

Which Respite Care Program is Right for Me?

EFMP - RESPITE CARE INFORMATION SHEET MCB – QUANTICO

What is “respite” care?

Care giving can be a very demanding and challenging job that no one should have to do alone. Are you the primary caretaker of your exceptional family member and in need of a temporary break or period of rest? If so, you might be interested in learning more about the respite care options available to you during your tour at MCB Quantico. The EFMP respite care benefit will provide a few hours per week (up to 40 hours per month) for you to have some free time to run errands, attend appointments, have dinner and a movie, or just rest! There is no cost for this benefit and it is available to all Marine Corps families enrolled in the EFMP. It is our hope that this break will help relieve stress, restore energy, and promote balance in your life. If interested, please read the information below to decide which option best fits your needs.

***** Please Remember: ONLY one (1) of the options described below may be chosen for this benefit *****

Option 1: What is NACCRRRA Exceptional Family Member Program (EFMP) Respite Care?

National Association of Child Care Resource & Referral Agencies (NACCRRRA) and its program Child Care Aware have partnered with the Marine Corps and the EFMP to connect you with competent, trained, and certified providers that will meet your family’s unique needs. Childcare respite services through NACCRRRA are currently only available in certain geographical areas. (Please see NACCRRRA brochure)

Would you like assistance finding an experienced, credentialed, and criminal background –verified caretaker for your loved one with special needs (less than 18 years of age)?

NACCRRRA’s EFMP Respite Care Program will find local respite care providers who meet your criteria. You will also be given the opportunity to interview the providers, ensuring you are an integral part of choosing someone who meets your family’s unique needs. To apply for your free (up to 40 hours per month) respite care services, you may contact the local Child Care Resource & Referral Agency Director of the USMC Respite Program at 703-352-3449 ext 117, or simply call the Child Care Aware national hotline at 1 (800) 424-2246 and/or your local EFMP Case Worker at 571.931.0524.

Option 2: What is Installation Exceptional Family Member Program (EFMP) Respite Care?

Do you already have a provider in mind for your exceptional family member , such as a friend, family member or a professional with whom you are already familiar (therapists, teachers, etc)?

The Quantico installation respite care program allows you to select your own provider who is not certified by NACCRRRA. This option is available to anyone assigned to MCB Quantico Installation EFMP AND enrolled in the program. Unlike NACCRRRA, installation respite includes both children and adults enrolled in the EFMP program. For more information and/or to take advantage of up to 40 hours per month of free respite care, please contact the Quantico EFMP office: 122 Neville Rd. MCB Quantico, VA 22134 **Phone:** 571.931.0524. Installation Respite Care Application also available to download from our website. [Click here.](#)

****SPECIAL REMINDERS****

Respite care is not designed to accommodate traditional childcare/babysitting needs. You MUST be enrolled in the Marine Corps EFMP to receive respite care services, regardless of which option that you choose.