



It can be challenging for employees to balance the needs of work and family now that schools and many childcare and Adult Day Care centers are closed. This list of community resources may assist employees in finding alternative arrangements for their family.

Child and Elder Care Resource Guide	
<i>Benefits</i>	If you elected a Dependent Care Flexible Spending Account, a change in the cost and/or coverage of the provider may be considered a qualifying mid-year event. Please contact your agency's Benefits Administrator to discuss your eligibility to modify your FSA election for the remainder of the plan year.
<i>Child Care Resources</i>	The Commonwealth recognizes the challenges that working parents face. DHRM developed the Parents in the Workplace Guide as a resource to assist parents in the state workforce who are juggling a career and children.
	The YMCA has announced an emergency child care program to provide child care to elementary and middle school-aged children of essential personnel.
	The Department of Social Services offers helpful information about different types of child care options and early learning centers licensed by the agency.
	Child Care Aware of Virginia is a community-based network of child care and early education specialists. They deliver services to families, child care professionals and communities to increase the accessibility, availability and quality of child care in Virginia.
	ChildCareVA.com provides a comprehensive repository of resources and information to make choosing a safe, quality child care easier for parents.

<p><i>Elder Care Resources</i></p>	<p>The Department of Social Services lists Adult day care centers, regulated, non-residential facilities that provide a variety of health, social, and related support services in a protective setting during part of the day.</p> <p>Residential adult facilities are listed under Assisted Living Facilities.</p>
	<p>The Office for Aging Services of the Division for Community Living helps older Virginians live as independently as possible by coordinating and providing services to help them maintain their dignity and security. Our website provides information that aging Virginians, caregivers and their families can use in making important decisions about their lives and the lives of their loved ones.</p>
	<p>Caring.com helps families find high-quality senior care. To speak with a Family Advisor about adult day care options and costs, call (855) 863-8283.</p>