

An Important Service for NIH Employees:

If you are a caregiver, contact us for free consultation and resources to help meet your family's needs. Support is only a phone call away.

1-800-777-1720

NIH Dependent Care Resource & Referral Service



NIH Employees, trainees and contractors have free, unlimited access to a Work/life Specialist, who can help you to assess your caregiving role and support you by providing a range of resources and referrals. Examples include:

Housing Options	Home Health Aides	Evaluating care options	Special needs resources
Transportation Services	Preventing Elder Fraud	Child care providers	College planning
Meal Services	Long-distance caregiving	Nanny / in-home care	Tips for paying for care
Adult Day Care	Communication tips	Back-up care resources	And more...
		Adoption information	

**This program is sponsored by the NIH Office of Research Services,
Division of Amenities and Transportation Services.**

For more information visit:

<http://does.ors.od.nih.gov/childcare>.