

# NIH OFFICE OF RESEARCH SERVICES RESOURCE & REFERRAL SERVICES

## 1-800-777-1720



### ADULT & ELDER CARE SERVICES

I'm the primary caregiver of an adult child with special needs and an aging parent who lives with me. The Resource and Referral Service provided me with a list of adult day care centers, local transportation services and caregiver services for my son and mother.



### CHILD CARE SERVICES

I'm a new mom who is looking for information on child care options close to work. The Resource and Referral Service connected me to local centers and gave me resources on what to look for and what questions to ask.



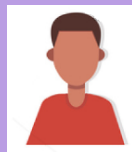
### FINANCIAL PLANNING SERVICES

Managing my finances as well as my parents' finances is extremely stressful. The Resource and Referral Service connected me to a financial professional, who provided a free 30-minute consultation. They also continued to assist me with my needs at a discounted rate.



### IDENTITY THEFT SERVICES

I recently had my identity stolen. The Resource and Referral Service connected me with a highly-trained fraud resolution specialist. They also provided me with a free ID Theft Emergency Response Kit.



### LEGAL CONSULTATION SERVICES

My aging parents live in another state and I want to be prepared in the event anything happens to them. The Resource and Referral Service gave me information on how my parents could grant me Power of Attorney.



NIH offers many resources to assist you in all phases of your life. Visit <https://dats.ors.od.nih.gov> to gain information on Child and Family Programs, Back-up Care, Lunch and Learn Webinars, Employee Assistance Program (EAP), Wellness Initiatives, Listservs, and more!

FREE RESOURCES for NIH Employees, Trainees and Contractors

Adult • Child • Financial Planning • Identity Theft • Legal Consultation

**1-800-777-1720**

NIH offers many resources to assist you in all phases of your life. Visit <https://dats.ors.od.nih.gov> to gain information on Child and Family Programs, Back-up Care, Lunch and Learn Webinars, Employee Assistance Program (EAP), Wellness Initiatives, Listservs, and more!