### Aging and Adult Dependent Care Committee (AADCC)

September 17, 2019 Building 1, Wilson Hall 2:00 PM to 4:00 PM

**Attendees:** Ms. Jill Bartholomew, NCI, Ms. Lynn Cave, NCI, Ms. Brittany Dixon, OD, Ms. Shuntrice Holloman, ORS, Dr. Chao Jiang, NIAID, Ms. Linda Kiefer, ORS, Ms. Martina Lavrisha, CC, Dr. Dawn Lea, NHGRI, Ms. Tonya Lee, ORS, Ms. Lisa Poe, NHGRI, Mr. Russell Mason, ORS, Ms. Cooper McLendon, NIA, Dr. Dan Xi, NCI, Ms. Susan Cook, ORS, Ms. Judith Lavelle, NIAID, Ms. Heather Rogers, NIDDK, Ms. Sandra Loether, OD, Dr. Elka Scordalakes-Ferrante, NIDCD, Ms. Eva Chen, ORS

Guests: Mr. Chris Gaines, ORS, Ms. Jenny Jones, NIAID, Ms. Quandra Blackeney, NIDA

### I. Welcome and Introduction of Members, Liaisons and Guests

### II. Partnership Workgroup Report

Ms. Linda Kiefer reported on the Partnership Workgroup progress. The Workgroup has scheduled webinars with the NIH Federal Credit Union (NIHFCU) on topics related to aging and adult care. NIHFCU offers financial planning seminars/webinars for free. Presenters are experienced professionals in their fields. There are 26 offerings available and some of them would especially benefit the those over 50 and caregivers, e.g. Understanding Medicare, Retirement Income Planning, Social Security Benefits, Estate Planning, Long Term Health Care. The group reached out last year to the NIH Office of Strategic Planning and Management Operations for a portfolio analysis. The workgroup has identified Institutes/Centers that funds research on aging issues to identify potential resources for the committee. Using data from FY17 portfolio analysis determine top funders in aging research. The data determined the top five for both aging and caregiving. NIA, NHLBI, NCI, NINDS, NEI. Caregiving research includes: NIA, NINR, NCI, NIMH, NICHD.

Ms. Brittany Patterson spoke about workplace scheduling flexibilities at NIH. Alternative Work Schedules (AWS) – AWS refers to a variety of schedule options that provide alternatives to the standard work week. These variations can assist employees in balancing the demands of the workplace with their personal responsibilities to include adult-dependent care.

### III. Research Workgroup

Co-Chairs Cooper McLendon and Jill Bartholomew presented a recap of the Research Workgroup. The goals of the workgroup are to assist with the 2020 Life@NIH Survey, NIH IC Exit Survey, Work-Life@NIH Supervisor training and benchmarking other government programs and policies. The 2020 Life@NIH Survey Questions were submitted July 9, 2019. The purpose of the survey questions was to clarify the demographics (age, retirement, caregiver, and health status) of NIH employees, identify caregiver burden (in terms of time, cost, support) and adult dependent (anyone 18 and older) demographic information (age, health status) and project the future needs of NIH staff. The Workgroup conducted a survey data summary of the FEVS, NIH Exit Survey and the NIH FTE Data report. Notable findings for the

NIH FTE Population Data Report were that there are more female than male caregivers, the average retirement age is 65 and there is a hiring reduction across NIH. Summary of NIH Exit Survey Report: Elder Care-Related Questions from FY15 to FY19 Q3 Notable Findings included that retirement is the primary reason for separation.

The Workgroup will review and summarize supervisor awareness/lack of awareness about aging and adult-dependent care services/programs at NIH.

### IV. Communications Workgroup

Ms. Martina Lavrisha reported on various communications the Workgroup completed, including a global email about Older Americans month and Dr. Sierra's presentation, Nurse Management presentation on ORS services, CRN News article on line publication, Clinical Center News article on line publication, Catalyst article publication for healthy aging month with links to ORS services and referral of publication in upcoming global emails.

Upcoming communication efforts for the Workgroup include: during October's Work and Family Month, AADCC will have a meet and greet outreach table on October 16, requested creating posters to post at the Work and Family Information Fair on October 22 and to assign moderators to post on the Adult Care Support listsery in order to increase listsery activity.

### V. AADCC Annual Report

Chair Cooper McLendon informed the Committee that workgroups will need to submit their recommendations for the annual report by November 4. The committee was encouraged to think big when making recommendations.

### VI. AADCC Charter Update

Ms. Susan Cook informed the Committee that the charter was being reviewed by ORS leadership. AADCC charter changes include the committee reporting to Dr. Collins and voting members will now serve three-year terms.

### VII. AADCC Membership Campaign

Co-Chairs Jill Bartholomew and Cooper McLendon informed the Committee that the membership campaign would begin Wednesday, September 25 and applications would be due by November 8. Current voting members will be required to complete an application if they would like to continue on the Committee.

### VIII. Work and Family Month

Ms. Tonya Lee informed the Committee that October is Work and Family Month. The Committee will participate in a meet and greet. The committee will also have a table at the Work & Family Information Fair.

### IX. Announcements and Adjourn

Mr. Chris Gaines spoke about Wellcheck and how NIH scored in comparison to other government agencies. NIH was ranked in the top 10 of government agency wellness programs and number one amongst HHS OPDIVS.

Next Meeting: Tuesday, Dec 10, 2019



September 17th, 2019

# AGING AND ADULT-DEPENDENT CARE COMMITEE

# Agenda

- Welcome and Introduction
- Partnership Workgroup Report
- Research Workgroup Report
- Communications Workgroup Report
- AADCC Annual Report
- AADCC Charter
- AADCC Membership Campaign
- Work and Family Month
- Announcements and Adjourn





# Partnership Workgroup

Co-Coordinators: Dr. Dan Xi and Ms. Linda Kiefer

# Members

- Jill Bartholomew
- Lynn Cave
- Dawn Lea
- Roy Wheat
- Dan Xi
- Cooper McLendon
- Annette Price
- Agustina Boswell
- Chao Jiang

Partnership Project	Volunteer s to Date	Comments	Actions Taken
		Goal 1: Strengthen Existing Partnership	os
Employee Assistance Program (EAP)		Collaborate with EAP counselors to identify gaps in aging and adult care resources.	Tonya and Linda met with Eva and Donna August 20, to discuss resource gaps and plans for the upcoming October Work and Family month activities. Eva and Donna are scheduled to host a webinar on October 3, from 11-1, called Navigating Life's Transitions: Getting to know your Employee Assistance Program (EAP).
Health and Wellness Council (HWC) and wellness@nih.gov	Linda K, Dan Xi	Work with council members to raise awareness of health issues, initiatives, programs, outreach, redesigning the wellness@nih.gov page.	March 27 sent a list of updated links to Shuntrice to post on the wellness@nih site that included NIH resources, tools, upcoming events and NIH funded research on aging and caregiving, and links to other federal agencies, national organizations Shruntrice will address updates she had made to the website.
Office of Human Resources (OHR)	Linda K,	Work with Brittany Patterson to identify effective ways to raise awareness of existing flexible work schedules and leave options; improve ITAS functionality; support policies that improve workplace flexibility and benefits for aging workers and caregivers.	Brittany will address these updated at the September17 meeting.
		Goal 2: Cultivate New Partnerships	
NIH Federal Credit Union (NIHFCU)	Linda K, Shuntrice H, Dan Xi	NIHFCU offers financial planning seminars/webinars for free. Presenters are experienced professionals in their fields. There are 26 offerings available and some of them would especially benefit the those over 50 and caregivers, e.g. Understanding Medicare, Retirement Income Planning, Social Security Benefits, Estate Planning, Long Term Health Care	Obtained a list of financial planning seminars hosted by the NIHFCU that include retirement and estate planning. NIHFCU has agreed to host a series of webinars in September, October, and November. Tentative dates for October are 15th and 29th. Meeting with them Wednesday to confirm (see slide).
Identify Top- Funders of Aging and Caregiving Research	Dan Xi, Linda K	Using data from FY17 portfolio analysis determine top funders in aging research.	Ran the data and came up with the top five for both aging and caregiving. NIA, NHLBI, NCI, NINDS, NEI. Caregiving research includes: NIA, NINR, NCI, NIMH, NICHD (see slide).
Engage ICs to Participate in Fairs and Invite to Give Talks	Dawn Lea, Jill B,	Invite top funders to participate in fairs and give talks on relevant research and studies.	Collaborated with the Communications workgroup to invite Dr. Filipe Sierra, founder of geroscience at NIA, to give a talk on May 15.
		Goal 3: New Initiatives	
Wellbeing Ambassadors	Tonya Lee, Dawn Lea	Invite top funders to participate in fairs and give talks on relevant research and studies. (Tonya, please provide details and job description for ambassadors.)	Requested more information about job description and expectations of the ambassadors.

# NIH Federal Credit Union (NIHFCU) Financial Planning Seminars Requested

### **SEPTEMBER**

The Three Transitions to Retirement:

Tips for adjusting to financial, lifestyle and emotional changes of retirement

### **OCTOBER**

Financial Planning Basics (overview):

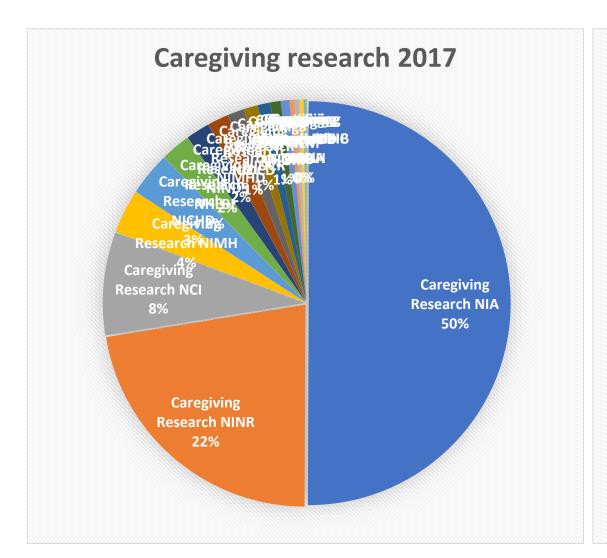
We will take a look at some general financial planning concerns. While there's no such thing as a "one-size-fits-all" financial plan, this overview should assist you in thinking about your own needs.

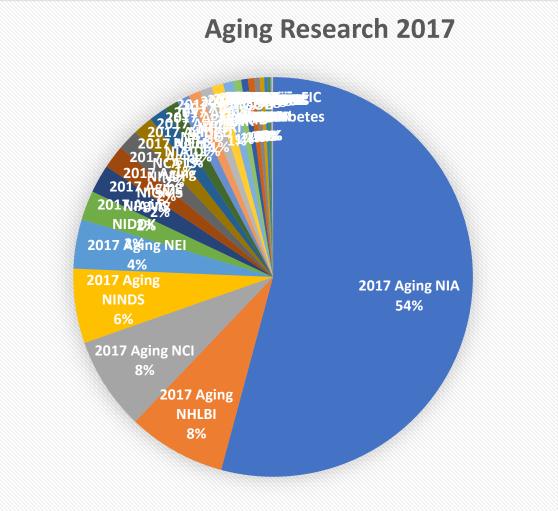
Roadmap for a Secure Financial Future:

The importance of five financial steps can provide a more secure financial future. Learn what the steps are and how to implement them into your financial plan helping you achieve your financial goals.

### **NOVEMBER**

Important Papers You Need but Don't Want to Think About: Learn what legal documents we need to have in place. Also discusses where to keep those documents and why.





# Partnership with OHR

Identify OHR Resources that Support Aging and Adult Dependent Care

- <u>Alternative Work Schedules</u> (AWS) AWS refers to a variety of schedule options that provide alternatives to the standard work week. These variations can assist employees in balancing the demands of the workplace with their personal responsibilities to include adult-dependent care. AWS can be separated into two categories: Compressed Work Schedules and Flexible Work Schedules. All are available to NIH employees with supervisory approval.
- <u>Telework</u> Telework is a flexible work arrangement where employees perform their job duties at an approved worksite. While telework shouldn't be used as a substitute for dependent care, it does support work/life wellness to include AADC.
- Part-time Work/Job Sharing If employees are experiencing health concerns due to aging or have personal responsibilities such as caring for an adult-dependent, part-time work and/or job sharing may be desirable to them. In both instances, employees work anywhere from 16 to 32 hours per week, leaving them extra time to care for themselves or their dependent(s).

# Partnership with OHR

Identify OHR Resources that Support Aging and Adult Dependent Care

<u>Leave Bank</u> – The NIH Leave Bank is a leave transfer program with pooled funds of annual and restored annual leave. Employees experiencing emergency medical conditions due to AADC that are members of the leave bank could apply to become recipients. This ensures that while they are out caring for their family member or themselves, they are still receiving pay and that is one less thing that they have to worry about

<u>Family and Medical Leave Act (FMLA)</u> – FMLA provides covered employees with an entitlement up to 12 weeks of job-protected leave without pay (LWOP) during any 12-month period for certain family and medical needs.

<u>Benefits Calendar</u> - Retirement related benefit events, Thrift Savings Plan (TSP) Webinars, as well as several other benefit events, are posted on the NIH Benefits Calendar. Those in the AADCC would find it beneficial to occasionally access and review the calendar to see related scheduled events.

<u>Federal Long Term Care Insurance Program (FLTCIP)</u> – FLTCIP provides long term care insurance to help pay for costs of care because of chronic illness, injury, disability, or aging, or because of a sever cognitive impairment, such as Alzheimer's disease.

# Partnership with OHR

Identify OHR Resources that Support Aging and Adult Dependent Care

After Retirement: What to Expect

Any other events, resources, or announcements are sent to all of NIH Staff via email

<u>NIH Civil Program</u> – The Civil Program's mission is to foster civility throughout the NIH community. If an employee feels as though they are being harassed based on their age, the civil program would be an excellent resource.

NIH Training Center (NIHTC)

<u>Retirement Preparedness Courses</u> – The NIHTC offers retirement workshops for every stage of a Federal employee's career.

### **NIH Work-life Policies**

- Compiled, reviewed, updated current & external resources
- Determined that policies well-established and documented through OHR benefits office and the Matrix document
- Recommend in Annual Report that NIH recognize adult/dependent care needs by addressing and including this audience in all future NIH manuals, chapter, and policies.

						NIF			sour	ce Eligibil	ity Ma	atrix						
		Title	e 5 Emp	loyees	Executives			42 Employees				Trainees				Senior		
1			l			Undergrad	Clinical or	Staff/Senior		Tenure Track &				Volunteers		Biomedical		
1				GP/GR	SES and Top	Scholarship	Research	Clinician or	SSO or	Tenured	Summer	IRTAs &	Visiting	& Special	Guest	Research		
	Workforce Resources	GS	WG	Title 38	5	Program (UGSP)	Fellow	Scientist	SPL-2	Investigators	Interns	CRTAs	Fellows	Volunteers	Researchers	Service	Commissioned Corps	Contractor
	Resource and Referral																	
1	Service	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Parenting.	Dependent/Elder Care																	
Childcare &	Resources	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Elder Care	NIH Child Care Centers	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
Resources	NIH Child Care Subsidy	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	No
	NIH Back-Up Care	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	No
1			l															
	Nursing Mothers Program	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1	NIH Leave Bank	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
1	Voluntary Leave Transfer																	
1	Program.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
1	Sick Leave for Family Care																Yes (per Corps Policy/	
	and Bereavement	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	These	programs a	are not	These prog	rams are not	Yes	Procedures)	No
1	<u>Telework</u>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	applicab	le but then	e may be	applicable b	out there may	Yes	Yes	Yes
Leave &	Alternative Work										individ	dually deter	rmined	be individual	lly determined			
Work	Schedules	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	flexibilit	y at the sup	ervisor's	flexibili	ity at the	Yes	Yes	Yes
Flexibility												level.		supervis	or's level.			
1	Family Medical Leave Act	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes						Yes	No	Yes
			l									Post-Docs						
	Keep the Thread	No	No	No	No	No	No	No	No	No	No	only	No	No	No	No	No	No
										Tenure Track								
1	Stop the Clock	No	No	No	No	No	No	No	No	Only	No	No	No	No	No	No	No	No
F I' 0	Intramural Loan																	
Funding &	Repayment Programs	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Student	Student Loan Repayment																	
Loans	Program	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
	Employee Assistance														One-time			One-time
1	Program	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Consult	Yes	Yes	Consult
Safety &	Health and Wellness																	
Wellness	Programs Programs	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1	NIH Civil Violence																	
	Prevention Program	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	<u>Ombudsman</u>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1																	Yes (per Corps Policy/	
Conflict	EEO Complaint Process	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Procedures)	Yes
Resolution &	Negotiated Grievance																	
Complaints	<u>Procedure</u>	В	argainin	g Unit em	ployees utilize	Negotiated Grieva	ance Procedu	re, all other en	ployees	utilize HHS	No	No	No	No	No	No	No	No
1	HHS Administrative		_		-	Administrative		-	_ ~									
1	<u>Grievance</u>										No	No	No	No	No	Yes	No	No
	Parking	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
1	Transhare	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
Commuting	Haibilate	res	ies	162	162	165	ies	162	162	162	ies	ies	res	ies		ies	ies	
& Parking	Rideshare	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes, w/o	Yes	Yes	Yes, w/o
1	nidesilai e	163	163	163	163	163	ies	163	163	163	163	163	163	ies	subsidy	163	163	subsidy

# Research Workgroup

Co-Coordinators: Ms. Jill Bartholomew and Ms. Cooper McLendon

# Members

- Jill Bartholomew
- Yvonne Bennett
- Sarah Crowell
- Deborah Henken
- Chao Jiang
- Linda Kiefer
- Sandra Loether
- Cooper McLendon
- Lisa Poe
- Elka Scordalakes-Ferrante
- Julie Townshend

# Goals

- 2020 Life at NIH Survey
- NIH IC Exit survey
- Supervisor training Worklife at NIH
- Partnership with the Office of Human Resources
- NIH Work Life Policies
- DOD/Walter Reed/VA/other Govt programs & policies

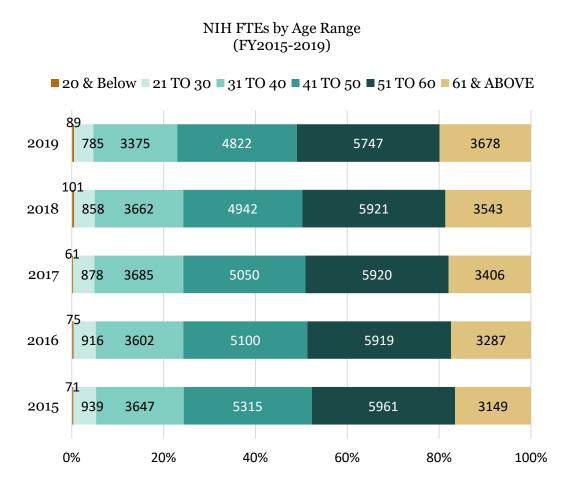
# 2020 Life at NIH Survey Questions Turned in July 9, 2019

- 1) To clarify the demographics (age, retirement, caregiver, and health status) of NIH employees.
- 2) To identify caretaker burden (in terms of time, cost, support) and adult dependent (anyone 18 and older) demographic information (age, health status)
- 3) To identify needs of NIH staff as they age in the workforce.
- 4) To identify the best ways to disseminate information on aging and adult dependent care resources.
- 5) To project future needs of NIH staff.

# Survey Data Summary

FEVS, Exit Survey, NIH FTE Data report

# Summary NIH FTE Population Data Report



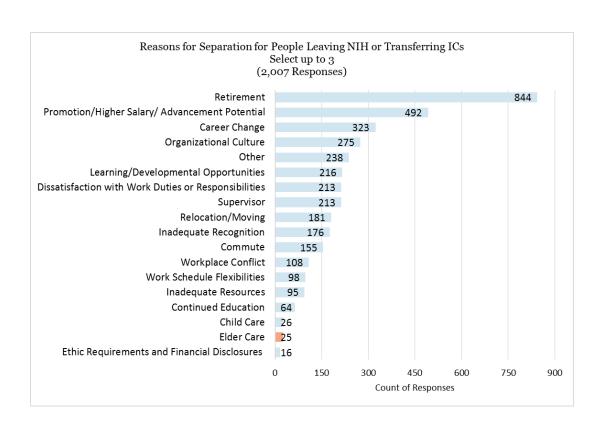
### Notable Findings:

- Female > male caregivers
- Largest cohort: 51 60 years
- Avg retirement age: 65
- Hiring reduction across NIH

### AADCC Impact:

- Targeted focus on screenings, health seminars, life transitions, etc, LTC insurance
- Recruitment and retention implications

# Summary of NIH Exit Survey Report: Elder Care-Related Questions from FY15 to FY19 Q3



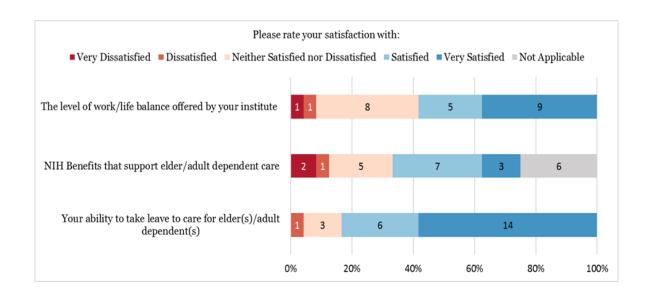
### Notable Findings:

 Retirement is #1 reason for separation, however many leave for care concerns.

### AADCC Impact:

- Could increased awareness of care services increase retention?
- Partner w/ OHR to incorporate education on workplace flexibilities & policies

# Satisfaction with Work life programs



### Notable Findings:

 Respondents who indicated elder care as reason for departure are mostly satisfied w/ NIH.

### AADCC Impact:

• Is awareness of back-up care programs a reason for departure?

# NIH FEVS Report – Elder Care-Related Questions CY14 to CY18

Leadership Support for Work/Life Programs in CY18

Question	Number of responses	Positive	Neutral	Negative	Do Not Know/No Basis to Judge
Q62. Senior leaders demonstrate support for Work/Life programs.	9,721	73.1%	18.7%	8.3%	842

### **Notable Findings:**

- No significant data on use/ satisfaction of aging and adult-dependent services/programs.
- Steady increase reported by employees that reflect positively (Leadership support for work/life programs, Q 62).
- Leadership support for work/life programs is the highest it's been 70.7% in CY17; 73.1% in CY18.
- Limited participation in health and wellness programs/offerings. Many indicate awareness as reason.

### **AADCC Impact:**

- NIH needs its own survey to assess workforce needs.
- Supervisor trainings/presentations need to continue, increase, become mandatory.
- Awareness, awareness, awareness.

# NIH Supervisor Training – Worklife at NIH

- Review and summarize supervisor awareness/lack of awareness about aging and adult-dependent care services/programs at NIH.
- In progress report out in Dec 10 AADCC meeting.

# Explore other Federal Agency AADC Programs

	Federal Workforce Resources	NIH	WR/N avy DoD	VA	HHS	FDA	HHS	CDC	ОРМ	DoD	State	FBI	Fannie Mae	NSA	NASA	NIST
Aging/Adult Dependent Care Resources	Resource & Referral Service (800)	<b>√</b>								Yes – Military One Source	Yes	Limite d Info		Yes		
	Emergency Backup Care Program	<b>√</b>														
	Elder/Adult Dependent Care Subsidy Employee Discount									yes				No?	No?	No?
	Program  Dependent Care FSA													yes	Yes	
	Legal Consultant Services	✓									yes			Yes		
	Financial Planning Assistance	✓									Yes			Yes		
	Educational (webinars, seminars, fairs, libraries	<b>√</b>				<b>√</b>		<b>√</b>			<b>√</b>			<b>√</b>		
	Tech Tools: Navigator, portals, mobile apps		✓													
	Onsite Elder Care Center		✓											no		No
	Handbook on Workplace Flex plans and Elder Care Programs		<b>√</b>						<b>√</b>							Yes

# Explore other Federal Agency AADC Programs

	Federal Workforce Resources	NIH	WR/N avy DoD	VA	HHS	FDA	HHS	CDC	ОРМ	DoD	State	FBI	Fannie Mae	NSA	NASA	NIST
Caregiver Support	Employee Assistance	✓						✓			Yes					Yes
Resources	Program															
	Ombudsman	✓														
	Wellness /Fitness Programs/Center	✓									Yes				They link to NIH!	
	Elder Care Consultant- Led Support Groups							<b>√</b>	✓		✓			✓		
	Listserv or social media groups	✓														
	Onsite elder care program manager							✓						✓		
	Partnership w/ Local County or State Resources													✓		

# Explore other Federal Agency AADC Programs

	Federal Workforce	NIH	WR/Nav	VA	HHS	FDA	HHS	CDC	ОРМ	DoD	State	FBI	Fannie	NSA	NASA	NIST
	Resources		y DoD										Mae			
Flexible Leave/Work	AWS	✓								Yes						yes
Schedules & Benefits	Telework	✓														yes
	Remote Work															
	Leave Bank/Leave Share (VLTP/VLBP)	✓								Yes					Yes	
	Annual Leave	✓														
	Sick Leave	✓														
	FMLA	✓														
	Family Friendly Leave	<b>√</b>													Yes	
	LWOP	✓														
	Job Share Program															
	<b>Health Benefits</b>															
	Comp Time															
Retirement Options	Retirement	<b>√</b>									yes				Yes	
	Planning/Counseling										, 23				1.03	
	Retirement Seminars	✓														
	TSP and Retirement	$\checkmark$									Yes					
	Investment Accounts															
	Early Retirement Incentives	✓														
	Long-Term Care Annuities	✓									Yes					

# Communications Workgroup

Co – Coordinators: Ms. Lynn Cave and Ms. Martina Lavrisha

# Members

- Judith Lavelle
- Heather Rogers
- Julie Townshend
- Jill Bartholomew
- Cooper McLendon
- Yvonne Bennett
- Eva Chen
- Augustina Boswell
- Linda Kiefer

## **Publications**

- Global email about Older Americans month & Dr.
   Sierra presentation 5/15/19
- Nurse Management presentation on ORS services
   June 2019
- CRN News article on line publication May 2019
- Clinical Center News article on line publication-June 2019
- Catalyst article publication for healthy aging month with links to ORS services— 9/19 — referral of publication in upcoming global emails
- Postings on Adult-Support-Care listserv

### NIH OFFICE OF RESEARCH SERVICES RESOURCE & REFERRAL SERVICES 1-800-777-1720





#### ADULT & FLDER 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 Theff Emergency Response Kit.



# \*

#### EGAL 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.

Nil Hoffers many resources to assist you're all phases of your life.

10 gain information on Child and Family Programs,
Sackup Care, Lunch and Learn Welthams, Employee Assistance Program (EAP),

Williams Care, Care,

### **Outreach Events**

- Nurses Week event –5/10/19
- Safety Health and Wellness Day – 6/26
- Membership Campaign –9/25
- Work and Family Month
  - Meet and Greet -10/16
  - Work-Life@NIH
     Information Fair –
     10/22



# work&family month@nih

Join us in October as we celebrate with these special events!







# Safety Health and Wellness Day (SHW)

Who Are You?	52
--------------	----

I'm directly or indirectly caring for an elderly family member or adult dependent <u>now</u>

14

I think I <u>will be</u> directly or indirectly caring for an elderly family member or adult dependent

16

Aging/Retirement

14

### Caregiving

Respite Care, Back-up Care, Mental Well-being, Support Groups, etc.

14

Housing

Independent living, home-health care, assisted living, etc.

13

Which of these topics do you want to know more about?

17

### Community

Medicaid, Medicare, Adult Activities, Medical Screening, Physical and Mental Exercise

### Aging

14

Legal, Financial, Long-term Health Care, Retirement Benefits, Mental Well-being Are You Aware that NIH has ADULT, LEGAL, FINANCIAL and IDENTITY THEFT Resource and Referral Service by calling 1-800-777-1720?

**YES** 7 **NO** 24

## Do You Know About <u>Other</u> NIH Aging and Adult-Dependent Care Resources?

Employee Assistance Program (EAP)	20
NIH Leave Bank	28
Wellness@NIH	17
NIH Back-up Program – Adult and Self Care	11
Adult-Care-Support Listserv	6

### How Can We Increase Awareness About These Resources?

Global	Website	Social Media
19	15	4

What else would you like to tell or ask us?

Seminars, communication Issues with back-up care, referrals for mental health/emotional support for dependent adults, emotional support for newly widowed

# Current Communication Efforts-Fall 2019

- PowerPoint completed on Wellbeing Ambassadors
- Work and Family Month AADCC will have an outreach table-10/16
- Workgroup will consider creating posters to post at Work and Family Information Fair 10/22
- Increase Listserv Activity
  - Posting to listserv weekly
  - Assigning moderators to post to listserv
  - Let workgroup members volunteer to post to listserv











**AADCC Annual Report** 

**AADCC Charter** 

AADCC Membership Campaign

# Work and Family Month





Join us in October as we celebrate with these special events!

https://www.workfamilymonth.ors.nih.gov

# Announcements and Adjuorn

# **AADCC Upcoming Meeting Dates**

<u>2019</u>

December 10



2020

February 11 May 12 July 28

October 6

# AADCC Membership & Liaison Roster 2019

Voting Members	Telephone	Location
Ms. Jill Bartholomew, NCI Co-chair	(240)-276-6635	BG 9609 RM 2E320
Dr. Yvonne Bennett, OD	(301)-379-3793	6701 Rockledge Dr. Rm 5186
Ms. Agustina Boswell, NCI	(240)-276-5162	BG 9609 RM 2E134
Ms. Lynn Cave, NCI	(240)-276-6072	BG 9609 RM 5W326
Ms. Sarah Martyn Crowell, OD	(301)-827-5758	Remote (Duluth, MN)
Dr. Deborah Henken, NICHD	(301)-496-5541	BG 6710B RM 2433
Ms. Linda Kiefer, OD	(301)-402-8180	BG 31 RM 1A08
Ms. Judith Lavelle, NIAID	(240)-669-5090	BG 5601FL RM 6G37
Ms. Martina Lavrisha, CC	(301)-496-7710	BG 10 RM 4C-426
Dr. Dawn Lea, NHGRI	(301)-451-0354	BG 31 RM B1B54
Ms. Sandy Loether, OD	(301)-435-7787	BG 31 RM 1B37U
Ms. Cooper McLendon, NIA Co-chair	(301)-827-1334	BG 31 RM 2C02
Ms. Lisa Poe, NHGRI	(301)-451-8078	BG 10 RM 9N240
Ms. Annette Price, OD	(301)-594-7619	BG 13 RM 1416
Ms. Heather Rogers, NIDDK	(301)-496-3510	BG 10 RM 9N321
Mr. Roy Wheat, NINDS	(301)-451-2512	NSC BG RM 3228
Dr. Dan Xi, NCI	(240)-276-6143	BG 9609 RM 5W612
NIH Liaisons		
Ms. Eva Chen, Employee Assistance Program	(301)-496-3164	BG 31 B2B57
Ms. Susan Cook, Office of Research Services	(301)-402-8981	BG 31 RM 3B23
Dr. Chao Jiang, NIH Child Care Board	(301)-761-7802	BG 5601FL RM 7B47
Mr. Russell Mason, Office of Research Services	(301)-402-8180	BG 31 RM 1A08
Ms. Brittany Dixson, Office of Human Resources	(301)-402-7103	BG 31 RM B3C07S
Dr. Elka Scordalakes-Ferrante, NIH Health and Wellness Council	(301)-496-2691	BG 31 RM 3C27
Support Staff		
Ms. Tonya Lee, Child and Family Programs	(301)-402-8180	BG 31 RM 1A08
Ms. Shuntrice Holloman, Child and Family Programs	(301)-402-8180	BG 31 RM 1A08

# AADCC Workgroup Roster

Communications Workgroup	Research	Partnership
	Workgroup	Workgroup
Co-Coordinators	Co-Coordinators	Co-Coordinators
Lynn Cave	Jill Bartholomew	Linda Kiefer
Martina Lavrisha	Sandy Loether	Dan Xi
Note Taker	Note Taker	Note Taker
Judith Lavelle	Deborah Henken	
Members	Members	Members
Heather Rogers	Linda Kiefer	Jill Bartholomew
Julie Townshend	Sarah Crowell	Lynn Cave
Jill Bartholomew	Jill Bartholomew	Dawn Lea
Cooper McLendon	Cooper McLendon	Roy Wheat
Yvonne Bennett	Lisa Poe	Dan Xi
Linda Kiefer	Eva Chen	Cooper McLendon
Eva Chen	Sandy Loether	Annette Price
Agustina Boswell	Julie Townshend	Agustina Boswell
	Chao Jiang	Chao Jiang
	Elka Scordalakes-Ferrante	
	Dan Xi	