Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Caregiver Support Services

This information explains the support services offered to caregivers at MSK.

At MSK, we recognize caregivers as an important part of the care team. As the family member, friend, or caregiver of someone with cancer, you may find yourself taking on new responsibilities. It's normal to feel overwhelmed by caregiving, but you're not alone. MSK has many services to support you as you take on this role while also caring for yourself.

Visit www.msk.org/caregivers or read *A Guide for Caregivers* (www.mskcc.org/pe/guide-caregivers) to learn more.

Caregivers Clinic

Our Caregivers Clinic provides support for caregivers who are having difficulty coping with the demands of being a caregiver. Call 646-888-0200 to learn more.

Social Work

www.msk.org/socialwork
Social workers can help you manage different issues at each stage of your loved one's care. They offer individual counseling and support groups. They can help you communicate with children and other family members.

Our social workers can also help refer you to community agencies and programs. They also have information about financial resources. Email forcaregivers@mskcc.org or call 212-639-7020 to learn more.

Talking with Children About Cancer

Our Talking with Children About Cancer Program provides information and support about how to talk to children about cancer. They offer individual counseling and support groups. Call 212-639-7029 to learn more.

Resources for Life After Cancer Treatment (RLAC) Program

The RLAC Program offers seminars, workshops, and support groups to address topics related to life after cancer. This includes insurance, employment, emotional concerns, and caregiver issues. Call 646-888-8106 to learn more.

Bereavement Program

The Bereavement Program offers free telephone consultations, support groups, educational lectures, and referrals to community resources. Our social workers can help you manage psychological, social, spiritual, and practical concerns when grieving. Sessions are confidential and free. Call 646-888-4889 to learn more.

Patient and Caregiver Education

Visit our Patient and Caregiver Education website at www.msk.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 Caregivers* (www.mskcc.org/pe/guide-caregivers)
- *Managing Insomnia for Caregivers* (www.mskcc.org/pe/insomnia-caregivers)
- *Managing Anxiety for Caregivers* (www.mskcc.org/pe/anxiety-caregivers)
- *Managing Depression for Caregivers* (www.mskcc.org/pe/depression-caregivers)
- *Delirium: A Guide for Caregivers* (www.mskcc.org/pe/delirium-guide-caregivers)
- *How to Be a Health Care Agent* (www.mskcc.org/pe/health-care-agent)
- *Information for Family and Friends for the Day of Surgery* (www.mskcc.org/pe/info-family-friends)

- *Coping With the Death of a Loved One* (www.mskcc.org/pe/coping_death)

Virtual Programs

Virtual Programs offer online education and support for caregivers of people getting treatment at MSK. These are live sessions where you can talk or just listen. Our live, interactive sessions are confidential, free, and led by expert clinical staff. Visit www.msk.org/vp to learn more about Virtual Programs and to register.

Caregiver Support Group

Our caregiver support group offers the opportunity to discuss the stresses, challenges, and rewards of providing care for someone with cancer.
Visit www.msk.org/vp to register.

Integrative Medicine and Wellness Service

www.msk.org/integrativemedicine
Our Integrative Medicine and Wellness Service offers many services, including music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. To schedule an appointment for these services, call 646-449-1010.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They will work with you to come up with a plan for creating a healthy lifestyle. To make an appointment, call 646-608-8550.

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. Call 646-449-1010 to learn more.

Rising Voices Choir

Our Integrative Medicine and Wellness Service also offers Rising Voices Choir where current or former MSK patients and caregivers can make music together. You do not need singing experience to join. Call 646-449-1010 to learn more.

Tobacco Treatment Program

www.msk.org/tobacco
Our Tobacco Treatment Program has specialists who can help you quit smoking as you support your loved one through cancer treatment. To learn more about our Tobacco Treatment Program, call 212-610-0507.

Spiritual Care

Our chaplains (spiritual counselors) are available to listen, help support family members, and pray. They can contact community clergy or faith groups, or simply be a comforting companion and a spiritual presence. Anyone can ask for spiritual support. You do not have to have a religious affiliation (connection to a religion). Call 212-639-5982 to learn more.

MSK's interfaith chapel is located near Memorial Hospital's main lobby. It's open 24 hours a day. If you have an emergency, call 212-639-2000. Ask for the chaplain on call.

Visible Ink

The Visible Ink Writing Program offers the opportunity to express yourself through writing with the support of a writing mentor. Call 212-535-3985 to learn more.

Language Assistance Program

Our Language Assistance Program (LAP) offers professional interpreting and translation services patients whose primary language is not English. They also provide services for people who need vision, hearing, and speech support. Call 212-639-5981 to learn more.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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