

Lunch and Learn NIH Back-Up Care Seminars



Sponsored by NIH Child Care Board & Office of Research Services/Division of Amenities and Transportation Services

Please join us to learn more about the NIH Back-up Care Pilot Program.

In-Home Back-Up Care: Try it, you'll like it!

Wednesday, January 30, 2013

12:00pm—1:00pm

Building 31 6C/RM 10

Presented by: Liz Despres, Bright Horizons Family Solutions

This presentation will dispel any myths you might have about using the In-home Back-Up Child Care option. We will review the benefits of using In-home Care and review the qualifications of the providers. We will also discuss how to prepare for in-home care and what the expectations are for the caregivers as well as for the parents.

Not Just for Kids: Caring for Adult/Elder Dependent Relatives

Tuesday, February 19, 2013

12:00pm—1:00pm

Building 31 6C/RM 6

Presented by: Liz Despres, Bright Horizons Family Solutions

Are you responsible for caring for an aging parent or other adult relative/dependent? Have you been thinking about the possibility of having a caregiver assist you in times of need? Do you worry that you may have to miss work if your adult/elder dependent sustains an injury or becomes ill? Do you need a little extra help after a minor surgery or when you are ill? This seminar will provide tips and guidance for utilizing the NIH Back-up Care Pilot Program for anyone that needs assistance caring for their Adult/Elder Dependent loved ones and even YOURSELF!

Lunch and Learn Seminars are webcast live at <http://videocast.nih.gov>.

If you missed these seminars or you would like to view any of the previous seminars covering a variety of parenting/dependent care issues/concerns, please visit the NIH Child Care Program website at <http://childcare.ors.nih.gov>.

Individuals with disabilities who need Sign Language Interpreters and/or reasonable accommodation to participate in the sessions should contact Tonya Lee (DATS) at 301-402-8180 or Federal Relay at 1-800-877-8339.

