

ADULT CARE SUPPORT LISTSERV

Do you or are you:

- Caring for an elderly family member?
- Have questions/concerns about transition planning for an adolescent or young adult with special needs?
- Providing long distance caregiving for an adult family member?
- Worry about your own caretaking plans?



This **interactive email** list is intended to allow the NIH community to share information and resources on all aspects of aging and adult dependent care. It is a collaborative space where you can share experiences and resources on elder care and dependent care topics such as:

- **Caregiver support and resources**
- **Information on housing options**
- **Back-up care resources**
- **Special needs resources**



To subscribe to the email list, go to the NIH LISTSERV page: <https://list.nih.gov>. Browse the list or go directly to **Adult-Care-Support**.

You will receive a confirmation when you are subscribed, with additional guidance about the list and its rules. Please read this guidance carefully, it contains useful information that will help you maximize the list's benefits.

For additional information contact **Tonya Lee**, NIH Child and Family Programs Manager at 301-402-8180 or leet2@mail.nih.gov .