



STAFF CARE PROGRAM
Connect. Strengthen. Thrive.

Simplify Your Life

You've got a lot going on. Through the USAID Staff Care Work/Life Program you can connect with resources and people to help you better manage work and life responsibilities.

1) Expert Guidance and Personalized Referrals

Specialists will save you time by helping you find anything you need—child care, adult care, fitness centers, schools and financial aid options, home improvement professionals, movers, pet care, and other helpful resources.

2) Online Tools and Info

Log on to access online tips and tools including articles, webinars, moderated discussion groups, educational guides and more.

3) Professional Care Management

Get a free in-person senior care assessment and detailed care recommendations from a Professional Care Manager. In-person assessments are available in every U.S. state and territory.

4) Breastfeeding Support

Get 24/7 guidance from lactation consultants, discounted breast pumps, and a Working Mothers Lactation Kit loaded with things to help you breastfeed your baby.

5) Backup Care for Children and Older Adults

Get placement for children and adult loved ones, including mildly ill, as well as self-care to recover from illness or surgery with fully credentialed in-home and center-based providers. Plan ahead or call for last-minute emergencies. Low co-pay—only \$10 for a full day of care, up to 15 visits per family member per year.

You may be eligible to receive the following kits containing free products and info:

- **Prenatal Kit** for expecting parents
- **Child Safety Kit** for parents of toddlers
- **College Kit** to help college-bound children manage the transition
- **Adult Caregiver's Kit** for seniors and their caregivers
- **Be Well Kit** to help you achieve a healthier lifestyle
- **Working Mothers Lactation Kit** to help new mothers breastfeed successfully

Access is Easy

No matter when, no matter where, you have free, confidential support by phone, e-mail, or web. Call or log on to get started.

FREEPHONE: 877-988-7243 (877-98USAID)
DIRECT DIAL: 919-645-4960

Long distance or international calling charges are paid by the caller.

REVERSE CHARGE CALLING:
+44-0-208-987-6200

Call your international operator and request that the charges be reversed to the number listed above.

TTY: 888-262-7848

SMS TEXTING: 314-910-7728

Standard text messaging rates may apply.

EMAIL: support@usaidstaffcarecenter.net

WEBSITE: www.staffcare.usaid.gov

REGISTRATION CODE: USAID

To ensure that we connect with you when e-mailing or texting, please provide your name, the country where you are located and the phone number where you can be reached.

