

# Family Care Initiatives

The Office of Human Resources provides programming to support families in every stage of life. The Family Care Concierge Service can answer questions and provide resources to help with a variety of dependent care related needs. Family Care also supports several programs which benefit families and can be used independently of the concierge service. Family Care's website provides helpful information and guides, and the Family Care Mailing List updates families about educational events, program changes, and relevant resources.

Email: [hrfamilycare@andrew.cmu.edu](mailto:hrfamilycare@andrew.cmu.edu)

## Our Concierge Service Can Help

|                           |                              |   |
|---------------------------|------------------------------|---|
| Child Care                | Child Care Centers           | Search for child care centers to meet your criteria   |
|                           | In-home Care                 | Provide resources to assist in a nanny search   |
|                           | Care Shares                  | Explain how to set up care shares and find other families   |
|                           | Interim or Gap Care          | Find local options and explain Care@Work benefits   |
|                           | Financial Assistance         | Explain federal assistance programs and program discounts, assist with DCRA's and the Sliding Scale Benefit |
| School Age Care           | Navigating School Options    | Discuss different public, charter and private options   |
|                           | Before and After School Care | Find before and after care that works with your child's school  |
|                           | Summer Camp                  | Find summer camps in your area and the subsidized cost  |
|                           | Tutoring                     | Find tutoring programs to meet your needs   |
|                           | Enrichment Activities        | Provide guides or find activities in your area  |
|                           | Backup Care                  | Explain Care@Work backup care days  |
| Elder Care                | Residential Care             | Research long term care homes to fit your needs   |
|                           | Assistance Programs          | Identify programs to help with transportation, food, etc.   |
|                           | Social Opportunities         | Find senior centers, activities and companionship programs  |
|                           | In-home Care                 | Find agencies or explain Care@Work benefit  |
|                           | Support Groups               | Find groups to offer support for elderly relatives or caregivers  |
| Pet Care & Household Help | Pet Care Facilities          | Research pet care facilities and boarding options   |
|                           | Cleaning Services            | Find local cleaning services  |
|                           | In-home Care/Help            | Explore options for in-home help locally via Carelink, or explain the Care@Work benefit                     |

**Carnegie Mellon University**  
Human Resources

## Care@Work

Eligible staff, faculty and graduate students can access a free premium membership for Care.com, which can be used to find a nanny or babysitter, form a care share, find elder care, or find pet care and household help. CMU also provides the following program features:

**Backup care days** — 15 subsidized backup care days per year for in-home or center based care for children, intended to provide coverage for unexpected gaps in care. Reimbursement options are available for the cost of child care and summer camps. Elder care options are limited to in-home care and are also eligible for reimbursement.

**LifeMart** — Offers discounts on a variety of services related to senior care, child care, travel, home, auto and pet care.

**LifeCare Family** — Provides assistance screening providers for in-home care for children and elders.

## Carelink

This online marketplace allows members of the CMU community to both post jobs and look for jobs. For caregivers, this can mean finding a babysitter or help with aftercare, joining a care share or finding a tutor for some added enrichment.

## Lactation Support Program

Carnegie Mellon University recognizes the importance and benefits of providing breast milk for infants. As part of its commitment to providing a family-friendly work environment, the university has made special accommodations to support families as they work to provide milk for their children. Whether you are on campus or at home, Carnegie Mellon's award-winning lactation support program is designed to ensure parents have the time and resources they need. Visit our website to find helpful resources, request access to campus lactation rooms, or review our Lactation Support Policy.

## Educational Resources and Events

Educational guides for a range of dependent care topics can be found on the Family Care Initiatives webpage. These guides cover topics such as affording child care, finding quality care, preparing for a new child, school options, enrichment activities and more. Family Care also provides educational events for parents and caregivers. These events are advertised via the Family Care mailing list.