



Standardizing EFMP Respite Care—Frequently Asked Questions

Q What is the reason for standardization of the Exceptional Family Member Program and what areas of the program were standardized?

A Standardization is an effort to create consistency in the program across all military branches and installations. Military families with special medical and educational needs may experience changes in EFMP respite care services, EFMP Family Support, identification and enrollment, CONUS assignment coordination and disenrollment. Standard processes and procedures will make it easier for service members and families to navigate the program and access the resources they need.

Q How is respite care standardized across the services?

A The EFMP respite care benefit is standardized in the following areas:

- Families are allotted a standard number of monthly respite care provider hours based on an age-specific level-of-needs rubric that contains standard eligibility criteria.
- Adult dependents are now covered.
- Respite care hours may not be used for sibling care.
- External respite care (e.g., TRICARE Echo and community-based services) does not affect the number of EFMP respite care hours available to a family.

Q Why standardize EFMP respite care?

A Historically, the military services coordinated their EFMP respite care programs differently. This led to gaps in delivery, inconsistent availability of support, and varying family experiences. Standardization will reduce gaps between the services and ensure families are treated equitably.

Q What is the process to determine whether a family is eligible for respite care?

A An eligibility reviewer will determine a family's level of need for respite care by using an age-specific rubric. The reviewer will reference DD Forms 2792, 2792-1, and special education documentation, such as individualized education plans or individualized family service plans in the assessment for information on any medical or educational needs.

Criteria for respite care is organized into categories such as activities of daily living, educational and behavior/safety. The assessment is meant to provide a comprehensive and holistic view of the exceptional family member's unique needs.

Q Who is eligible for respite care services?

A Sponsors enrolled in the EFMP with dependents who are scored at the two highest level-of-need categories (level-of-need 3 or 4) are eligible for EFMP respite care. In families with more than one dependent with a special medical or educational need, eligibility and total hours allocated are determined by the dependent with the highest level-of-need score. Respite care is an EFMP benefit, not an entitlement.



Q What support is available and how do I request additional support?

A Sponsors with dependents who require more assistance with activities of daily living – categorized as level-of-need 3 or 4 – will receive 20 or 32 hours of EFMP respite care per month, respectively.

Families experiencing exceptional circumstances or temporary hardship may request additional respite care hours. Requests are reviewed and approved on a case-by-case basis. EFMP staff will review the request within 30 days and notify the family of the determination.

Q What's next and will families currently receiving respite care experience a change to services?

A Sponsors currently receiving respite care through the Navy's EFMP respite care program will be re-evaluated using the new standard eligibility criteria based on the dependent's level of need. The timeline of reevaluations will vary.

Q If I am receiving 40 hours of respite care prior to 1 October 2024 and I must PCS or relocate, will I continue to be eligible for the same 40 hours at our new location up until 1 October 2025?

A Yes, Sponsors who PCS move/relocate prior to 1 July 2025 and are receiving 40 hours of care may apply for the EFMP Respite Care Program at their new location, under their previous status, and continue to be eligible for 40 hours of respite care until 1 October 2025.

However, Sponsors who PCS move/relocate after 1 July 2025 and apply for the EFMP Respite Care Program, eligibility will be based upon the new criteria.

Q What do I need to do if my family is currently receiving respite care?

A Families are encouraged to review their EFMP enrollment forms (DD2792, DD2792-1, IEPs and/or IFSPs as applicable) to ensure they convey an accurate depiction of the EFM's specific needs.

Q How do I request a review if my family is not currently receiving EFMP respite care?

A If you have a dependent with disability-related needs and have not previously received respite care through EFMP, you may request an eligibility review by reaching out to your local EFMP Family Support office.

Q When will adult EFMs be eligible to use EFMP respite care?

A The anticipated implementation date for adult respite care is 01 October 2025. Additional correspondence will be provided as the date approaches.

Q When will updates to EFMP respite care go into effect?

A The anticipated timeline for full implementation of the standard number of hours is 01 October 2025.

Q If I have additional questions who do I call?

A For additional questions, please call the Navy's Centralized Office at 901-874-2496.