

40 hours/month of EFMP Respite Care are available for eligible Navy families!



Call 1-800-424-2246 today and learn about the Navy Exceptional Family Member Program (EFMP) Respite Care and how your family can receive this care.

Who is an Exceptional Family Member? What is Category 4 or 5?

- An Exceptional Family Member (EFM) is an authorized DEERS eligible family member who is enrolled in EFMP and possesses a physical, emotional, developmental or educational disability, or condition requiring special medical, mental health, or educational services.
- EFM category 4 and 5 refers to an exceptional family member child whose medical condition requires assignment near major medical facilities or whose needs are complex and specialized requiring continuity of care.

How do I know if I am eligible? You are eligible if:

- The sailor is active duty or reserve on active duty stationed throughout the United States.
- The family is enrolled in the Navy's EFMP.
- The EFM child who resides with the sailor, is between the ages of birth through 18 years, and is designated category 4 or 5.

There are no income restrictions; the service is free to eligible Navy families.

How do I apply?

Call Child Care Aware® of America at 1-800-424-2246 – We will connect you to the local participating agency to assist your family in finding a local respite care provider, or visit <http://www.usa.childcareaware.org/navyefmp> for more information on the Respite Care program!