

Navy EFM Respite Care

40 hours per month per family are available for eligible Navy families!



Call (800) 424-2246 today!

Learn about Navy Exceptional Family Member (EFM) 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 the Navy Exceptional Family Member Program (EFMP) and possess a physical, emotional, developmental or educational disability, or condition requiring special medical, mental health, or educational services.
- An EFM category 4 or 5 refers to an exceptional family member 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 Reservist on active duty orders;
- is currently enrolled in the Navy's Exceptional Family Member Program (EFMP); and
- has a child currently residing with him/her, enrolled in EFMP, birth through 18 years, and assigned category 4 or 5.

There are no income restriction; this service is free to eligible Navy families.

What is included in EFM Respite Care?

Eligible Navy families receive:

- 40 hours of respite care per family per month;
- sibling care for children under the age of 13 years old; and
- respite care provided by well-trained and background screened providers.

How do I apply?

Navy families can do one of the following:

- Call Child Care Aware® of America (CCAoA) to get more information at (800) 424-2246, or
- Apply online at <http://usa.childcareaware.org/military-programs/military-families/navy/exceptional-family-member-program-efmp-respite-care/> and a Respite Care Specialist will follow-up with you.