

# COVID-19 Caregiver Support Team (CST) Resources Helping Healthcare Heroes at Home

You are part of our Cleveland Clinic family of caregivers. We are here to help with:

- Meal delivery
- Connecting to child and elder care services
- Well-being apps, virtual programming and chats to keep connected to the Cleveland Clinic community
- Prescription delivery – prior to setting up through our pharmacy program
- If you have other needs inform your CST Liaison or contact us at [CES@CCF.org](mailto:CES@CCF.org)

**Meal delivery:** While we are able, Cleveland Clinic covers the cost of some meals and household basic for caregivers diagnosed with COVID-19 and their families while the caregiver is out ill. During your services triage call, a Caregiver Services Team (CST) member will explain the simple ordering process.

A note about Grubhub ordering from our account – on the payment processing page, Type of Meal - select Hero at Home and put the number of people serving. If not the order will not process.

## Well-Being, Self-Care and Emotional Support for Caregivers

*Please note: A connection to the Cleveland Clinic network is required to access many of these resources.*

- [Caring for Caregivers](#): confidential services that preserve, restore and enhance well-being of our caregivers. Available at 1-800-989-8820 or the COVID-19 Caregiver Hotline 216-445-8246
- [OneClick to Well-Being](#): resources for emotional, physical, spiritual and social well-being in one place
- [OPSA OneClick to Well-Being](#): well-being information and resources for staff
- [Connect Today/Learner Connect](#): resiliency resources to help you manage complex, changing times (virtual meetings, change and stress management, and communication)
- [Caregiver Experience Wellness Portal](#): disconnect, unwind or say thank you virtually
- [Moral Distress Resources](#): resources to support caregivers experiencing moral distress, enable peers and leaders to identify moral distress and provide general education
- [Moral Distress Reflective Debriefs and Dialogues \(MDRD\)](#): a safe forum for individuals and teams experiencing moral distress. *To request an MDRD, e-mail Georgina Morley at [morleyg@ccf.org](mailto:morleyg@ccf.org).*
- [Ethics Consultation Services \(ECS\) Flyer](#): information about the Ethics Consultation Service and how to request an ethics consult.