

Federal Programs that Support Respite Services for Veterans, Military Caregivers and Military Families

(in many instances, Veterans, military caregivers and military families may qualify for additional federal programs* available to the general population)

Program	Type of Assistance	Contact Information/Websites	Beneficiaries	Payments to or Support for Respite Services
Programs for Military Families				
TRICARE ECHO	Supplemental health insurance	Local Beneficiary Counseling and Assistance Coordinator, TRICARE Service Center, or TRICARE regional and program contractors. https://www.tricare.mil/ContactUs/CallUs.aspx	Military families with an exceptional family member	Payments to respite care providers
TRICARE Respite for Injured Service Members	Extended TRICARE respite benefits	Contact service member's case manager or TRICARE regional and program contractors. https://www.tricare.mil/ContactUs/CallUs.aspx	Injured active duty service members, including National Guard/Reserve who have a serious injury	Payments to respite providers at no cost to family and no cap
Exceptional Family Member Program	Entitlement to individuals	EFMP office - Installation Program Directory at Military OneSource https://www.militaryonesource.mil/family-relationships/special-needs/ . Call Military OneSource at 800.342.9647 and ask for a referral to a special needs consultant	Military families with a family member with special needs/disabilities.	Military families must be registered in the EFMP to qualify for respite program (see below)
Exceptional Family Member Respite Program	Respite assistance to families	Child Care Aware administers the program for military families in the Navy. https://www.childcareaware.org/fee-assistancerespite/exceptional-family-member-program-efmp-respite-care/	Recipients are children in military families under age 19 with qualifying special needs, and typically developing siblings under age 13.	Free to qualifying families
ARMED Services YMCA Respite Child Care	Entitlement to individuals	Participating YMCAs. https://www.ymca.org/what-we-do/social-responsibility/military-outreach	Military families at participating YMCAs	Free membership and respite child care

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Programs for Veterans				
Veterans Affairs Health Care – Geriatrics and Extended Care	Entitlement to individuals	Program: https://www.patientcare.va.gov/geriatrics.asp Local VA offices and facilities: https://www.va.gov/landing2_locations.htm	Veterans of all eras	Provides respite care through VA medical centers, community settings, or in-home
Aid-and- Attendance and Housebound Benefit	Entitlement to individuals	Veterans Pension Program, Aid and Attendance Housebound: https://www.va.gov/pension/aid-attendance-housebound/ Local VA offices and facilities: https://www.va.gov/landing2_locations.htm	Veterans with medical needs or mental or physical disability or surviving spouses	Unrestricted payments to individuals; can be used for respite
Veteran-Directed Care	Discretionary grant to Aging and Disability networks, including Centers on Independent Living	For local programs: Eldercare Locator at https://eldercare.acl.gov/ or call 1-800-677-1116	Veterans of any age at risk of placement in a nursing home	Payments to respite care providers or directly to veteran for use in consumer directed initiatives
VA Program of Comprehensive Assistance for Family Caregivers	Stipends to family caregivers, mental health services, health coverage and respite	Program: https://www.caregiver.va.gov/ Caregiver Support Line: 1-855-260-3274	Veterans with sustained or aggravated serious injury (now includes serious illness) in the line of duty on or before May 7, 1975, or on or after September 11, 2001. Veterans from all eras will be included in 2022.	Respite must be medically and age-appropriate, and include in-home care.

Adapted from: [Federal Funding and Support Opportunities for Respite: Building Blocks for Lifespan Respite Systems](#) prepared by the ARCH National Respite Network and Resource Center, January 2021. *See this document for additional federal programs supporting respite.