

MONTHLY RAMBLINGS BY ROBIN: SCOOP FOR CAREGIVERS



November 2024

13th Edition

INSIDE:

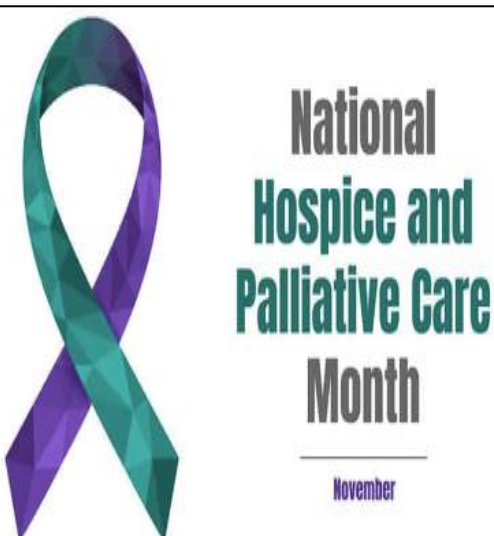
Date Specific Events
For Caregivers

Support Groups
For Caregivers

Caregiver Resources

- Aging
- Disability
- Mental Health
- Military & Veterans
- Housing & Utilities
- General
- Durable Medical Equipment

National Family
Caregivers Month is
observed each
November since it
began in 1994.



Robin Ennis

**Caregiver Resource &
Information Specialist**

908.866.1333

RobinEnnisLLC@gmail.com

DEFINITION OF A CAREGIVER:

- Unpaid family member, friend, neighbor, co-worker, etc.
- Full time, part time, long distance
- Become over time; become overnight
- From a check in call once a week to total personal care

ARE YOU A CAREGIVER:

- Do you provide care for an aging parent, spouse, sibling, friend, or neighbor, or child with special needs?
- Do you care for anyone with a mental illness, physical or developmental disability?
- Do you pick up medication at the pharmacy, make meals, provide help with daily care or with doctor's **OU?** appointments, pay bills or grocery shop for anyone?

HOW CAN I ASSIST Y

- Meet caregivers where they are in the stages of caregiving.
- Recognize that each caregiver experience is unique yet many share common experiences.
- Meet the diverse needs of each caregiver based on their unique caregiver experience.
- Help caregivers identify their needs and connect to resources, support, services, information and education.
- Support self-care for caregivers.

NATIONAL FAMILY CAREGIVER MONTH

November is a time to show support and to honor our nation's vital caregivers during **National Family Caregivers Month**. Join in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.

Families are often the primary source of support for older adults and people with disabilities. In fact, today in America, more than 53 million family caregivers provide unpaid care¹. That's an economic value totaling more than \$470 billion.²

That's why every November we celebrate [National Family Caregivers Month](#). While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

NCOA joins [Caregiver Action Network](#), [The National Alliance for Caregiving](#), and [Share The Care](#) in celebrating family caregivers this November, which first began in 1994. For more information [visit](#).

Sources

1. National Alliance for Caregiving and AARP. Caregiving in the US 2020. Found on the internet at <https://www.caregiving.org/research/caregiving-in-the-us/caregiving-in-the-us-2020/>

2. AARP. Valuing the Invaluable 2019 Update: Charting a Path Forward. AARP Public Policy Institute. Nov. 14, 2019. Found on the internet at <https://www.aarp.org/ppi/info-2015/valuing-the-invaluable-2015-update.html>

NATIONAL HOSPICE AND PALLIATIVE CARE MONTH

National Hospice and Palliative Care Month (NHPCM) is celebrated every November. It is a time to raise awareness about hospice and palliative care, and to celebrate the people who provide this important care to patients and their families.

Hospice is a type of care that focuses on providing comfort and support to patients who are facing a terminal illness. Palliative care is a type of care that focuses on relieving the symptoms of a serious illness, regardless of whether the illness is curable.

Both hospice and palliative care can be provided in a variety of settings, including hospitals, nursing homes, and patients' homes. Hospice and palliative care teams typically include nurses, doctors, social workers, chaplains, and volunteers.

NHPCM is a good opportunity to learn more about hospice and palliative care, and to talk to your loved ones about your wishes for end-of-life care. It is also a good time to support hospice and palliative care providers, who work tirelessly to help patients and their families during a difficult time.

For more information [visit](#)

DATE SPECIFIC EVENTS FOR CAREGIVERS

Trauma Risk and Recovery: A Workshop for Families and Caregivers (virtual)

Thursday, December 5 from 12:00 - 1:00pm

We're honored to welcome our colleagues from the [Boggs Center on Disability and Human Development](#) to share their presentation on Trauma Risk and Recovery. Individuals with Developmental/Intellectual Disabilities are likely to experience trauma during their lifetime. There is often a failure to recognize the impact of trauma on people with IDD and the signs of past experiences may be overlooked or untreated. This session will explore the types of traumatic events that are common and why people with disabilities are more at risk. We will explore trauma informed approaches to promote safety and connection, including therapeutic interventions, coping strategies, and positive identity development. Register [here](#). For more information contact laura.warne@rutgers.edu

Maximizing Resources: What Can Physical Therapy, Occupational Therapy and Speech Therapy Do for YOU? (virtual)

Wednesday, November 6 at 7:00pm

Supportive therapies can be a game changer for your family member and you. Learn about these services and how they may improve quality of life for you and the person you are supporting. Click [HERE](#) to register.

Celebrating Caregiver Strengths (in Person)

Thursday, November 7 at 10:30am

151 Centennial Ave, Piscataway.

During National Family Caregivers Month we pause to appreciate you and all you do for others. Join us for this IN PERSON gathering. Meet your Care2Caregivers team – Barbara, Edna and Rita, socialize with caregivers and enjoy a light lunch. RSVP to Mary Catherine at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at 800-424-2494.

Celebrating Caregiver Strengths (virtual)

Wednesday, November 13 at 1:00pm

During National Family Caregivers month take a pause to appreciate you and all you do for others. Join this interactive webinar. Special guests include Barbara, Edna and Rita from Care2Caregivers. Click [HERE](#) to register.

Caring for the Caregiver (in-person)

Wednesday, November 13 from 11:00am-12:00pm

West Morris Area YMCA, 14 Dover Chester Road, Randolph

Are you a caregiver? Do you provide care for an aging parent, spouse, sibling, friend, neighbor, or a child with special needs? Do you care for anyone with a mental illness, physical, or developmental disability? Do you run errands such as picking up medication or groceries? Make meals or provide help with daily care or paying bills? Drive to or assist with scheduling doctor's appointments? Free Presentation hosted by Robin Ennis, LLC, Caregiver Resource & Information Specialist. For more information contact (973) 366-1120 x5064 or Annmarie@wmaymca.org

FREE Mental Health First Aid Training (in-person)

Friday, November 15 from 9:30am-2:30pm

Centenary University, Lackland Center, President's Circle Room

400 Jefferson St. Hackettstown

This is a hybrid training (in-person with online prework). The course covers how to recognize signs and symptoms of mental health challenges, as well as a 5-step approach to helping someone who may be struggling with symptoms. To register for the course please email counselingcenter@centenaryuniversity.edu. This training is generously sponsored for the Warren County community by Hackettstown Medical Center Community Advisory Board.

Assistive Technology "Open Mic" (virtual)

Thursday, November 21 from 12:00 - 12:30pm

Do you have an Assistive Technology question or suggestion? The microphone is all yours! Specialists from [The Richard West Assistive Technology Advocacy Center \(ATAC\)](#) will be available to address assistive technology questions for self-advocates, families, and professionals who support people with an intellectual/developmental disability. Register [here](#). For more information contact laura.warne@rutgers.edu

Trauma Risk and Recovery: A Workshop for Families and Caregivers (virtual)

Thursday, December 5 from 12-1pm

The Rutgers Community Living Education Project (CLEP) is honored to welcome The Boggs Center on Disability and Human Development to share their presentation in Trauma Risk and Recovery. Individuals with Developmental/Intellectual Disabilities are likely to experience trauma during their lifetime. There is often a failure to recognize the impact of trauma on people with IDD and the signs of past experiences may be overlooked or untreated. This session will explore the types of traumatic events that are common and why people with disabilities are more at risk. We will explore trauma informed approaches to promote safety and connection, including therapeutic interventions, coping strategies, and positive identity development. Click [here](#) to register. For more information contact clep@sph.rutgers.edu

2024 First Fridays Series - Hackettstown Library (in person)

First Friday of the month from 3:30-4:30pm (no program in July)

110 Church Street, Hackettstown

Free Drop-In Events for you to get an overview of the Department of Human Services and what we offer to the local communities. SNAP, Medicaid, Aging Services, Mental Health, Addiction Services, Homeless Services, Children's Services, Veterans Services, and Volunteer Opportunities. No registration necessary. For more information email humanservices@co.warren.nj.us

DATE SPECIFIC EVENTS FOR CAREGIVERS

Caregiver TimeOut Group (Virtual)

Monthly on the 3rd Tuesday

To sign up to receive invitations to this event email RobinEnnisLLC@gmail.com

Wellness Wednesdays (in person)

2nd Wednesday of every month at 2:30pm

Bentley Commons at Paragon Village

425 Route 46 East, Hackettstown

For more information and monthly program topics contact Maggie Schaffer at 908-498-0103

or mschaffer@paragonvillage.com

Technology Webinar Series (Virtual)

2nd Wednesday of each month at 12pm

Click [here](#) for a list of program topics and dates. Participation is free but registration is required. [Register here](#)

Stay Healthy at Home Webinar Series

Every Tuesday at 2:00pm

Created by the New Jersey Self-Advocacy Project as part of our Healthy Lifestyles Project. The New Jersey Self-Advocacy Project will be presenting trainings on a variety of topics relating to self-advocacy and healthy living. Live viewers will be able to share comments and ask questions during the webinar. All webinars will be recorded and archived on our website to view after airing. [Click here to view them.](#)

Memory Café at Arden Courts

Monday's 10-11am

For more information call 973.581.1800 or contact Maryann Johnston

at maryannjohnstonrn@msn.com or Barbara Freda at barbara.freda@promedica.org

American Society on Aging

[Webinar Series](#)

Center for Prevention & Counseling's Recovery Center Events

There are a variety of free or low-cost activities. Call or email Marjorie at 973.940.2966 or marjorie@centerforprevention.org to get more information or register.

Caregiver Support Group (in-person) Warren

1st Tuesday of each month from 1:30-2:30pm

Warren County Library branches (rotating monthly at Southwest, Northeast, Belvidere and Blairstown)

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. For meeting locations, to RSVP or for questions contact RobinEnnisLLC@gmail.com or 908-866-1333.

Bentley Assisted Living Caregiver Support Group (in-person) Sussex

1st Wednesday of the month from 10 – 11am

Bentley Assisted Living, 3 Phillips Road, Branchville

Presented by Alzheimer's Association Greater New Jersey

To register contact Christine Beckmann at 973.948.8884 or

cbeckmann@bentleyassistedliving.com

Visit alz.org/nj to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ connected®, our online community, at alzconnected.org

ALzNJ Caregiver Support Group (in-person) Hunterdon

3rd Tuesday of the month from 6:30 -7:30pm

North County Branch Library, Clinton, NJ

The support group is free and open to those caring for a loved one with dementia. To

register, please call the Alzheimer's New Jersey Helpline 888-280-6055 or visit www.alznj.org

SUPPORT GROUPS FOR CAREGIVERS

Caregiver Support Group (in-person)

First Tuesday of each month

Tuesday, November 5 from 1:30-2:30pm

Warren County Library temporary Location @ St. Luke's Church, 346 High St., Hope, NJ (parking & entrance in the rear)

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. To RSVP or for questions contact RobinEnnisLLC@gmail.com or 908-866-1333.

AlzNJ Support Groups (in person) Somerset

2nd Tuesday of each month from 1-2:00pm

Franklin Library, 485 DeMott Lane, Somerset

Free and open to the community providing families and caregivers with the emotional and educational support they need to better understand and cope with Alzheimer's disease and other dementias. To register call Demi at 973-586-4300x 1108 or www.alznj.org. For more information contact Denise Goldstein R.N., Certified Holistic Health Coach Denise.goldsteinrn@gmail.com or 732-563-9056

Senior Center of the Chatham's Caregiver Support Group (in person) Morris

1st Thursday of each month from 10:30 am to 12:00 pm

Chatham Senior Center, 58 Meyersville Rd., Chatham Township

This caregiver support group is for those who are caring for a loved one with dementia. It is offered in partnership with Alzheimer's New Jersey. Contact Carol Eisenhardt, Administrative and Program Coordinator at (973) 635-4565 or [visit](http://www.alznj.org) Visit www.alznj.org or call our Helpline: 888-280-6055 to register for this group.

Dementia/Alzheimer's Family Support Group (in-person) Morris

2nd Monday of every month at 1PM

West Morris YMCA Group, 14 Dover Chester Rd., Randolph

Support groups provide families and caregivers with the emotional support and education they need to better understand Alzheimer's disease and other forms of dementia. Visit www.alznj.org to register or call Siobhan Flynn-Higgins sflynn-higgins@jfsmetrowest.org or call 973.637.1763.

Stroke Support Group Meetings (in person) Morris

Last Wednesday of each month from 1-3:30pm

Morris County Library, 30 East Hanover Avenue, Whippany

Offering support, resources and occasional speakers on topics related to stroke survivors, caregivers and their family members. Contact Lois Firzlaff at 908-578-0812 loisfirz@yahoo.com or Rich Coulther 201-230-8204 rhcclr@gmail.com

Jewish Family Services Support Groups JFS MetroWest (in person)

[Caregiver Group for Parents of Adults with Disabilities](#)

[Sibling Support Group](#)

[Caregiver Group for Parents of Children with Mental Illness](#)

JFS of Central NJ (virtual)

[Support Group for Caregivers of Children with Disabilities](#)

[Support Group for Caregivers of Adults with Disabilities](#)

Contact Laura Weitzman, Weitzmanlaura@gmail.com for log in information. For questions contact Rebecca Wanatick, Ed.M., Director, Disability Inclusion & Belonging, Jewish Federation of Greater MetroWest NJ phone (973) 929-3129 or email rwanatick@jfedgmw.org

NAMI Family Support Groups (virtual)

Every other Wednesday at 7pm

This is a 60-90 minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes. [Register](#).

Brain Injury Alliance of NJ [Support Groups](#)

COPSA Institute for Alzheimer's Disease and Related Disorders Support Groups (virtual)

Mon, November 4 from 9:30-11:30am-Spouse Support Group

Tues, November 5 from 7-8:30pm-Adults Caring for Parents Group

Tues, November 12 from 1:00-2:00pm-Caregiver Support Group

Wed, November 13 from 7:00-8:30pm-Caregiver Support Group

Mon, November 18 from 9:30-11:30am-Spouse Support Group

Tues, November 19 from 7:00-8:30pm-Adults Caring for Parents Group

Wed, November 20 from 7:00-8:30pm-Long Term Care Support Group

Thurs, November 21 from 10:00-11:00am-Transitions Bereavement Group

To register or find out more about services call us at 800-424-2494 or email Mary Catherine lundqumc@ubhc.rutgers.edu

[GriefShare](#) virtual or in person grief support group

CAREGIVER RESOURCES

AGING

[Guiding an Improved Dementia Experience \(GUIDE\) Model](#)

The Guiding an Improved Dementia Experience (GUIDE) Model is a voluntary nationwide model test that aims to support people with dementia and their unpaid caregivers. The model began on July 1, 2024, and will run for eight years.

[Sliver Sneakers](#)

[American Society on Aging](#)

[5 days Technology Can Make Life Easier for Caregivers of Dementia Patients](#)

[Alzheimer's New Jersey Respite Care and Wellness Program](#)

[Substance Abuse & Addiction in the Elderly](#)

[National Center on Law & Elder Rights \(NCLER\)](#)

[The Beacon – A Newsletter for Long-Term Care Residents](#)

[NJ Advocates for Aging Well](#)

Live Online Classes for Older Adults

The NJ Department of Human Services' Division of Aging Services has teamed up with GetSetUp to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and free for our community. [Visit](#)

Family Connections – Older Adult Services

Support for older adults, individuals caring for older adults, and older adults who have become legal guardians to their grandchildren. The various services include assessments, case management, resource sharing, counseling, and disease self-management.

olderadults@familyconnections.nj.org

Connections at home

Connecting Homebound Seniors to their Communities. They assist homebound seniors experiencing social isolation. Their support team connects them to their communities through easy-to-use technology.

FREE - Live classes for older adults, by older adults (Virtual) Visit [Program Calendar](#)

[NJ Department of Human Services: Division of Aging Services](#)

Warren Specific

Older Adult Meal at St. Lukes Warren

For Warren County adults 65+ weekdays from 4-6pm. \$3.99 dinner includes entrée, salad, side, vegetable, dessert and 12oz drink. Credit & debit cards only. NO CASH. For more information call 1-866-785-8537 and indicate you are ordering the older adult meal.

MILITARY/VETERANS

[Veteran Service Officers](#)

Overview - Through our network of regional Veterans Service Offices (VSO), the NJ Department of Military and Veterans Affairs (DMAVA) provides the state's Veterans and their dependents with information and guidance in filing claims. Trained Veterans Service Officers at these offices also assist Veterans with issues pertaining to employment, education, burial, counseling, housing, social and medical services, and other areas of concern to Veterans and their families. DMAVA also conducts outreach events in the community where VSOs are present to help and assist any Veteran. Please refer to the Veterans Outreach Schedule.

Veterans Crisis Line: Dial 988 and Press 1

[Program of General Caregiver Support Services \(PGCSS\)](#)

[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\)](#)

[Caregiver Application For Benefits | Veterans Affairs \(va.gov\)](#)

[Prepared Caregivers: A Toolkit for Caregivers of Veterans for Disaster Preparedness](#)

[VA Caregiver Support](#)

Jennifer Del Pesce, LCSW
Caregiver Support Program
PGCSS Coordinator
VANJHCS East Orange, NJ
(973) 676-1000 X203085 or
Jennifer.Delpesce@va.gov

[Community Hope for Veterans](#)

National Call Center for Homeless Veterans 877-424-3838

Resources for Homeless Veterans and other Veteran Resources are available. Contact your local VSO.

National Coalition of Homeless Vets 800-838-4357

Veterans are encouraged to register with **211**.

CAREGIVER RESOURCES

MENTAL HEALTH

Mental Health Crisis Resources

988 Suicide and Crisis Lifeline

Children's Mobile Response and Stabilization Services 24 hours, 7 days a week 1-877-652-7624

New Hope IBHC Withdrawal Management, Short-Term Residential 732-946-3030

Parent to Parent Recovery Support Services 908-223-1951

Youth Helpline for NJ

<https://www.2ndfloor.org/> 888.222.2228

Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

211 provides callers with information about and referrals to social services for every day needs and in times of crisis

The Trevor Project Immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free. 1-866-488-7386

Saint Clare's Wellness & Recovery Center, located at 140 Boulevard, Washington offers rapid crisis support to individuals experiencing an urgent mental health concern. Care is provided in a warm and inviting environment that is separate from the medical facility. Can be reached via phone at 908-477-2100 M-F 8:30-5 or after hours at 201-400-8573. Walk-ins are welcome or call to make an appointment during business hours. Transportation may be available if needed/request. Services include crisis support, individual counseling, medication evaluation, peer support and psychoeducation.

SAMHSA Treatment Locator:
<https://findtreatment.gov/>

[National Council for Mental Wellbeing](#)

[Grow Your Mental Health Page](#)

Collaborative Support Programs of New Jersey (CSPNJ) is a peer-led not-for-profit organization.

Collaborative Support Programs of New Jersey, Inc. (CSPNJ), a peer-led not-for-profit organization, provides flexible, community-based services that promote responsibility, recovery, and wellness through the provision of community wellness centers, supportive and respite housing, human rights advocacy, educational and innovative programs for people with the lived experience of behavioral health conditions.

MENTAL HEALTH Cont'd

Recovery Management Checkup (RMC) Services through Prevention is Key (PIK)

This program is specifically designed for individuals with substance use disorder (SUD) who have recently been discharged from licensed treatment facilities in New Jersey. The program aims to provide essential support for individuals transitioning to independent living, as well as connecting them with vital resources to aid in their recovery journey. For more information click [here](#) or contact Noah Deutsch at (973) 303-3790 or ndeutsch@mcpik.org for more information.

WARREN SPECIFIC:

For more information on the **Warren County Stigma Free Initiative**, please email humanservices@co.warren.nj.us

[Stigma Free Newsletter](#)

Center for Family Services Designated Crisis Screening & Intervention Services 24 hour hotline: 908-454-5141. This is for anyone that is having a mental health crisis and needs a mobile assessment to determine if hospitalization is needed. Per State regulations, police will respond to ensure safety for all and may transport to the hospital if needed. They can also offer mental health peer support via this number.

Center for Family Services Intensive Outpatient Services 908-689-1000

Domestic Abuse & Sexual Assault Crisis Center of Warren County Hotline 24 hours, 7 days a week 908-453-4181

Mental Health Matters is a monthly [newsletter](#) from Atlantic Behavioral Health

[988 Suicide & Crisis Hotline](#)

If you are having thoughts of suicide If you need mental health-related crisis support. If you are worried about someone else Please call or text **988** or visit the [National Suicide Prevention Lifeline](#) chat to connect with a trained crisis counselor

CAREGIVER RESOURCES

DISABILITES

DAWNcil Caregiver Support Survey For questions contact 973-625-1940

[A Guide to Accessible Beaches in New Jersey](#)

Gold Medal Home Health

Are you a family member supporting an individual with an intellectual and/or developmental disability? You can be compensated for your work! [Gold Medal Home Health](#) employs family members, neighbors, and others to provide services. All training is completed internally. If interested please contact Ken Sullivan at 201.320.0223 or kens@goldmedalhomehealth.com

Brain Injury Alliance of NJ Needs Assessment

With this needs assessment, the aim is to better understand the current picture of Traumatic Brain Injury (TBI) in the state and direct efforts to areas that are the most in need of attention. The first part of the study will consist of individual surveys conducted online, over the phone, and on paper. After this, there will be focus groups in South, Central, and North Jersey. The hope is to get a well-represented screenshot of the gaps in TBI services in New Jersey. [The direct link to the survey is HERE.](#) For questions contact Dr. Sakina Ladha, MD, MPH at 609.480.2771 or sladha@bianj.org

Education Project (Rutgers Health) Community Living

Webinars for people with ID/DD and their caregivers. Visit <https://clep.rutgers.edu/educational-resources>

Coordinated Care of MetroWest

Provides assistance and supports individuals, families, and/or caregivers living in Greater MetroWest who are overseeing the lifetime care of adults with developmental or acquired disabilities. The program is designed to meet the unique needs of the individual and family no matter where they are in their journey. CCM ensures ongoing individualized and personal concern for such individuals with disabilities who may survive their caregivers or whose caregivers are not available to support them. They hope to provide peace to caregivers that someone is there to help when they are no longer here and most importantly, they focus on strengths and quality of life for the disabled adult.

Services include:

- -Free phone consultation to connect you to local resources and provide emotional support
- -Short term fee for service case management to assist with more specific needs and research
- -Long term fee for service case management to ensure a thorough care plan for future planning that is forever evolving and changing. For more information, call (973) 765-9050 or email coordinatedcare@jfsmetrowest.org

DISABILITES Cont'd

[Autism New Jersey Announces Medical Equipment Lending Library](#)

[Finaly Home NJ Learning Sessions](#)

[Catastrophic Illness in Children Relief Fund](#)

[NJ Commission for the Blind and Visually Impaired](#)

[NJ WorkAbility](#)

[The Arc of the United States Announcement](#)

[The Arc of New Jersey Self Advocacy Project Newsletter](#)

[The Arc of New Jersey Program](#)

[The Arc of New Jersey Family Institute](#)

[Brain Injury Alliance of New Jersey](#)

[Brain Injury Alliance Educational Programs For more information](#)

[ARCH is Access to Respite Care and Help](#)

[Equal Opportunity Support Services](#)

[Division of Disability Services launches their updated website](#)

[West Morris YMCA in Randolph Parkinson's Disease Programs](#)

[Tri County Care Management Organization](#) By working effectively with schools, the Juvenile Justice System, and mental health and behavioral health providers, as well as advocating for family voice, choice and community support, CMOs help youth succeed at home, in school, and in the community.

[The NJ Council on Developmental Disabilities Regional Family Support Planning Councils](#)

[Donated Dental Services \(DDS\) Program](#)

[NJ Disabilities 101](#)

[An Enhanced Family Crisis Handbook](#)

The purpose of this expanded version (4th edition) of the Toolkit is to empower individuals with disabilities and their family and professional caregivers by providing information to more effectively advocate for persons with complex severe behavioral health conditions (which we formerly referred to as "dual diagnosis") for treatments, supports, services and the conditions that promote mental wellness.

[New Resource for New Jerseyans with Disabilities](#)

CAREGIVER RESOURCES

MEDICARE/MEDICAID

[Center for Medicare Updates](#)

["Quick Guide" to Identifying Coverable Hospice Care](#)

[Center for Medicare Advocacy Webinars](#)

Seniors and people with disabilities can save on essential expenses like prescription costs and Medicare premiums with NJSave! The application screens for eligibility in over a dozen programs, including PAAD, Senior Gold, and more. How to apply: Online: Visit NJSave.org. Text: NJSAVE to [844-755-3803](tel:844-755-3803) to receive a link to the application. Call: [1-866-NJSAVE-5](tel:1-866-NJSAVE-5) for a paper application.

MEDICAL

Fox Rehab

In home PT/OT/ST under Medicare Part B. For more information visit foxrehab.org or call Matthew Evans at 201-364-0871.

Travel Podiatrist

Paul J. Lafergola, DPM
973.366.7676 or plafergola59@gmail.com

Gentle Hands Mobile Phlebotomy

For appointment call 862.279.3418 or gentlehandsmps@gmail.com

[Visiting Physician Services](#)

[No Need for a Script for PT](#) in New Jersey, you get direct access to Physical Therapy and don't need doctor's prescription/referral to start treatment. However, some insurance plans may require a referral from a Medical Doctor to reimburse for Physical Therapy services.

[Kessler Institute for Rehabilitation](#) –Chester [Neurological Rehabilitation](#)

What conditions can benefit from neurological rehab?

Injuries, infections, degenerative diseases, structural defects, tumors, and disorders in the circulatory system can impair the nervous system. Some of the conditions that may benefit from neurological rehab may include:

- Vascular disorders, such as ischemic strokes (caused by blood clots), hemorrhagic strokes (caused by bleeding in the brain), subdural hematoma, and transient ischemic attacks (TIAs)
- Infections, such as meningitis, encephalitis, polio, and brain abscesses
- Trauma, such as brain and spinal cord injury
- Structural or neuromuscular disorders, such as Bell palsy, cervical spondylosis, carpal tunnel syndrome, brain or spinal cord tumors, peripheral neuropathy, muscular dystrophy, myasthenia gravis, and Guillain-Barré syndrome
- Functional disorders, such as headache, seizure disorder, dizziness, and neuralgia
- Degenerative disorders, such as Parkinson disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Alzheimer disease, and Huntington chorea.

[Tinash Homecare Services](#)

[Advocates Join Center in Comments on Observation Status Appeals](#)

[Statement on Proposed Appeal Rules for Hospital Observation Status](#) and [FAQ's](#)

CAREGIVER RESOURCES

HOUSING & UTILITIES

Housing Assistance in Warren County
- **Temporary Assistance and Social Services (TASS)** at 908-475-6218 (Social Services Unit)
- **211** after hours for emergency assistance
- **Family Promise** at 908-453-2194 for assistance with homelessness prevention and other housing programs.

Tri-County Continuum of Care is a group of agencies and partners working to end homelessness in Warren, Sussex & Hunterdon County utilizing Housing & Urban Development (HUD) funding. [Family Promise of Sussex County](#) is the lead agency for this collective.

The Supportive Housing Association of New Jersey (SHA) [Housing Guide](#)

[Water and Sewer Bill Assistance Available](#)

[Low Income Household Water Assistance Program \(LIHWAP\)](#)

[Division of Housing and Community Resources](#)

[Housing Counseling and Legal Services Program](#)

Housing Programs Now Open:
- **Tenant-Based Rental Assistance (TBRA) Program**, which helps cover rental housing costs for low-income rental families impacted by Hurricane Ida to make rental housing more affordable.

TBRA pre-applications are available [online](#). People can also request a TBRA pre-application by calling (609) 913-4252 or by emailing DRM.TBRA@dca.nj.gov. TBRA program staff will review pre-applications and refer households that meet eligibility criteria to complete a full application.

Homeowner Assistance Recovery Program (HARP), which provides owner-occupied residential property owners with financial assistance to help them repair, elevate, and, in some cases, rebuild their primary homes that were damaged by Hurricane Ida.

[HARP applications are available online](#). People can also request a HARP application by calling DCA's Division of Disaster Recovery and Mitigation constituent services office at (609) 292-3750 or by emailing DisasterRecoveryandMitigation@dca.nj.gov

[Legacy Empowerment Services - Housing Advocacy Program](#)
They serve all of NJ. They are a diverse and multi-talented team with a wide range of expertise including: job coaching, special education, finance and economics, social work, psychology, art and music therapy for individuals with special needs 21 and over. Call 732-523-0769 or email info@legacynj.org

GENERAL

[The National Alliance for Caregiving \(NAC\)](#)

[Caregiver Teleconnection FREE Caregiver Programs](#)

[Atlantic Health Systems Community Health Events](#)

[Karen Ann Quinlan Home for Hospice Community Events](#)

[New Jersey Human Services Newsletter](#)

[NJ Updates: Events, Deadlines, Programs, Guidance, and More](#)

[American Cancer Society Help for Caregivers, Patients and Survivors](#)

[Cancer Caregiver Support | American Cancer Society](#)

[Triage Cancer](#) is a national, nonprofit organization that offers free education on legal and practical issues that individuals diagnosed with cancer and their caregivers may face.

[I Choose Home New Jersey](#)

[NJ 2.1.1](#)

[Smart 9-1-1](#)

[NJ Silver Alert](#)

[NJ Register Ready](#) – New Jersey's Special Needs Registry for Disasters" allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected here is confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning.

[American Cancer Society Caregiver Resource Guide](#)

[National Alliance for Caregivers Guide Book](#)

[NEW JERSEY HUMAN SERVICES: New Jersey Resources 2024 First Edition](#)

[Advocates for Children of NJ](#)

[Goals of Care Coalition of NJ](#)

CAREGIVER RESOURCES

GENERAL

Tessie's Touch – Essex & Morris County

Offered by Jewish Family Service of MetroWest NJ, brings joy & connection to isolated older adults by matching them with a caring volunteer. Tessie's Touch covers the cost of activities and transportation. If you or a loved one is interested in being paired with a volunteer to enjoy outings together contact Taylor Ruszczuk 973-637-1742. truszczuk@jfsmetrowest.org

Lasagna Love

Volunteer to make lasagna or ask for a pan for yourself.

Get Help with SNAP Food Assistance

SNAP Navigators are available in all 21 counties to help people seeking assistance from the State **Supplemental Nutrition Assistance Program (SNAP)**. SNAP Navigators can answer questions about SNAP and can help people apply for SNAP benefits. There are 11 agencies with SNAP Navigators available to assist residents throughout New Jersey.

'Carefluencers' Are Helping Older Loved Ones, and Posting About It NY Times Article

Become a Disaster Response Crisis Counselor

New Jersey is one of the first states to certify its behavioral health first responders in preparation for response to disasters and traumatic events. The development of a cadre of paraprofessionals enhances the capability of activating a timely and effective behavioral health response. A Disaster Response Crisis Counselor is a volunteer who becomes part of an Emergency Response Network and responds to the needs of communities in the event that a disaster strikes. The counselors are trained in disaster response, disaster behavioral health and crisis counseling among other topics and they collaborate with the various response partners who participate in the statewide emergency response network. The counselor does not need to have a clinical background as the crisis counseling program does not provide traditional mental health services. The training will provide the technical support and knowledge needed to become a Disaster Response Crisis Counselor emphasizing psychological first aid and information and referral services.

Beware of Scammers Impersonating Charities

How the Change Healthcare Cyberattack is Impacting the Industry

Report Social Security-related scams to the SSA Office of the Inspector General (OIG)

Legal Services of Northwest Jersey

provides a full range of free legal services to people with limited income in Hunterdon, Morris, Somerset, Sussex, and Warren Counties

Different Types of Guardianships in New Jersey

Volunteer Guardianship One on One - Hunterdon, Warren, Somerset

Center For Family Services (CFFS)

CFFS offers a **comprehensive continuum of care** and a broad range of service areas to meet the current and changing needs across the New Jersey community:

Addiction & Recovery

Community Connections

Counseling & Behavioral Health

Early Childhood Education

Family Support & Prevention

Safe & Supportive Housing

Trauma & Victim Response

Workforce Development

Highly trained, dedicated staff work closely with individuals, children, and families to provide exceptional care.

Services help people develop solutions and create paths for greater self-sufficiency. Call 877-922-2377

or access@centerffs.org

New Jersey's Parent Caucus

Parent to Parent Coalition

For Families and Children Struggling with Alcohol and Drug Addiction

CAREGIVER RESOURCES GENERAL

COUNTY SPECIFIC

MORRIS

Social Adult Day Center - Morris

Helps Aging Adults Combat Loneliness, Boosts Health. The Cornerstone Social Adult Day Center in Morristown provides a safe, upbeat, and welcoming environment for aging adults who could benefit from social interaction and some assistance weekdays between 8 am – 6pm. Attendance flexibility, exceptional staff and door-to-door transportation make the program a hit for clients and caregivers alike. This impactful program is funded in part by the Morris County Board of Commissioners so those who live or work in the County are eligible for special sliding scale fees and scholarships. For more information or to arrange a free trial visit, call 973-326-7288, email pkraemer@cfp-mnh.org or download this printable flier: [Social ADC Flyer Revised 1.22.2024.pdf](#).

SUSSEX

Utility Assistance

Are you one of the 20 million Americans that are behind on their utility bills? Assistance is available in two easy steps!

- Gather Documents: Social Security Verification, Social Security Card or Government Issued Document with Social Security Number
- Address Verification: Current Lease Agreement, Mortgage Statement, or Tax Bill
- Income Verification: Awards Letter, Benefit Statement, or Paystubs
- Utility Bills: Heating: Natural Gas, Propane, Oil, Electric, Wood

Email utilities@familypromisesussex.org or Call 973-579-1180 ext. 1022 to schedule an in-person appointment at our Newton office or for a home visit

Caregiver Support Group (Virtual)

1st Friday of each month from 2-3pm
For more information and to register, please call Sussex County Office on Aging at 973-579-0555 ext. 1288

[The Culinary Institute at Sussex County Community College](#)

Dinner: Thursdays, 5:30-7:30pm **Lunch:** Fridays, 11:30 am–1:30 pm
The Culinary Institute is a diverse facility that services the community and prepares our students with the training necessary for a rewarding career in the culinary field. The community can enjoy meals prepared by our culinary students at the Arbor Restaurant or pastries at our Bakeshop. Students learn, first-hand, how to provide quality food and a welcoming experience for guests. Reservations required. There is a price fix menu.

COUNTY SPECIFIC, cont'd

WARREN

Warren County Transportation Advisory Council (TAC)

All residents in Warren County are invited to attend the TAC meetings and share your thoughts about Warren County Transportation. These meetings are open to the public and are held every other month on the second Thursday at 1:30 p.m. Requests for special accommodations can be made to the Warren County Department of Human Services by calling 908-475-6331. Locations of the meetings vary throughout the county and there are virtual and phone-in options as well. To find out more information, please contact us today. You can call 908-475-6331 or email the Transportation Coordinator, Deirdre Bassin, at dbassin@co.warren.nj.us

[Greenwich Autism Alliance](#)

NATIONAL FAMILY CAREGIVER MONTH

National Family Caregivers Month is a special time to show appreciation to those who care for family members. Caregivers often support loved ones without seeking recognition, which is why this celebration is so important. Their dedication ensures the well-being of many and significantly impacts the lives of those they care for. This month, we acknowledge their hard work and sacrifices. We celebrate National Family Caregivers Month to highlight the crucial role caregivers play. They provide essential support to aging parents, disabled family members, and those with chronic illnesses. This care helps keep families together and improves the quality of life for countless individuals. The month also aims to raise awareness about the challenges caregivers face and the resources available to them.

By honoring caregivers, we show our gratitude and support. Their work is often demanding, both physically and emotionally. Recognizing their efforts helps them feel valued and connected to a broader community. This support can be a source of strength, reducing feelings of isolation and enhancing their ability to continue providing care.

History of National Family Caregivers Month

National Family Caregivers Month began in 1994, initiated by the Caregiver Action Network, then known as the National Family Caregivers Association. This event aimed to recognize family caregivers' vital role in supporting loved ones with health needs. President Clinton officially proclaimed the first National Family Caregivers Month in 1997. Since then, every president has continued this tradition, highlighting the importance of caregivers each November. The month is dedicated to raising awareness about the challenges faced by family caregivers. It also aims to educate communities about the significance of their work and the need for more support and resources. Each year, the Caregiver Action Network selects a theme to focus on different aspects of caregiving. Themes have included topics like connecting caregivers and recognizing the diverse roles they play. Various organizations and communities unite to honor these caregivers through National Family Caregivers Month. They provide resources, share stories, and promote policies that support caregivers. This annual observance helps bring attention to caregivers' invaluable contributions, ensuring their efforts are acknowledged and supported.

How to Celebrate National Family Caregivers Month

Host a Caregiver Appreciation Party - Throw a lively party to honor caregivers. Invite friends, family, and community members to join. Fill the space with laughter, music, and heartfelt speeches. Share stories, enjoy a potluck meal, and maybe even have a dance-off. This joyous event shows caregivers they are cherished and appreciated.

Create a Care Package - Surprise a caregiver with a thoughtful care package. Include goodies like snacks, relaxing teas, and cozy socks. Toss in some fun items like puzzles or a good book. Add a personal touch with a handwritten note. This simple gesture can brighten their day and provide much-needed comfort.

Offer Respite Care - Give a caregiver a break by offering your time. Take over their duties for a few hours or a whole day. This small act of kindness allows them to recharge. They can enjoy some "me-time," catch up on sleep or pursue a hobby. It's a gift of time and relaxation.

Organize a Fundraiser - Plan a fun fundraiser to support caregiver resources. Host a bake sale, car wash, or community garage sale. Use the proceeds to donate to organizations that help caregivers. This not only raises funds but also spreads awareness. Everyone loves participating in a good cause.

Share Their Story - Highlight the incredible stories of caregivers in your community. Write a blog post, create a social media shoutout, or film a short video. Sharing their experiences can inspire others and offer them the recognition they deserve. It's a beautiful way to celebrate their dedication and hard work.

Host a Wellness Workshop - Arrange a wellness workshop specifically for caregivers. Invite professionals to teach stress management, yoga, or meditation. Provide practical tips on self-care and maintaining mental health. This event can empower caregivers with tools to take better care of themselves while caring for others.

Start a Support Group - Create a support group for caregivers in your area. Organize regular meet-ups where they can share experiences and advice. Provide a safe space for them to vent, laugh, and connect. This ongoing support can make a huge difference in their lives.

Write a Thank You Note - Encourage everyone to write thank you notes to caregivers they know. A simple, heartfelt message can mean the world to someone. Expressing gratitude through words is powerful. It's a small yet meaningful way to show appreciation and love.

For more information click [here](#)