NIH Back-up Care Program: What you need to know.

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Sponsored by the NIH Child Care Board and Office of Research Services Division of Amenities and Transportation Services
Today's Agenda

- Introduction to the NIH Back-up Care Program
- Introduction to Bright Horizons®
- What is the Back-Up Care Advantage Program®?
- How can I register and reserve care?
- Program policies
- Additional resources

NIH Back-up Care Program

- Offers a comprehensive array of emergency and/or short term care for children, adult/elder dependents and self-care across the United States.
- NIH Employees can use this program when they need to be at work and their regular child or adult/elder care is unavailable.
- NIH has contracted with Bright Horizon to provide access to the Back-up Care Advantage Program. This service will assist employees in balancing the competing demands of work and life.
- Is a three (3) year pilot program and will be evaluated by the Office of Research Services and the NIH Child Care Board.
History

- Child care and work/life programs
- Provider of choice
- Employer of choice

Reasons to Use Back-Up Care

<table>
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<tr>
<th>Planned</th>
<th>Unplanned</th>
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<td>Caregiver vacations</td>
<td>School closed due to weather</td>
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<td>School breaks</td>
<td>Mild illness</td>
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<td>After minor surgery</td>
<td>Provider quit</td>
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<td>Business travel</td>
<td>In between care</td>
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What is the Back-Up Care Advantage Program?
Center-Based Child Care

- Bright Horizons and network centers
- Infants through preschool (some school age)
- Licensed and accredited
- References verified
- CPR and First Aid training

In-Home Child Care

- Mildly ill care
  - Common cold
  - Low grade fever
  - Ear infection
- Well care too!
- Quality nanny and home health agencies
- Home health aides, personal care assistants and nannies

In-Home Adult/Elder Care

- Not just for children!
  - Spouse/partner
  - Adult children
  - Parents
- Recovering from illness, surgery or injury
- Primary caregiver unavailable
- Assist with activities of daily living
- Caregiver sent to the home
- Care is available nationwide
Eligibility

- NIH Employees (Federal Employees and Fellows)
- You must verify your eligibility by submitting your information to the NIH Back-up Care program.
- Once you are verified as eligible, you will receive an email (within 2 business days) with information on how to register online or by telephone with Bright Horizons.

Verify your eligibility TODAY at:

http://backupcare.ors.nih.gov

Registration & Reservations

No fee to register

You can reserve care up to one month in advance or on the day care is needed

Program Fees

Uses and Fees

- May use up to 10 days per employee/per calendar year
- Center-based care is $6 per hour/per child.
- In-home care is $16 per hour/up to 3 children or 3 adults.
- There is a 4 hour minimum to reserve care.
Program Policies

Cancellation Policy
- You can cancel your reservation up to 5:00 pm on the business day prior to the day care is scheduled.
- After 5:00 p.m. counts as a day of care and you will be charged.

Other NIH Resources
- NIH Child and Dependent Care Resource and Referral Services
- NIH Parenting Listserv
- Lunch and Learn Parenting/Dependent Care Seminars
- Heart to Heart: Caregiver Conversations/Support Group
  http://childcare.ors.nih.gov
- Employee Assistance Program
  http://www.ors.od.nih.gov/sr/dohs/eap/Pages/index.aspx

QUESTIONS?
NIH Back-Up Care Program

Care When You Need it Most
National Institutes of Health has contracted with Bright Horizons® to offer NIH employees back-up care when they need to be at work and their regular child or adult/elder care is unavailable, for example:

- Your regular caregiver or stay-at-home spouse is unavailable
- You are transitioning between child or adult/elder care arrangements
- Your child’s regular center or school is closed
- Your adult/elder relative is ill or needs temporary assistance
- Your child is mildly ill at home

Programs Available
NIH Employees have access to the following back-up care programs:

- Center-based child care
- In-home child care
- In-home mildly ill child care
- In-home adult/elder care
- Self-care

Care Consultants
A care consultant can assist you in finding the care arrangement that will best meet your needs and will work with you to ensure you have completed all required forms and information needed for the care option you select.

Register today to ensure peace of mind tomorrow.

Your Back-Up Care Solution
As an NIH employee, you are eligible for up to 10 days of back-up care per calendar year.

Cost of Care
Center-based care- $6 per hour/per child.
In-home care- $16 per hour/up to 3 children or 3 adults.

Plan Ahead
NIH Employees must verify eligibility before using the service and reservations are required.

Reservations for care can be placed one month in advance and up to the day care is needed.

Verify Eligibility Today
http://backupcare.ors.nih.gov

NIH Child Care
http://childcare.ors.nih.gov