

# NIH Back-Up Care Program

## Care When You Need it Most

National Institutes of Health has contracted with **Bright Horizons®** to offer **NIH Federal Employees and Trainees/Fellows** 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 Federal Employees and Trainees/Fellows 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

**NIH Federal Employees and Trainees/Fellows are eligible for up to 10 days of back-up care per calendar year anywhere in the United States.**

### 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

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

**Every effort will be made to accommodate your request. Care availability is not guaranteed and will depend on the availability of providers on any given day.**

### Register Today

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



Division of Amenities  
and Transportation  
Services

**DATS**