



Visit the Caregiver Resources website, das.ohio.gov/caregiver, for details about:

- Leave plans;
- Scheduling options;
- Ohio Employee Assistance Program services;
- A Dependent Care Spending Account;
- Resources for the most common caregiver needs; and
- Support organizations.



The State of Ohio is committed to providing options for our state employees who are dedicated to serving the public and devoted to serving a loved one during their time of need.

Visit das.ohio.gov/caregiver for caregiver resources available to you.

Caregiver Resources



Ohio DAS
SERVICE · SUPPORT · SOLUTIONS
DEPARTMENT OF ADMINISTRATIVE SERVICES

Caregiver Resources

Supporting the Working Caregiver



Employees often are faced with addressing the need to care for an adult individual. If you are a state employee who provides care, it is important to learn where you can turn for support and what benefits and resources are available to you. As an employer, the State of Ohio is committed to providing the support you need as you balance your role as a caregiver with your role in the workplace.



WHO IS A CAREGIVER?

Sometimes it can be hard to recognize yourself as a caregiver, but many employees may find themselves in this role. Statistics indicate that one in four people will be a caregiver at some point in their lifetime. A caregiver is generally defined as any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of unpaid assistance for, an older person or an adult with a chronic or disabling condition that affects them physically, psychologically or developmentally. These individuals may be primary or secondary caregivers and live with, or separately from, the person receiving care.

ABOUT CAREGIVER SUPPORT

Working caregivers have varying levels of responsibilities and often find themselves in difficult and unexpected situations. As an employee of the State of Ohio, knowing how to obtain the support that is available will help you balance your role as a caregiver and your role in the workplace. Depending on the nature of the relationship with the individual you are caring for, and your specific situation, there are a number of benefits and resources available to you.

WHERE TO START

Understanding what resources may apply can sometimes seem overwhelming but there are people in your agency and at the Ohio Department of Administrative Services (DAS) who can help.

Start with your agency's human resources representative.

- Contact your human resources representative to discuss your caregiver situation. Ask to discuss your leave options and other types of support that may be available.
- Your human resources representative can help explain the various leave options that may be available to you and help you create a plan based on your eligibility, job duties and caregiver responsibilities.
- Your human resources representative also can help you work with your supervisor if you don't feel comfortable having that conversation on your own.

Talk to your supervisor

- If you feel comfortable, talk with your supervisor about your caregiver needs. You can work with your supervisor on what options are available to you to allow you to balance your role as a caregiver and your role in the workplace.
- Your supervisor also can help coordinate a conversation with your agency's human resources representative to discuss your leave options.

Customer service and support

- The Ohio Employee Assistance Program is another resource available to all state employees. A representative from OEAP can help you find resources and put you in contact with additional people who can help. Contact OEAP by email, oeap@das.ohio.gov, or by phone, 1-800-221-6327.