

USE RESPITE CARE TO IMPROVE YOUR QUALITY OF LIFE!



The Marine Corps Exceptional Family Member Program (EFMP) Respite Care Reimbursement Program provides an opportunity for caregivers of Level of Need 3 & 4 family members to focus on their own well-being and reduce caregiver burnout through temporary rest periods.

In a recent survey, the majority of respondents reported that their quality of life improved when using the Exceptional Family Member Program Respite Care Reimbursement Benefit.

Respite care reimbursement can be used to allow caregivers an opportunity to: go on date night, get a haircut, go to the gym, have lunch with friends, and more!

THE PROGRAM IS EASY TO USE AND TAKES A FEW SIMPLE STEPS TO GET STARTED! YOUR EFMP FAMILY CASEWORKER CAN HELP YOU:

1

**BECOME FAMILIAR WITH
THE PROGRAM/PROCESS.**

2

**IDENTIFY
POTENTIAL PROVIDERS.**

3

**OBTAIN NECESSARY FORMS
AND INSTRUCTIONS.**



**WE WANT
TO HEAR
FROM YOU!**

