

## 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:**

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

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

**For more information visit:**

**<http://www.ors.od.nih.gov/resourcereferalservice>**