

# Handout

# 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



  
  
**Back-up Care Program**



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## 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

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## 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.

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## History



Bright Horizons  
A Family of Solutions at Work



naeyc  
NATIONAL ASSOCIATION  
OF EARLY CHILDHOOD EDUCATORS  
ACCREDITED



FORTUNE  
100 BEST  
COMPANIES  
TO WORK FOR

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

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## Reasons to Use Back-Up Care

Planned	Unplanned
<ul style="list-style-type: none"><li>▪ Caregiver vacations</li><li>▪ School breaks</li><li>▪ After minor surgery</li><li>▪ Business travel</li></ul>	<ul style="list-style-type: none"><li>▪ School closed due to weather</li><li>▪ Mild illness</li><li>▪ Provider quit</li><li>▪ In between care</li></ul>

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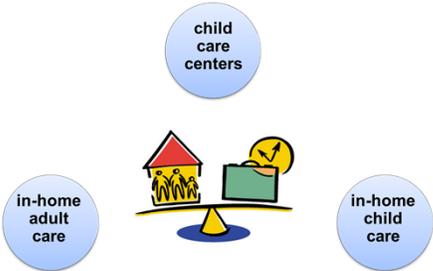
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## What is the *Back-Up Care Advantage Program*?



child care centers

in-home adult care

in-home child care

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## 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

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## 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

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## 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



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## Eligibility

- NIH Employees (Federal Employees and Fellows)
- You must verify your eligibility by submitting you 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>

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## Registration & Reservations

**No fee to register**



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

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## 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.

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## 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.

Back Up Care Advantage  
The Official Child Care Program of the U.S. Department of Health and Human Services

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## 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>

Back Up Care Advantage  
The Official Child Care Program of the U.S. Department of Health and Human Services

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## QUESTIONS?



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# 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>



Division of Amenities  
and Transportation  
Services

**DATS**



**NIH Child Care**

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