VA 22211-1199

Phone 703-524-7000

[Website](#)

Tuesday - Saturday 9:00 am - 5:00 pm

Retirement Services

Army Career and Alumni Program
 126 Forrest Circle
 Bldg. 230

Fort Myer, VA 22211

Phone 703-696-0973

Phone (DSN) 312-426-0973

Fax 703-696-3352

[Email](#)

[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday and Sunday - closed

Holidays - closed

School Age Care

School Age Services (SAS)
 102 Carpenter Road
 Building 483

Fort Myer, VA 22211-1199

Phone 703-696-3712 / 703-696-3728

Phone (DSN) 312-426-3712/3728

Fax 703-696-0529

[Email](#)

[Website](#)

Monday - Friday 5:30 a.m. - 6:30 p.m.

Saturday and Sunday - closed

Holidays - closed

School Liaison Office/Community Schools

FMMC School Liaison Officer (SLO) Program
 102 Custer Rd.
 Bldg. 203

Fort Myer, VA 22211

Phone 703-696-3817

Phone (DSN) 312-426-3817

Fax 703-696-8585

[Email](#)

Monday - Friday 7:00 a.m. - 4:00 p.m.

Saturday and Sunday - closed

Holidays - closed

Spouse Education, Training and Careers

Army Community Service - Employment Readiness Program
 201 Custer Road
 Fort Myer, VA 22211

Fort Myer, VA 22211

Phone 703-696-3510

Phone (DSN) 312-426-3510

Fax 703-696-0159

[Website](#)

Monday - Friday 7:30 am - 4:00 pm

Saturday and Sunday - closed

Temporary Lodging/Billeting

FMMC Lodging
 318 Jackson Ave.
 Building 50

Fort Myer, VA 22211-1199

Phone 703-696-3576 / 703-696-3577

Phone (DSN) 312-426-3576

Fax 703-696-3490

[Email](#)

[Website](#)

24 hours a day

Transition Assistance Program*Army Career and Alumni Program*

126 Forrest Circle

Bldg. 230

Fort Myer, VA 22211

Phone 703-696-0973

Phone (DSN) 312-426-0973

Fax 703-696-3352

[Email](#)[Website](#)

Monday - Friday 7:30 a.m. - 4:00 p.m.

Saturday and Sunday - closed

Holidays - closed

Victim Advocate Services*Army Community Service - Victim Advocate Services*

Building 406 McNair Road

Fort Myer, VA 22211

Phone 703-696-8463 / 703-919-1611 (24 hr hotline number)

Phone (DSN) 312-426-8463

Fax 703-696-1201

[Email](#)[Website](#)

Monday - Friday 7:30 am - 4:00 pm

Saturday and Sunday - closed

Youth Programs/Centers*FMMC Youth and School Age Services (YS)*

201 McNair Road

Bldg. 469

Fort Myer, VA 22211-1199

Phone 703-696-3712 / 703-696-3728

Phone (DSN) 312-426-3712/3728

Fax 703-696-0529

[Website](#)

Monday - Friday 6:30 am - 9:00 pm

Saturday and Sunday - closed

Major Units

B COMPANY

Contact Information:
Commander
COM: (703) 696-3364
DSN: 426-3364

D COMPANY

Contact Information:
Commander
COM: (703) 696-3172
DSN: 426-3172

THE UNITED STATES ARMY BAND

Contact Information:
Commander
COM: (703) 696-3647
DSN: 426-3647

HQ US ARMY

Contact Information:
Commander
COM: 703) 696-2975
DSN: 426-2975

3d INFANTRY (The Old Guard)

Contact Information:
Staff Duty Officer
COM: (703) 696-3003
DSN: 426-3003

C COMPANY

Contact Information:
Commander
COM: (703) 696-3040
DSN: 426-3040

E COMPANY

Contact Information:
Commander
COM: (703) 696-3031
DSN: 426-3031

D Co, Walter Reed Army Medical Center (Rader Clinic)

Contact Information:
Commander
COM: (703) 696-3695
DSN: 426-3695

MILITARY POLICE COMPANY

Contact Information:
Commander
COM: (703) 696-3617
DSN: 426-3617

A COMPANY (FT McNAIR)

Contact Information:
Commander
COM: (202) 685-2828
DSN: 426-2828