**EFMP BENEFITS FAQ:**

**1. Why enroll in the EFM Program?**

Enrollment in the Exceptional Family Member Program (EFMP) ensures that your dependents documented medical, mental health and education needs are considered during the assignment coordination process.

Your local Fleet and Family Support center can also provide support with military and community services provided

**2. Does the EFM program ensure that my dependents will have access to the appropriate doctors needed for their care?**

PERS-456 will review proposed PCS assignment to assess the availability and accessibility to TRICARE-authorized medical treatment. When a location is not recommended, PERS-456 notifies the Sponsor and will work the detailer for consideration of an alternative assignment which meets career requirements of the sponsor and needs of the family member.

**3. What is Navy EFM Respite Care?**

Respite care is a temporary break for the primary caregiver of a family member with special medical or educational needs. The program is available to Navy families who have a dependent enrolled in the Exceptional Family Member Program (EFMP) and meets the prescribed eligibility criteria. The program is available throughout the United States.

**3a. Who is eligible for EFM Respite Care and what is included?**

Navy families will be eligible for the EFM Respite Care if the following criteria have been met:

If utilizing respite care or on the waitlist prior to 01 October 2024:

* The Sailor is active duty or Reservist on active duty orders.
* The Sailor is currently enrolled in the Navy’s Exceptional Family Member Program (EFMP).
* The Sailor has a child currently residing with him/her, enrolled in EFMP, birth through 18 years, and assigned category 4 or 5.
* 40 hours of respite care per family per month

New or current enrollees not utilizing respite care prior to 01 October 2024:

* LoN 4: Sailors with dependents, to include adults, with profound needs are eligible to receive 32 hours per month of respite care.
* LoN 3: Sailors with dependents, to include adults, with moderate needs are eligible to receive 20 hours per month of respite care.
* LoN 1 & LoN 2: Sailors with dependents are ineligible for respite care.

**3b. Where can I find out about additional information Navy Respite?**

* Child Care Aware® of America (CCAoA) is the Navy’s respite care contractor. They can be reached by calling (800) 424-2246, or
* Email CCAoA at [NavyEFMPrespite@usa.childcareaware.org](mailto:NavyEFMPrespite@usa.childcareaware.org?subject=Requesting%20Information%20on%20Navy%20EFM%20Respite%20Care).

**4. What is Tricare ECHO?**

The Extended Care Health Option (ECHO) is a supplemental benefit program that provides services and supplies beyond the basic TRICARE military health care program. ECHO is available to active duty family members (ADFMs) who meet the qualifications of a specific physical, developmental and/or mental disability. The program provides beneficiaries with coordinated ECHO services and supplies to reduce the disabling effects of the qualifying condition or disorder.

* Register for ECHO with case managers in each TRICARE region

**5. How do I apply for an incapacitated status?**

The military sponsor’s Service must process the initial and renewal dependency applications for all incapacitated children.

Apply for a determination with the following documentation:

* Dependency Statement - Incapacitated Child Over Age 21 form ([DD Form 137-5](https://www.esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd0137-5.pdf))
* Application for Identification Card/DEERS Enrollment form (DD Form 1172-2)
* Current physician’s statement dated within 90 days (Contact the sponsor’s Service for specific details. See the last question in this section titled “Who do I contact for Dependency Determination questions?”)
* A current statement from the Social Security Administration certifying non-eligibility for Medicare Part A. However, if the child is Medicare Part A eligible, proof of Medicare Part A and Part B enrollment must be provided to retain TRICARE benefits unless the sponsor is on Active Duty.
* Birth certificate, if not enrolled in DEERS. If adding a stepchild to DEERS, the parents’ marriage certificate is also required.

**NOTE**: For questions related to Service-specific procedures or special circumstances, contact the appropriate office of the sponsor's Service. See [Contact Support](https://milconnect.dmdc.osd.mil/milconnect/public/faq/Contacts_and_Help-Contact_Support/ServicePersonnel). More information available at the [NPC ID Cards](https://www.public.navy.mil/bupers-npc/support/paypers/ID_Cards/Pages/default2.aspx) site.

**5a. What benefits and privileges does an incapacitated child of an Active Duty or retired Service member receive?**

Incapacitated children of Active Duty or retired Service members who meet the requirements are eligible for:

* Health care under one of the TRICARE-administered programs. Incapacitated children who are entitled to Medicare Part A must purchase Medicare Part B to retain TRICARE eligibility unless the sponsor is on Active Duty.
* Morale, welfare, and recreation privilege
* Commissary and exchange (in most cases)

**NOTE**: Children of Guard and Reserve members in a Selected Reserve or Retired Reserve status who are incapacitated may enroll in TRICARE Reserve Select (TRS) or TRICARE Retired Reserve (TRR) if their sponsor purchases coverage.

**5b. What criteria must the child of an Active Duty or retired Service member meet to qualify as incapacitated?**

Incapacitated children of Active Duty or retired Service members may be eligible for TRICARE health benefits and base privileges after age 21 if they meet the following criteria:

* Incapable of providing his or her own support
* Dependent on the sponsor for over 50 percent of his or her support (if the sponsor is deceased, the child must have received over 50 percent of his or her support from the sponsor at the time of death).
* Incapacitation must have occurred prior to age 21 (or age 23 if enrolled as a full-time student).
* Unmarried - if the child marries and subsequently becomes unmarried due to divorce, annulment, or the death of the spouse, the sponsor may apply for reinstatement of the child's benefits and entitlements as long as he/she meets all other requirements.

**5c. What must I do to maintain my dependent's incapacitated status?**

Sponsors who have a current full-financial dependency determination for their permanently incapacitated child recorded in DEERS may qualify to complete their four-year redetermination requirement by answering three questions about their incapacitated dependent through:

* The Incapacitation Dependency Redetermination feature available on [milConnect](https://www.dmdc.osd.mil/milConnect)'s Benefits menu
* A visit to the nearest [military ID card facility](http://www.dmdc.osd.mil/rsl), or
* Mail in to the appropriate DEERS/RAPIDS Project Office. Instructions and contact information for this process is contained in the [Incapacitated Dependent Redetermination](https://milconnect.dmdc.osd.mil/milconnect/help/pdf/incapredetermination.pdf) brochure.

You must provide over 50 percent support for your permanently incapacitated dependent(s) in order for them to remain eligible for DoD benefits such as healthcare, dental, and commissary.

If there has been a change to your support of your dependent, such as dependent marriage or increase in dependent income, you must complete a full determination by the Defense Finance and Accounting Services (DFAS) or your Service. Please read the [Incapacitated Dependent Redetermination](https://milconnect.dmdc.osd.mil/milconnect/help/pdf/incapredetermination.pdf) brochure for details.

When your responses to the questions indicate no significant changes in financial dependency from the previous determination or redetermination, the redetermination requirement is satisfied and no additional documentation or proof of dependency is required. If your responses to the questions indicate potential changes in dependency, you will be directed to submit a full dependency redetermination package through DFAS or your Service, as appropriate.

**6. How do I get legal assistance?**

If you are a service member, veteran, or military family member in need of legal assistance, visit [ABA Home Front](https://www.americanbar.org/topics/) where you can use (1) the Directory of Programs to find a state-by-state guide of legal resources available to military families and (2) the Information Center to find information on a variety of legal topics. Service members must be referred to the ABA Military Pro Bono Project by a JAG Officer.

No legal representation, advice, or assistance is provided by the Military Pro Bono Project staff. Visit [Referral to the Project](https://www.militaryprobono.org/about/item.3216-Project_Guidelines_and_Information) for more information