Understanding your adult care benefit: Employees and Postdoctoral Fellows of MIT

Care.com® BackupCare™, provided by Parents in a Pinch, is pleased to provide you with short-term in-home backup adult care for you or an adult or senior family member, wherever they are located in the country. Backup adult care services are non-medical, and include both companion and personal care services such as meal preparation, light housekeeping, transportation, prompting for medication plus assistance with bathing, dressing and other hands-on care.

When should I call Care.com BackupCare?

- When your parent needs help with dressing or bathing and your regular provider is unavailable
- When you are caring for a senior who is waiting for an opening in an assisted living facility
- When you need a companion for your adult child with special needs
- When an aging parent needs transportation to doctors’ appointments
- When your spouse or partner is recuperating from surgery
- When your adult child is ill or injured
- Any time you have a gap in your adult care arrangements and you need to work

Who in my family is eligible to receive care through my adult care benefit?

Your benefit extends to any adult dependent in your family or extended family for whom you have caregiving responsibilities, including:

- Your parents and your spouse or partner’s parents
• Your spouse or partner
• Grandparents, aunts and uncles
• Your adult children
• Yourself

When are adult care providers available? When can I call?
Adult care is available in your home (or home of the adult needing care) 24 hours a day, seven days a week. To initiate care arrangements, call during Care.com BackupCare office hours: Monday – Friday, 9:00 am – 6:00 pm EST. Calling in advance helps maximize your care options.

What is the process for arranging adult care?
Step 1: Complete MIT’s Employee Status Verification Form (http://hrweb.mit.edu/worklife/piap) so that MIT can verify your eligibility for this service.
Step 2: Register with Care.com BackupCare at mit.care.com or call 855-781-1303, ext. 2.
Step 3: Call Care.com BackupCare directly at 855-781-1303, ext. 2, to request backup adult care. Identify yourself as an MIT employee or postdoctoral fellow.
Step 4: The Care.com adult care advisors will identify an adult care network agency that meets your specific needs—and the agency will contact you to finalize arrangements.
Step 5: At the end of the backup adult care service, you will need to sign the provided timesheet, and your credit card will be charged for your co-pay for the hours of care.

How much do I pay?
Hourly rates vary by location but typically range from $15.00 to $20.00/hour. The rate in Massachusetts is $16.00/hour. (Mileage, parking and tolls for client transportation are not included in the hourly rate, but will be included in the total cost of care. Higher hourly rates may apply on holidays, weekends and for other special circumstances and/or requests.) In most cases, there is a four-hour minimum charge per day. As an employee or postdoctoral fellow of MIT, you may use up to a combined total of 15 calendar days of adult care and child care per fiscal year (July 1 through June 30).

What if my elder lives in another city?
Care.com BackupCare maintains a growing national network of adult care agencies that meets internally established criteria for providing high standards of care. Network agencies undergo a credentialing process that includes gathering information on quality of care, assessing hiring and supervision protocols, verifying insurance and licensure requirements and ensuring high levels of customer satisfaction. While Care.com BackupCare cannot guarantee a network agency in all locations throughout the country, every effort is made to meet the needs of your adult dependents, wherever they live.
How are care providers screened?
Care.com BackupCare's adult care network agencies maintain a rigorous screening process for care providers. Depending on the type of care requested, providers may be certified nurse's aides, home health aides or experienced eldercare companions. All providers have prior adult care experience, excellent references and must pass a criminal records check and Social Security verification.

What if I need to cancel my request?
If you cancel after a provider has already been reserved for a job, your credit card will be charged $30.00.