



Welcome to Care@Work

Get the care you need—wherever you are.

Life is unpredictable, and sometimes, we could all use a little extra help. Care@Work gives you access to:

- Local caregivers for one-time or ongoing care needs
- Profiles, reviews and background check options
- Online screening and hiring
- Payroll management

care@work BY CARE.COM | Northwestern

Activate and use your benefit by calling **855.781.1303** or go to northwestern.care.com.



FIND, BOOK & PAY CAREGIVERS

Manage every step of the hiring process through Care.com.

- Post jobs detailing what your family needs
- Set up interviews and access background check options
- Hire and pay on the site - a gift accompanies your first transaction!
- Search for housekeeping, child, pet and adult care
- Call 855.781.1303 and press 1 or go to northwestern.care.com

REQUEST ADULT BACKUP CARE

Mom and Dad need help in a pinch? You're covered.

- Request last-minute adult/senior care
- Access prescreened, qualified caregivers
- Set up in-home help, transportation and more
- Call 855.781.1303 and press 2



TALK TO SENIOR CARE ADVISORS

Find help getting senior or adult care tailored to your family's needs.

- Assistance with adult and senior care challenges
- Written plans and ongoing follow up
- Customized and vetted options for care
- Call 855.781.1303 and press 3

ON-SITE CAREGIVER SUPPORT GROUPS (GROUP AND INDIVIDUAL)

- Monthly support group for those caregiving for adults or seniors. The group welcomes those facing caregiving-related challenges.
- The goal of group will be to provide participants with emotional support, educational information, and to relieve caregiver isolation through shared connections with others.
- Participants share their thoughts, feelings, and experiences in a combined effort to explore caregiver responsibilities in a safe environment. The group will be professionally facilitated by Jennifer Gibbons, MSW, LICSW from Care.com.
- For additional information or to register for the group, email northwestern@care.com.

Your Northwestern University Adult Care Backup Benefit:

5 days

Benefit is per year, September 1, 2017-

August 31, 2018

Subsidized Rates: \$6.00/hour for in-home care