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## 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.

For more information, visit [www.mskcc.org/caregivers](http://www.mskcc.org/caregivers) or read *A Guide for Caregivers* ([www.mskcc.org/pe/guide\\_caregivers](http://www.mskcc.org/pe/guide_caregivers)).

## Caregivers Clinic

Our [Caregivers Clinic](#) provides support for caregivers who are having difficulty coping with the demands of being a caregiver. For more information, call Dr. Allison Applebaum's office at 646-888-0200.

## **Social Work**

[www.mskcc.org/socialwork](http://www.mskcc.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. For more information, email [forcaregivers@mskcc.org](mailto:forcaregivers@mskcc.org) or call 212-639-7020.

## **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. For more information, call 212-639-7029.

## **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. For more information, call 646-888-8106.

## **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. For more information, call 646-888-4889.

## **Patient and Caregiver Education**

Visit our Patient and Caregiver Education website at [www.mskcc.org/pe](http://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 Caregivers*  
([www.mskcc.org/pe/guide\\_caregivers](http://www.mskcc.org/pe/guide_caregivers))
- *Managing Insomnia for Caregivers*  
([www.mskcc.org/pe/insomnia\\_caregivers](http://www.mskcc.org/pe/insomnia_caregivers))
- *Managing Anxiety for Caregivers*  
([www.mskcc.org/pe/anxiety\\_caregivers](http://www.mskcc.org/pe/anxiety_caregivers))
- *Managing Depression for Caregivers*  
([www.mskcc.org/pe/depression\\_caregivers](http://www.mskcc.org/pe/depression_caregivers))
- *Delirium: A Guide for Caregivers*  
([www.mskcc.org/pe/delirium-guide-caregivers](http://www.mskcc.org/pe/delirium-guide-caregivers))

- *How to Be a Health Care Agent*  
([www.mskcc.org/pe/health\\_care\\_agent](http://www.mskcc.org/pe/health_care_agent))
- *Information for Family and Friends for the Day of Surgery* ([www.mskcc.org/pe/info\\_family\\_friends](http://www.mskcc.org/pe/info_family_friends))
- *Managing COVID-19 at Home: Information for Caregivers*  
([www.mskcc.org/pe/covid\\_home\\_caregivers](http://www.mskcc.org/pe/covid_home_caregivers))
- *Coping With the Death of a Loved One*  
([www.mskcc.org/pe/coping\\_death](http://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.mskcc.org/vp](http://www.mskcc.org/vp) for more information 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.mskcc.org/vp](http://www.mskcc.org/vp) to register.

# **Integrative Medicine Service**

[www.mskcc.org/integrativemedicine](http://www.mskcc.org/integrativemedicine)

Our [Integrative Medicine 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 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. For more information, call 646-449-1010.

## **Rising Voices Choir**

Integrative Medicine Services 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. For more information, call 646-449-1010.

# Tobacco Treatment Program

Our [Tobacco Treatment Program](#) has specialists who can help you quit smoking as you support your loved one through cancer treatment. For more information about our Tobacco Treatment Program, call 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). For more information, call 212-639-5982.

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. For more information, call 212-535-3985.

# 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. For more information, call 212-639-5981.

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](http://www.mskcc.org/pe) to search our virtual library.

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