

#MyVoice: Promoting family self-advocacy

Families resoundingly acknowledged that they need to be proactive and “not just sit back”. However, they noted that MFRCs could assist greatly in family self-advocacy by reaching out to especially isolated families and using multiple methods of communications.

Reach out to isolated families

“I've felt the lack of reaching out, services were always available but when u are alone it's hard to make the contact”

“More personal contact”

“Some kind of welcome package to each member and family”

Social media key for those not on base

“The Facebook pages have been a great help in staying connected when you live off base”
“I am one of the dinosaurs that gets overwhelmed trying to use ...technology but the whole virtual thing is phenomenal for staying connected and especially for alleviating feelings of isolation and loneliness.”

Have multiple comms methods

Families are asking for more variety, consistency and effectiveness in communications to them

