

Elder Care

According to statistics from the National Family Caregivers Association, caregivers fulfill multiple roles as spouses, parents and employees, but they often report a host of unmet needs, including an inability to find time for themselves, difficulty in managing emotional and physical stress, and difficulty in balancing work and family responsibilities. Below, are tips on how to cope with being a primary caregiver for an elderly parent or loved one.

- Remember to attend to the spiritual part of yourself: Whether you do this through prayer, meditation, or other activities. This can help you remain centered and at peace during times of stress.
- Remember to take time for yourself
- Call on your support system
- Organize documents so that they are accessible when emergencies occur
- Give yourself permission to feel what you feel: Providing care for a loved one is an honor. It can also be emotionally draining for various reasons, and you may feel "sandwiched in" by care giving and other demands. It is okay to feel sad, overwhelmed, etc. Identifying your feelings will help you think about what it is you need to do for yourself and what you need to do to have other people support you.
- Check out our website for a list of elder-care consultants in the area.

OWA exists to help women at IU achieve their highest potential, maintain a healthy work-life balance and address barriers to optimal functioning in the workplace. We do this by offering a variety of services to students, staff, and faculty.

Our work includes:

- Providing a structure for mentoring and other contexts for community building
- Identifying issues affecting women and the achievement of equity of opportunity
- Resolving grievances and complaints concerning disparate treatment, harassment, or threats to personal safety on campus
- Providing education on sexual harassment, sexual assault and other aspects of personal safety
- Serving as a resource for the development of strategies to promote equity
- Advocating for women with concerns about salary, promotion and tenure, career development strategies, personal-professional life conflicts, campus climate, and workplace conflict

Look for OWA on the web. You can meet our staff, browse past issues of our newsletter, check our calendar for upcoming events, and more at: www.iub.edu/~owa

1021 East Third Street
Memorial Hall East 123
Bloomington, IN 47405-7001
812.855.3849

The Office for Women's Affairs is located in Memorial Hall East on Third Street between the School of Music and the Jordan Hall Greenhouse.



Family Friendly Resources at Indiana University

Yvette M. Alex-Assensoh, Dean

The Office for Women's Affairs (OWA)

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Office Hours:
Monday-Friday
8:00-12:00
1:00-5:00



Childcare

Early Childhood Education Services (ECES)

provides year round, high quality care and education to the children of Indiana University Bloomington faculty, staff and students.

The ECES has three childcare centers and

three co-ops. For more information on those services and additional links, visit:

<http://www.childcare.indiana.edu/>.

The Community and Family Resources Department (CFRD)

serves as a resource to individuals, families and organizations in the Bloomington community, coordinating services, programs and activities that promote an enhanced quality of life and help to build a strong, vital community. For resources, including a downloadable Guide to Child Care in Bloomington & Monroe County, visit their website at: <http://bloomington.in.gov/cfrd/>

Resources

The Office for Women's Affairs OWA provides advocacy services to women faculty, staff and students and provide complementary information, support, and intervention in instances of concern regarding treatment issues, work-life issues, tenure decisions, and career development strategies, all of which are areas potentially effected by family planning and childcare concerns.

Lunch and Learn Discussion Series A

compendium of presentations designed to give staff and faculty women a chance to get out of the office, network, and learn about important issues that effect many among them, such as elder care and work-life balance.

Emergency Babysitting

In 2004, the Women in Science Program Advisory Board began the list as an emergency childcare network that could ease the pressures that scientists with young families experience. The list has expanded since then as is available to all IU students, staff and faculty upon request.

The Emergency Babysitting List currently has nearly twenty active care providers, all of whom are graduate or undergraduate students.

Applicants to the list come from a variety of backgrounds, but all of them have one thing in common: a genuine commitment to childcare. Most of the care providers interviewed by the Office for Women's Affairs staff have spent years babysitting and many have first aid and CPR certification. Several also have experience with providing care to children with developmental disabilities. These qualifications are included along with availability, age preferences and contact information, on the list itself.

All care providers are interviewed personally by OWA staff and have been cleared through a background check. There is a minimum hourly rate of \$10.

For copies of the updated Emergency Babysitting List, please contact owa@indiana.edu or (812) 855-3849



Lactation Rooms

Indiana University currently provides six lactation rooms on campus in order to support faculty, staff, and students who are breastfeeding .

Lactation rooms established by the Office for Women's Affairs (OWA) are equipped with a hospital grade pump. Each room is secure, clean, and easy to use.

The university is striving to add more rooms when possible at a variety of locations on campus.

Indiana Memorial Union: Located in the women's restroom between Sugar and Spice and the Frangipani Room. Requires an access code which can be obtained by calling 855-3849 or visiting the Office for Women's Affairs at Memorial Hall E 123.

Kelley School of Business: Located in Room 422A, which is a women's handicapped restroom. It is on the 4th floor, south side of the building.

Indiana University Law School: Located in the 3rd floor women's restroom.

Wells Library: The lactation room is located in Room 258 on the second floor of the East Tower. Access to the lactation room requires a key, which can be requested at the Service Desk on the second floor located in Government Information, Microforms and Statistical Services (GIMSS).

School of Health, Physical Education and Recreation (HPER): The lactation room is currently in Room 167 but it will be moving at a later date to the new women's locker room.

Franklin Hall: Located in Franklin Hall 321. Requires an access code which can be obtained by calling 855-3849 or visiting the Office for Women's Affairs (OWA) at Memorial Hall E 123.

Poplars Building: Located in Poplars Building 835. Requires an access code which can be obtained by calling 855-3849 or visiting the Office for Women's Affairs (OWA) at Memorial Hall E 123.