

Do you need help with...

Legal Services

Legal Services of New Jersey

888-576-5529

AARP Legal Services Network

800-424-3410

Community Health Law Project

973-275-1175 (*statewide*)

NJ Protection & Advocacy, Inc.

800-922-7233

These agencies help with:

- *wills* • *power of attorney*
- *living wills* • *estate planning*
- *reverse mortgages* • *advocacy*

Getting Help or Lodging a Complaint

Adult Protective Services (*help for vulnerable adults living in the community*)

800-792-8820

Ombudsman for Institutionalized Elderly (*help for vulnerable adults age 60+ living in long-term care facilities*)

877-582-6995

NJ Division of Consumer Affairs

800-242-5846

Reporting Medicare Fraud

800-792-8820

NJ Department of Health and Senior Services (*complaints about nursing home and other long-term care providers*)

800-792-9770

County-Specific Services

Area Agency on Aging (AAA)

877-222-3737

Do you need help with...

Disease and Disability-Specific Resources

Alzheimer's Association

800-272-3900

American Cancer Society

800-227-2345

American Diabetes Association

877-469-7979

American Heart Association

800-242-8721

American Lung Association

800-586-4872

American Stroke Association

888-478-7653

Amyotrophic Lateral Sclerosis

800-782-4747

Arc of the United States

800-950-6264

Arthritis Centers

North—877-973-6500

South—888-845-8823

National Alliance for the Mentally Ill

800-950-6264

National Kidney Foundation

800-622-9010

National Multiple Sclerosis Society

800-622-9010

NJ Commission for the Blind & Visually Impaired (*statewide*)

973-648-2324

NJ Div. of the Deaf & Hard of Hearing

800-792-8339 V/TTY

Parkinson's Disease Foundation

800-457-6676

Notes

This guide has been distributed by:

Interpreter Services

Through the NJEASE toll-free number information on services is available in 140+ languages for callers who do not speak English. Call 877-222-3737 for interpreter assistance.

This guide was developed by the NJ Department of Health and Senior Services and was funded by the US Department of Health and Human Services, Administration on Aging's National Family Caregiver Support Program Grant #90-CG-2540.

NJ EASE FOR CAREGIVERS

A POCKET GUIDE TO Caregiver Resources in New Jersey

Are You A Caregiver?

If you help an older adult or an adult with a disability, then you are a caregiver.



Today in New Jersey, nearly one million adults are providing some form of unpaid caregiving service for an elderly or disabled friend or family member.

This guide has been designed to help caregivers identify their needs and access existing resources within their communities.

On the following pages you will find a listing of the types of services available for both caregivers and the people they care for. Find those that may be helpful to you and call the numbers listed for additional information and assistance.

When in doubt, call NJEASE toll-free at 877-222-3737, or visit our website at www.caregovernj.nj.gov.

These resources provide information and assistance through a wide range of federal, state and local programs for seniors, persons with disabilities and caregivers.

Note: Some programs listed in this guide have eligibility requirements; the agencies you contact will provide you with the details.

Do you need help with...

Caring for Someone at Home

Area Agency on Aging (AAA)

877-222-3737

AAAs can provide information and assistance on services such as:

- *care management* • *respite care*
- *skilled nursing* • *chore services*
- *personal care* • *friendly visitor*
- *medication management* • *etc.*

Care in the Community

Adult Day Services (*statewide*)

732-329-8954

Alzheimer's Day Services

800-883-1180

NJ Association of Geriatric Care

Managers (*statewide*)

856-985-1180

Maintaining Health

Geriatric Assessment

877-222-3737

Physician Referral (*to get the*

telephone number of your county's medical society)

609-896-1766

Mental Health

Mental Health Services

800-382-6717

Alzheimer's Disease

800-272-3900

Nutritional Health

Senior Centers, Nutrition Sites and

Home Delivered Meals

877-222-3737

Food Stamps

800-687-9512

Do you need help with...

Transportation

NJ Transit's Special Services

800-772-3606

Access Link

800-955-2321

County Special Transport

877-222-3737

Motor Vehicle Commission

888-486-3339

Insurance Assistance

Medicare & Medigap Counseling

800-792-8820

Medicaid Information

800-356-1561

Information on Other Insurances

800-446-7467

Financial Assistance

Social Security

800-772-1213

Benefits Eligibility Screening

877-222-3737

Prescription Assistance

800-792-9745

Utility Assistance

800-792-9745

Home Energy Assistance

800-510-3102

Tax Counseling (*statewide*)

609-292-6400

Veterans' Benefits

800-624-0508

Services for Adults with Physical Disabilities

NJ Division of Disability Services

888-285-3036

Do you need help with...

Handling a Crisis

Adult Protective Services

800-792-8820

Emergency Housing (*statewide*)

609-633-6206

Relief for You

877-222-3737

Caregiver Education

Area Agency on Aging (AAA)

877-222-3737

AAAs can provide information on:

- *meal planning*
- *specific diseases*
- *stress management*
- *transfer techniques*
- *behavior modification*

Support Groups

Local Support Groups

800-367-6274

Children of Aging Parents

800-227-7294

Alzheimer's Support Groups

800-272-3900

Well Spouse Foundation

800-838-0879

Grief Support Groups

877-222-3737

Housing & Home Modification

Assisted Living/Adult Family Care

877-222-3737

Affordable Housing Lists

800-792-8820

Home Repairs & Modification

877-222-3737

Adaptive Equipment

800-922-7233