

COVID-19 Caregiver Support Team Resources

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 and behavioral health support.
- Virtual programming and chats to keep connected to the Cleveland Clinic community.
- If you have other needs, please inform your Caregiver Services Team member or contact us at ces@ccf.org.
- **Food ordering locations:** While we are able, Cleveland Clinic will cover the cost of meals for caregivers diagnosed with COVID-19 and their families while the caregiver is out ill.

During your services triage call, the Caregiver Services Team member will explain the simple ordering process. Check back regularly, as vendors are subject to change.

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

- Please note: While access to many of resources below require a connection to the Cleveland Clinic network, you may also access some of these resources at our external site for caregivers at clevelandclinic.org/covid19.
- **Caring for Caregivers:** confidential services that preserve, restore and enhance well-being of our caregivers. Available at [1.800.989.8820](tel:18009898820) or the **COVID-19 Caregiver Hotline** [216.445.8246](tel:2164458246).

- **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.
- **Ethics Consultation Services (ECS) Flyer:** information about the Ethics Consultation Service and how to request an ethics consult.
- **Cleveland Clinic Office of Caregiver Experience** on [Facebook](#) and [Instagram](#).