



## Backup Adult Care Stories

### Real-world examples of how to use your benefit

Ever find yourself in a situation where you need temporary care for a parent or family member? Care.com® BackupCare<sup>SM</sup>, provided by Parents in a Pinch, offers in-home adult care services. While many employees use this benefit for aging parents, adult care can also be used for a spouse/partner, an adult child (18 or older) or for yourself! The following are examples of ways in which employees have used their adult care benefit:

#### Long distance care

Kathy, a manager with an investment company, lives in Boston. Her elderly parents live in New Mexico. Kathy's 87-year-old father has early-stage Alzheimer's disease and her 84-year-old mother acts as primary caregiver. Kathy worries that her mother does not have enough help to offset the burden of full-time caregiving. Kathy told her mother about the backup care benefit through her employer. While Kathy's mother was initially hesitant to leave her husband with a "stranger," she agreed to allow a caregiver to take Kathy's father on walks and help with meals, laundry and light housekeeping. As Kathy's mother grew more comfortable with the caregiver, she was able to leave her husband for short periods of time and get a much needed break for herself. Now Kathy is much less anxious during her workday, and she saved countless hours she would have spent on finding a suitable home care agency.

#### Recovering from surgery

Dr. G. is a busy physician and lives with his wife and three teenage sons. When Mrs. G. had knee replacement surgery, Dr. G. took time off of work to help care for her and manage things at home. Mrs. G. gradually regained her strength; however, she continued to need assistance getting dressed, preparing

meals and keeping the house in order. Through his hospital's agreement with Care.com BackupCare, Dr. G. was able to receive needed assistance for his wife. "The benefit helped me get back to work and have peace of mind," explained Dr. G.

### Adult children

Ann works as an administrative assistant in a manufacturing company. When Ann's 19-year-old daughter, Karen, came home from college with mononucleosis, Ann was worried about her daughter and concerned about how she was going to manage her work responsibilities during Karen's illness. Ann had used her company's backup child care benefit when Karen was very young and was already familiar with the high quality of care offered by Care.com BackupCare.

When she discovered that her benefit also covered adult care, which applied to her current situation, she was delighted. Ann contacted Care.com BackupCare and arranged to have a caregiver come to her home to check on Karen, make sure she took her medication on time, prepare her meals and keep her company during her recuperation. Ann was so relieved to have the help. "It's a great benefit," said Ann. "I feel so fortunate to discover I could use the care for my daughter. Otherwise, I'd have to take time off so that someone was around if Karen needed something. With this benefit, I could focus at work and be reassured that my daughter was OK."

### When the person needing help is YOU!

Alice works in a management consulting firm and although she was aware she had backup care benefits through Care.com BackupCare, she did not know that she could use the benefit for herself. Alice had been postponing a colonoscopy because she did not have transportation to and from the hospital. "I am a single person with no family in the area," explained Alice. "I hated to ask a friend to take time off from work to drive me to and from the procedure. A caregiver came to my house on time, waited for me and took me home. I was so pleased to learn about this benefit. I've told everyone at work about how great it was as a backup plan."

### When your parent resists help

Roger, an attorney in a law firm that provides backup care benefits, has a 94-year-old mother (who Roger describes as a "tough old bird"). Roger's mother lives alone in the same house where she's been for over 50 years and insists on doing everything herself. Roger has tried repeatedly to get his mother to accept help, because he is concerned that his mother "overdoes it." After Roger attended a seminar on caregiving, he tried a strategy discussed in the workshop. He told his mother he had a benefit through his company which he wanted to "try out"; could she help him determine whether it was beneficial or not? After some hesitation, and because Roger assured his mother that the backup care benefit was economical, his mother agreed to have a caregiver help with light housekeeping, errands and laundry. After the benefit period elapsed, Roger's mother appreciated the help so much that she continued to hire the caregiver privately.

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