

Take5

Caregiver Resources



Go to clevelandclinic.org/caregiverresources
or scan QR code.

Emotional and Spiritual

► Caring for Caregivers

We all need a little help with life's challenges from time to time. Talk to someone confidentially or go to the [Caring for Caregivers Connect Today](#) page for information and support. Services are expert, confidential, and provided at no cost. [CLICK HERE](#)

- Ohio: 216.445.6970 or 1.800.989.8820
- Florida: 1.800.624.5544
- Nevada: 1.800.624.5544
- Abu Dhabi: 800.69327
- London: 0800 072 7 072, Textphone: 18001 0800 072 7 072
- Online (London): [CLICK HERE](#) **Username: information** **Password: Supported**



► Center for Spiritual Care

Provides care and support for religious and spiritual needs for patients, their families, and Cleveland Clinic caregivers. Our clinically trained chaplains are committed to providing appropriate and compassionate spiritual care while respecting each individual's faith, tradition, and religious or spiritual beliefs. Our services are also available to the non-religious for support under stress.

- Center for Spiritual Care [CLICK HERE](#)
- Grief and Relief Hotline: 1.844.20.GRIEF (844.204.7433)

► Clarity

A 4-month Cleveland Clinic eCoaching program that focuses on participants' overall emotional health and well-being and is free to all Cleveland Clinic caregivers. Participants will be paired with a dedicated eCoach whose work is overseen by a licensed clinician. [CLICK HERE](#)

► Ethics Consultation Service

The Ethics Consultation Service (ECS) provides support to patients, loved ones and healthcare professionals grappling with ethical issues in the provision of patient care. Anyone (caregivers, patient, and family) directly involved in a patient's care can request an ethics consult. Ethicists are available 24/7 and recommendations provided are advisory. For more information: [CLICK HERE](#)

- Ohio:
 - › On-Call Directory (intranet) to page the individual on-call.
 - › Place an Epic order: consult to "Ethics Consultation Service Referral (OH)".
 - › Center for Bioethics in OH: 216.444.8720.
- Florida:
 - › Laurel Clark, Bioethics Manager: 954.801.8554; ClarkL2@ccf.org.
- Weston:
 - › Place an Epic order: "Ethics Consultation Service Referral (Weston Only)".
- Nevada:
 - › Place an Epic order: consult to "NeuroEthics Consultation AMB".

► Moral Distress Reflective Debriefs

Moral Distress Reflective Debriefs can be requested for caregivers or teams who have experienced a particularly ethically difficult situation that may be related to patient care or organizational issues. A Moral Distress Reflective Debrief is facilitated by a clinical ethicist and licensed social worker or chaplain, who will come to the unit, to provide caregivers with a safe moral space to talk about and reflect on the moral event(s) that have caused them to experience moral and psychological distress. To read more: [CLICK HERE](#)

- *Email Georgina Morley at MORLEYG@CCF.ORG
- *Sundus Riaz at RIAZS2@CCF.ORG
- *Or Cristie Cole Horsburgh at COLEC@CCF.ORG

*At this time, MDRDs are available at OH locations virtually or in person. For other locations, please contact us to discuss the possibility of a virtual MDRD.

To learn more about moral distress, [click here for our COVID-19 curbside consult article](#) and [here for our Moral Distress Card and Moral Distress Guide for Leaders](#).

Daily Living

► Community Health: Clinical Care at Langston Hughes

Cleveland Clinic Langston Hughes Community Health and Education Center provides adult primary care and mammography services to residents of the Greater Cleveland area including the Fairfax, Central, Hough, Buckeye and Glenville neighborhoods. The Langston Hughes Center, a gathering place for health and well-being in the Fairfax neighborhood, also provides free health education and programming aimed at improving the health of the community. [CLICK HERE](#)



► Family Supports

Create a supportive care plan for children, elderly loved ones, and pets. Cleveland Clinic Caregivers have free premium access to a comprehensive web platform, to help you plan for, and find the right regular and/or occasional care for your family members. The program also includes fully vetted and subsidized backup care, for the times when your regular care provider is unavailable. Plus, search for vetted and dependable pet care, housekeeping, tutors, learning pods, and/or other virtual learning supports. [CLICK HERE](#)

► **Wellbeing Resource and Referral Center**

Caring for Caregivers' Wellbeing Resource and Referral Center offers a number of useful tools and resources, including: [CLICK HERE](#)

- Online Resources and Monthly Seminars [CLICK HERE](#)
- Savings Center [CLICK HERE](#)
- Family Dependent Care Databases
- Legal Assist [CLICK HERE](#)
- Financial Counseling [CLICK HERE](#)

For more information call:

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Personal Empowerment

► **Stress Free Now and Go! To Sleep Programs**

6-week online programs that provide information and techniques to help caregivers better manage stress and get a restful night's sleep.

- Stress Free Now [CLICK HERE](#)
- Go! To Sleep [CLICK HERE](#)



► **Cleveland Clinic Mindful Moments App**

This app contains a variety of guided breathing and meditation exercises that can be accessed any time from your device on the Apple App Store or Google Play.

- Apple App Store [CLICK HERE](#)
- Google Play [CLICK HERE](#)

► **Refresh on Demand**

We know it's a stressful time, and you need all the relaxation tools you can get. View videos that contain practices that are all led by fellow Cleveland Clinic caregivers who hold yoga and/or meditation certifications. [CLICK HERE](#)

*For links to additional Well-being resources go to the [Caregiver Well-Being Connect Today](#) page.

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Visit <https://ccf.jiveon.com/community/caregiver-well-being> or scan QR code.

