



# NEW JERSEY CAREGIVER RESOURCE GUIDE

Phone Numbers, Websites, and Organizations

*If you don't know AARP is fighting to  
make life easier for caregivers,  
then you don't know "aarp"*

**AARP**<sup>®</sup>  
Real Possibilities

**AARP**<sup>®</sup> Real Possibilities in  
**New Jersey**



### 1) AARP New Jersey

1-877-333-5885

[www.aarp.org/caregiving](http://www.aarp.org/caregiving)

### 2) NJ Helps

[www.njhelps.org](http://www.njhelps.org)

- One-stop shopping resource for programs, information, and services provided by the US Department of Human Services

### 3) United Way Caregivers Coalition

1-973-993-1160

[www.UnitedWayNNJ.org/CaregiversCoalition](http://www.UnitedWayNNJ.org/CaregiversCoalition)

- The Munch & Learn Education Series offers to run programs for local groups about caregiving
- An informational free Video Series is also available:

[UnitedWayNNJ.org/CaregivingVideos](http://UnitedWayNNJ.org/CaregivingVideos)

### 4) Long Distance Caregiving

[www.aoa.gov](http://www.aoa.gov)

- National Office of Aging can help you with information specific to your loved one's place of residence

[www.caremanager.org](http://www.caremanager.org)

- Qualified geriatric care managers know about local resources. They can help with assessments and developing care plans

### 5) NJ Division of Disability Services

1-973-927-2600

[www.state.nj.us/humanservices/ddd/index.html](http://www.state.nj.us/humanservices/ddd/index.html)

### 6) Aging & Disability Resource Connection of New Jersey (ADRC)

1-877-222-3737

[www.adrcnj.org](http://www.adrcnj.org)

- Helps with general questions, caregiving education, meal sites, home delivered meals, respite care, etc.

### 7) Office of the Ombudsman for the Institutionalized Elderly (OOIE)

1-609.826.5090 or 1-877-582-6995

[www.nj.gov/ooie/](http://www.nj.gov/ooie/)

- Advocacy program for older individuals in institutions. OOIE investigates, resolves, and/or refers complaints to the appropriate agency

### 8) NJ 2-1-1

Dial 2-1-1 or 1-877-652-1148

- Offers 24/7 confidential support, information, and referrals

### 9) NJ Caregivers

[www.njcaregivers.org/](http://www.njcaregivers.org/)

- General resources for caregivers including advocacy, respite care references, and training

# GENERAL RESOURCES





# MEDICAL & LEGAL

## MEDICAL

### 1) Visiting Nurse Association

North Jersey: 1-800-938-4748

Central Jersey: 1-800-400-0981

South Jersey: 1-856-691-5666

- Provides free in-home education with professionals to go over initial assessment, demonstrations and care plans; information about Adult Day Care and Hospice

### 2) Mental Health Association in New Jersey

[www.mhanj.org](http://www.mhanj.org)

1-800-367-8850

### 3) New Jersey Hospice & Palliative Care Organization

1-908-233-0060

[www.njhospice.org](http://www.njhospice.org)

- Program for terminally ill patients and their families available in homes, nursing homes, or a dedicated hospice unit. This care is covered under Medicare, Medicaid, and most private insurance. No one is denied hospice care because of an inability to pay

### 4) Medicare

1-800-633-4227

[www.medicare.gov/](http://www.medicare.gov/)

### 5) NJ Medicaid

1-800-356-1561

[www.state.nj.us/humanservices/dmahs/clients/medicaid](http://www.state.nj.us/humanservices/dmahs/clients/medicaid)

### 6) HealthEASE

[www.state.nj.us/humanservices/doas/services/healthease](http://www.state.nj.us/humanservices/doas/services/healthease)

- Coordinate promotion and disease prevention for older adults

### 7) NJ Division of Health Facilities and Licensing

[www.state.nj.us/health/healthfacilities/](http://www.state.nj.us/health/healthfacilities/)

## LEGAL

### 1) Legal Services of New Jersey

Hotline: 1-888-576-5529

[www.lsnj.org](http://www.lsnj.org)

- Nonprofit that provides legal info, advice, and referral to low-income residents of NJ with civil legal programs

### 2) National Academy of Elder Law Attorneys

1-703-942-5711

[www.naela.org](http://www.naela.org)

### 1) I Choose Home NJ

1-855-466-3005

[www.Ichoosehome.nj.gov/](http://www.Ichoosehome.nj.gov/)

- Helps those living in a nursing home or developmental center for 90+ days and is eligible for Medicaid move back into the community

### 2) Subsidized Housing/Rental Vouchers

- [www.huduser.org/datasets/il.html](http://www.huduser.org/datasets/il.html)
- [www.nj.gov/dca/services/lps/hss/admin\\_files/incomelimits.pdf](http://www.nj.gov/dca/services/lps/hss/admin_files/incomelimits.pdf)

### 3) NJ Department of Community Affairs

1-609-292-4080

[www.state.nj.us/dca/divisions/dhcr/offices/srap.html](http://www.state.nj.us/dca/divisions/dhcr/offices/srap.html)

### 4) Homelessness Prevention Program

NJ Department of Community Affairs

1-866-889-6270

[www.state.nj.us/dca/divisions/dhcr/offices/ha.html](http://www.state.nj.us/dca/divisions/dhcr/offices/ha.html)

### 5) Affordable Housing: New Jersey Housing Resource Center (NJHRC)

1-877-428-8844

[www.njhrc.gov](http://www.njhrc.gov)

### 6) Community Choice

[www.state.nj.us/humanservices/doas/services/choice](http://www.state.nj.us/humanservices/doas/services/choice)

- Helps nursing home and hospital residents explore community-based alternatives

### 7) ) Senior Habitat

[www.Seniorhabitat.org](http://www.Seniorhabitat.org)

- provides community resources, senior housing options based on individual preferences , and helps individuals and caregivers navigate the process of senior housing selection

### 8) US Department of Housing and Urban Development (HUD)

1-973-776-7200

[www.hud.gov](http://www.hud.gov)

- Helps you find local affordable housing units, access HUD for information about reverse mortgages, links to homeless resources, and rental assistance programs

### 9) Compare Nursing Homes

[www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)

# HOUSING

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# Support

## 1) Alzheimer's Association,

### Greater New Jersey Chapter

1-973-586-4300

24-hour helpline: 1-800-272-3900

[www.alz.org/nj/](http://www.alz.org/nj/)

- Consolations, support groups, education, connection to respite care, and local community resources.

## 2) NJ Self-Help Group Clearinghouse

1-800-367-6274

[www.njgroups.org](http://www.njgroups.org)

## 3) Online Support

Unable to attend support groups in your community? Try these websites:

- [www.caringroad.org](http://www.caringroad.org)
- [www.strengthforcaring.com](http://www.strengthforcaring.com)
- [www.caregiveraction.org](http://www.caregiveraction.org)
- [www.caregiver.com](http://www.caregiver.com)

## 4) Jersey Assistance for

### Community Caregivers (JACC)

<http://www.state.nj.us/humanservices/doas/services/jacc/>

- Respite care, homemaker services, environmental accessibility adaptations, emergency response systems, meal service, caregiver training, social adult day care, health services, medical equipment and supplies, transportation, attendant care, and home care

# Respite Care

## 1) Statewide Respite Care Program

- [www.state.nj.us/humanservices/doas/services/srcp/](http://www.state.nj.us/humanservices/doas/services/srcp/)
- [www.bianj.org/Websites/bianj/images/statewiderespitcare.pdf](http://www.bianj.org/Websites/bianj/images/statewiderespitcare.pdf)

## 2) Alzheimer's Adult Day

### Services Program

1-609-953-4985

- [www.state.nj.us/humanservices/doas/services/aads](http://www.state.nj.us/humanservices/doas/services/aads)
- [www.state.nj.us/humanservices/doas/home/aadspfacilities.html](http://www.state.nj.us/humanservices/doas/home/aadspfacilities.html)

## 3) Personal Assistance

### Service Program

[www.nj.gov/humanservices/dds/projects/pasp/](http://www.nj.gov/humanservices/dds/projects/pasp/)

- PASP provides routine, non-medical assistance to adults with disabilities who are employed, involved in community volunteer work, or attending school.
- Personal assistants help with tasks such as light house keeping, bathing, dressing, preparing meals, shopping, driving or using public transportation.



# SUPPORT & RESPITE



# MISCELLANEOUS

## Employment & Volunteering

- 1) **Senior Community Service Employment Program (SCSEP)**  
[www.ncoa.org/enhance-economic-security/mature-workers/senior-community-service-employment-program-scsep/](http://www.ncoa.org/enhance-economic-security/mature-workers/senior-community-service-employment-program-scsep/)
  - Provides income and part-time subsidized work for low-income, older persons
- 2) **Jersey Cares**  
1-973-424-1091  
[www.jerseycares.org](http://www.jerseycares.org)
- 3) **Create The Good.**  
[www.createthegood.org](http://www.createthegood.org)

## Service Animals

- 1) **Canine Companions for Independence**  
[www.cci.org](http://www.cci.org)
  - Service animals perform some functions that the individual may be unable to perform. Under ADA, all businesses that serve the public are required to allow people to bring service animals.

## Financial

- 1) **BenefitsCheckUp**  
[www.benefitscheckup.org](http://www.benefitscheckup.org)
  - Sponsored by the National Council on Aging. Helps you find programs in all 50 US States including medication, food, utilities, health care, housing, in-home services, and transportation

## Education

- 1) **Medicare and Caregiving Education**  
[www.cms.hhs.gov/Partnerships/downloads/ProviderBillingforCaregiverEducation.pdf](http://www.cms.hhs.gov/Partnerships/downloads/ProviderBillingforCaregiverEducation.pdf)
- 2) **NJ Caregivers**  
[www.njcaregivers.org/](http://www.njcaregivers.org/)
  - Offers established caregiver coalitions and the support to start a new coalition. Provides many answers to the questions that caregivers may have

**To receive an electronic version of this guide via email, please contact [aarpnj@aarp.org](mailto:aarpnj@aarp.org).**

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