



# Family Housing Care Packages

## A Great Way to Volunteer, Get Involved, and Give Back!

Craig Hospital is a not-for-profit, world-renowned rehabilitation hospital that exclusively specializes in the neuro-rehabilitation and research of patients with spinal cord injury (SCI) and traumatic brain injury (TBI).

Craig Hospital has a wide variety of programs specifically designed to support families of patients, including housing for outpatients and families of inpatients, either in our on-site family housing facility or in a nearby hotel. For families of newly injured inpatients who live more than 60 miles from Craig, we offer up to thirty days at no charge. On-site housing units are equipped with kitchenettes, roll-in showers, hide-a-beds, and are spacious for wheelchairs. If no on-site unit is available, we will provide housing in a nearby hotel. After thirty days, housing is available at a discounted rate on-site or at a nearby hotel depending on availability.

As you may imagine, in the rush of packing to come to Craig it's very common for families to forget to pack some basic essentials. That's where you come in! Care packages assembled and delivered to their rooms will take some stress away while they settle in.

### What does helping with the care packages entail?

Volunteers are asked to purchase and assemble travel size care package items to accommodate anywhere from 10 - 84 bags before coming to Craig Hospital to deliver the packages. Care Package volunteers are encouraged to have their corporation or service organization cover the cost of the packages or split the cost among the volunteer group. We recommend filling small reusable bags with travel size items such as shampoo, soap, small gift cards to local stores or gas stations, toothpaste, toothbrushes, etc., mixed with a few fun items such as small snacks. We also encourage you to include a small personalized card with each bag with a positive sentiment inside. If you choose to include a note, please do not refer to a patient's health status/current condition and please avoid any religious references.

### When should they be delivered?

Bags will be delivered on Mondays. Please contact us for available dates, times, and where to deliver them.

### How many care packages are needed?

We currently have the ability to accommodate families in 84 rooms onsite or in nearby accommodations.

### How do I sign up?

To volunteer to assemble and deliver care packages please contact Sara Wells, Event & Communications Specialist, at **303-789-8919** or [swells@craighospital.org](mailto:swells@craighospital.org).



Sample Care Package