

The Caregiver Support Center

(located on the fifth floor,
Room #563)

During their loved one's hospitalization, caregivers can visit the Center to take a physical and mental respite, talk to an experienced volunteer, use a computer, access valuable information in our Resource Library, and much more.

TO FIND OUT MORE ABOUT CAREGIVER SUPPORT PROGRAM SERVICES, PLEASE CALL 914-681-2720.

The Caregiver Support Program and Center are financed entirely through community donations and the help of the Auxiliary of White Plains Hospital. Staffing/operational support is provided by the departments of Social Services and Volunteer Services.

Donations may be sent to:

White Plains Hospital
Caregiver Support Program
41 East Post Road, White Plains, NY 10601
Attention: Development Office
Or visit our website at www.wphospital.org.

Directions to the Caregiver Support Center – Room 563

From main elevators:

*Fifth floor, turn right off elevator,
walk to end of hall, turn right and then left.*

The Center is the last room on the right.



41 East Post Road
White Plains, NY 10601
914-681-0600
www.wphospital.org

WHITE PLAINS
HOSPITAL

Caregiver Support Program

Providing support and services

*to family caregivers—
your care is our concern*

AN ESTIMATED 44 MILLION AMERICANS
ARE FAMILY CAREGIVERS AND PROVIDE
BILLIONS OF HOURS OF UNPAID
'INFORMAL' CARE EACH YEAR FOR FAMILY
MEMBERS AND FRIENDS.

WHITE PLAINS HOSPITAL Caregiver Support Program

A Caregiver is defined as a family member, partner, friend; essentially anyone who has assumed informal responsibility for helping an individual meet their daily living needs.

In addition to providing comfort and emotional support to a hospitalized loved one, caregivers play an essential role in coordinating patient care (in the hospital and post-discharge), which is often overwhelming. Of particular concern for caregivers are the intricacies of discharge planning from hospitals.

Studies have found that improvements in hospital discharge planning can dramatically improve outcomes for patients.

Over time, caregivers are often stressed and exhausted as they juggle this important responsibility along with other aspects of their lives-- work, family and social demands.

THE CAREGIVER SUPPORT PROGRAM AT WPHC
IS DESIGNED TO PROVIDE support,
services and resources
TO THOSE CARING FOR LOVED ONES
WHO FACE THE CHALLENGES OF ACUTE
OR CATASTROPHIC ILLNESS.

Caregiver Partners

During the time a loved one is hospitalized, caregivers can seek assistance from hospital volunteers- Caregiver Partners, who are trained and supervised by WPH's Department of Social Services.

Our goal is to provide caregivers with an increased awareness of the key components that contribute to a smooth transition as patients move from one level of care to another. Caregiver Partners have caregiver experience themselves, and therefore the ability to collaborate with caregivers in a compassionate, understanding manner. Caregiver Partners can provide assistance in many areas and will work with caregivers to determine their immediate individual needs. Caregivers can expect to receive: relevant information regarding many available resources (in the Hospital and within the community), emotional support, coping strategies, and coaching techniques to better manage a patient's care while in the hospital and after release (whether to home, a rehab facility or nursing home).