

# 40 hours/month of respite care may be available for category IV or V EFM children of Sailors!



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

## Who is an Exceptional Family Member? What is the EFMP? What is Category IV or V?

- ▶ An Exceptional Family Member (EFM) is an authorized DEERS eligible family member who possesses a physical, emotional, developmental or educational disability, or condition requiring special medical, mental health, or educational services.
- ▶ The Exceptional Family Member Program (EFMP) can assist Navy families in managing the dual demands of a Navy career and the special needs of their child. Visit <http://www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/> to learn more about the EFMP.
- ▶ EFM category IV and V refers to an exceptional family member whose medical condition requires assignment near major medical facilities INCONUS, or whose needs are complex and specialized requiring continuity of care.

## How do I know if I am eligible?

- ▶ The family is enrolled in the Navy's EFMP.
- ▶ The EFM child is between the ages of birth to 18 years, and is category IV or V.
- ▶ You are stationed at one of the following Navy locations:
  - Bremerton, WA
  - Greater Washington, DC
  - Jacksonville, FL
  - Norfolk, VA
  - San Diego, CA

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

## How do I apply?

Call Child Care Aware® at 1-800-424-2246 – Child Care Aware® will connect you to the local participating agency to assist your family in finding local respite care services, or visit <http://www.naccrra.org/MilitaryPrograms/NavyEFMP/> for more information on the Respite Care program!

