

## Exceptional Family Member Program

### RESPIRE PROGRAM

- Are you an Army Family?
- Do you have a Family member with special needs?
- Is your Family member enrolled in the Exceptional Family Member Program?
- Could you use a break?

If you answered yes to [all 4 questions](#), your Family member could qualify for up to 40 hours of respite care per month.

#### WHY IS IT IMPORTANT TO UTILIZE RESPITE?

You can have a qualified professional come to your home and provide care for your exceptional Family member.

SELF CARE is an important aspect of stress management. You can't always control the circumstances that life throws your way, but you *can* control how well you take care of yourself. Taking time to care for yourself regularly can make you a better caretaker for others.

For more information Call (910) 907-3395  
or visit the ACS EFMP located  
on the third floor at the Soldier Support Center.

