

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://childcare.ors.nih.gov>**