Family Caregiving Tips and Resources

Presented by:

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Overview

- Discuss resources available to support work and home-life integration.
- Share tips for success.

Work-Life Resources

- U-M Children's Centers
- Campus Child Care Homes Network
- Kids Kare at Home
- U-M Family Helpers
- Child Care Resources & Lactation Support
- Flexible Work Options (including WFH Tips for Success)
- Adult Care Giving/Eldercare Resources
- Educational Resources (October 2020 Conference)

Tips for Parents

- Consider two-hour blocks of work time
- Red/Yellow/Green colors can show availability
- Maintain joint calendar for all in household
- Discuss daily schedule with family night before
- Check in with work team on project priorities
- Possibly adjust core work hours/meeting times
- Consider joining FASCCO's parent support group
- Stay active & develop a social life with your kids
- Ask for help from schools and teachers

Tips for Children

- Young people, like adults, thrive on routines
- Provide time for learning, creativity, free time outside
- Be smart with screen time-schedule mini-breaks
- Help kids connect with friends and family
- Create a separate space for virtual learning
- Consider creating a virtual background
- Consider using noise cancelling headphones
- Identify what type of learner your child is
- Focus on skills rather than assignments

Eldercare Resources

- University of Michigan
- Michigan and Ann Arbor area
- National/on-line resources
- Worksheet to collect information
- Long Distance Caregiving ideas

Hr.umich.edu/elder-care

Support Available at Work

- Work-Life Resource Center
- FASCCO Faculty and Staff Counseling & Consultation Office
- OCWR Office of Counseling & Workplace Resilience (MiMed)
- M-Healthy (exercise, nutrition, sleep, other information)

Additional Information

- email: worklife@umich.edu
- website: hr.umich.edu/worklife

Questions and Discussion

Work-Life Resource Center

https://hr.umich.edu/about-uhr/service-areas-offices/work-life-resource-center