

Caregiver Support Services

This information explains the support services available to caregivers at Memorial Sloan Kettering (MSK).

At MSK, we recognize caregivers as an important part of the cancer care team. As the family member, friend, or caregiver of someone with cancer, you may find yourself taking on new responsibilities while coping with your own emotions and responsibilities. It's normal to sometimes feel overwhelmed by the stress of caregiving, but you're not alone. Have a look at the various services MSK has to support you as you take on this role while also caring for yourself. For more information, visit www.mskcc.org/caregivers.

Caregivers Clinic in the Counseling Center

www.mskcc.org/locations/directory/msk-counseling

Our Caregivers Clinic provides support specifically for caregivers who are having difficulty coping with the demands of being a caregiver. The purpose of this clinic is to help you maximize your ability to provide care to your loved one with cancer while attending to your own self-care, needs, and other important responsibilities. For more information, call **646-888-0200**.

Social Work

www.mskcc.org/experience/patient-support/counseling/social-work-support

Social workers can help you manage different issues across the cancer care continuum. They provide individual counseling and support groups. Our social workers can also help refer you to community agencies and programs. For more information, call **212-639-7020** or email forcaregivers@mskcc.org.

Patient and Caregiver Support Program

www.mskcc.org/experience/patient-support/counseling/support-groups-programs/patient-patient-support

Our Patient and Caregiver Support Program connects you with past MSK caregivers who can provide valuable perspective and support. For more information call **212-639-5007** or email patient2patient@mskcc.org.

Patient and Caregiver Education

www.mskcc.org/pe

Visit our Patient and Caregiver Education website at www.mskcc.org/pe to search our virtual library. There, you can find clear and helpful educational resources, including some specifically for caregivers such as *A Guide for Caregiver* (www.mskcc.org/pe/guide_caregivers).

Virtual Programs

www.mskcc.org/vp

Virtual Programs offers online groups for caregivers of people undergoing treatment at MSK. Our live, interactive sessions are confidential, free, and led by expert clinical staff. For more information, visit www.mskcc.org/vp.

Caregiver Support Group

www.mskcc.org/event/caregivers-online-support-group

Our virtual caregiver support group offers the opportunity to discuss the stresses, challenges, and rewards of providing care for someone with cancer. You can register directly on the group's page on www.mskcc.org/vp or by emailing virtualprograms@mskcc.org.

Adult Recreation & Charles Hallac Patient Recreation Center

www.mskcc.org/experience/patient-support/activities/patient-recreation

Our team of recreation specialists provides psychosocial support through a multi-arts and cultural program that promotes relaxation, self-expression, and socialization. We offer group and one-to-one virtual activities including art, music, movement, crafts, games, and performances. For more information, call **212-639-5978**.



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Integrative Medicine Service

www.mskcc.org/cancer-care/integrative-medicine

Our Integrative Medicine Service offers services such as massages, acupuncture, yoga classes, reflexology, meditation, and nutritional consults. For more information, call **646-888-0800**.

Integrative Medicine at Home

Integrative Medicine at Home is a monthly online membership program of healthy lifestyle classes for MSK families. The program offers members live online group classes each week, serving all ages and abilities. For more information, call **646-888-0800**.

Talking With Children About Cancer

www.mskcc.org/experience/patient-support/counseling/talking-with-children

Our Talking with Children About Cancer Program provides information and support around how to talk to children about their parent's cancer diagnosis through individual consultations as well as adult and child support groups. For more information, call **212-639-7029**.

Resources for Life after Cancer Treatment (RLAC) Program

www.mskcc.org/experience/living-beyond-cancer/services-survivors

The RLAC Program offers seminars, workshops, and support groups to address topics related to cancer survivorship including insurance, employment, emotional concerns, and caregiver issues. For more information, call **646-888-4740**.

Language Assistance Program

www.mskcc.org/experience/become-patient/international-patients/private-translation-services

Our Language Assistance Program (LAP) offers professional medical interpreting and translation services to Limited English Proficient (LEP) patients and to patients with vision, hearing, and speech impairment in order to enhance their experience at MSK. The LAP helps the deaf and hard of hearing, LEP, and visually-impaired patient population and their family members communicate with everyone throughout the continuum of care. For more information, call **212-639-5981**.

Chaplaincy

www.mskcc.org/experience/patient-support/counseling/spiritual-religious-care

Our chaplains are available to listen, support, pray, contact nearby clergy or faith groups, or simply be a comforting companion and spiritual presence. Anyone can meet with a chaplain, no matter their religious affiliation. For more information, call **212-639-5982**.

Connections: Online Community

www.mskcc.org/experience/patient-support/counseling/support-groups-programs/connections

Connections is an online community for MSK patients, caregivers, survivors, and friends to exchange support, information, and inspiration.

Bereavement Program

www.mskcc.org/experience/caregivers-support/support-grieving-family-friends

The Bereavement Program offers free telephone consultations, support groups, educational lectures, and referrals to community resources. Our social workers have expertise in dealing with the psychological, social, spiritual, and practical concerns for individuals, families, and friends who are grieving. Sessions are professionally led, confidential, and free. For more information, call **646-888-4889**.

Rising Voices Choir

Integrative Medicine Services also offers Rising Voices Choir, which invites all patients, survivors, and caregivers looking for a supportive outlet to join in making music together. For more information, call **646-888-0800**.

Visible Ink

www.mskcc.org/experience/patient-support/activities/writing-visible-ink

The Visible Ink Writing Program offers the opportunity to express yourself in writing with the individual support of an experienced writing mentor. For more information, call **212-535-3985**.

Tobacco Treatment Program

www.mskcc.org/tobacco-treatment

Our Tobacco Treatment Program can help you stop using tobacco as you support your loved one through cancer treatment. For more information, call **212-610-0507**.



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