

Dementia Resource Guide

Atlantic Neuroscience Institute



Atlantic
Health System

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The Neurocognitive Resource Guide was created by the Atlantic Neuroscience Institute's team of social workers. We intend this guide be used by our patients and their caregivers to find resources that can be helpful in education about diagnosis, seeking support, and suggested next steps following a diagnosis.

This directory is a helpful guide on where to start and what resources are available. If you are seeking more comprehensive information, we the team of neurology social workers are available.

Please call us so that we can provide additional information and guide you to the appropriate resources and provide guidance.

Your Social Work Team

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Atlantic Health System does not endorse or recommend any service listed in this directory and resources are referenced for informational purposes only. The information in this directory was most current available at the time of publication, however, some programs/services/contact information may change or become outdated. Please check with individual organizations to verify accuracy and availability of programs and services.

Social Work Services

Atlantic Health System Social Work

Our neuroscience social workers are licensed professionals who provide psychosocial services to patients and families facing the impact of a significant diagnosis and treatment. Each of the social workers bring specialized training and expertise to their roles.

Counseling Services

Our social workers provide short-term supportive counseling at no charge. They can help you enhance coping skills and discuss any fears, concerns and worries related to your diagnosis, treatment or medical decision making. The social workers are also here for caregivers and loved ones and can guide you through talking with your support system about your diagnosis and subsequent treatment. Counseling services are available at any point in your treatment.

Resources and Referrals for Practical Issues

Our social workers also serve as a liaison and advocate between patients, the health care system, and the community. Based on your specific needs, your social worker will help you identify and access appropriate resources for transportation, financial counseling assistance, employment issues, health insurance, and community and in-home supports.

If you do not have health insurance, or if you have concerns about being able to pay for your care, there are multiple federal and state programs that provide financial benefits to individuals and families such as Social Security, Medicare, New Jersey State Temporary Disability benefits, Charity Care and Medicaid. Please contact one of our social workers to connect you to those resources.

Advance Care Planning

Advance care planning is the process that helps you express your goals, values, and wishes as they relate to your health care. Our social workers are available to answer your questions and help you to communicate your wishes to your family and to your health care team.

Community and Virtual Resources for Dementia Patients and Caregivers

This guide offers a variety of community resources to enhance your understanding of your diagnosis and provide resources to patients and their support network. We encourage you to discuss your needs with your doctor and social worker so they can better provide additional insight. Atlantic Health System provides this guide as a benefit to our patients but does not endorse any of these services.

RESOURCES AT A GLANCE

NJ 211
Dial 2-1-1 or 1-877-652-1148
nj211.org

NJ Find-A-Ride
njfindaride.com

NJ Temporary Disability
myleavebenefits.nj.gov

Mental Health Crisis Hotline
Dial 9-8-8

Social Security

As a federal program, Social Security provides retiree, disability, and survivor benefits. Online services include reviewing information, applying for benefits, managing your account and more.

- 1-800-272-1213
ssa.gov

General Resources

Memory & Cognitive Disorders Program at Atlantic Health System

The Memory & Cognitive Disorders Program at Atlantic Health System provides a team approach to patient-centered care. The highly specialized team works with patients, family and referring physicians to pinpoint the specific cause of neurodegenerative conditions, like memory loss. They collaborate efforts to coordinate an effective treatment plan, including follow-up care and education.

- 908-522-2829
99 Beauvoir Avenue, Fifth Floor, Summit, NJ 07901
atlanticealth.org, keyword “Memory & Cognitive”

Healthy Aging Program – The David and Joan Powell Center for Healthy Aging

The Healthy Aging Program at Atlantic Health System aids older people and their caregivers by assisting them with finding the health care services and community resources that they need to live longer, healthier, and more active lives. This phone and email-based hotline is available Monday-Friday, and all inquiries are answered by a geriatric social worker. We are here to offer tips on navigating the eldercare maze and help you learn more about home health services, skilled nursing and assisted living facilities, adult day services, transportation, insurance and financial options, and other services available to older adults and their caregivers.

- 973-971-5839
HealthyAging@atlanticealth.org
atlanticealth.org, keyword “Senior Services”

Behavioral Medicine Services

The Behavioral Medicine program prides itself on helping patients effectively manage their chronic illness and improve their overall well-being. It provides integrated individualized treatments, developing goals, and creating care plans to improve coping skills and stress management. Well-established inpatient programs to improve the health and restore the quality of life for geriatric patients are also available. This program addresses the specific difficulties faced by older adults, including depression, isolation, and dependence on family members.

- 1-888-247-1400
atlanticealth.org, keyword “Behavioral Medicine”

Sleep Medicine Services

The Sleep Medicine program at Atlantic Health System provides diagnostic assistance to determine if a patient is experiencing any type of sleep disorder. Many people have trouble falling asleep, feel drowsy at work or have bad dreams. While these experiences are common on an occasional basis, frequent occurrences could be a sign of a sleep disorder.

- 973-971-4567
atlanticealth.org, keyword “Sleep Disorders”

Aging & Disability Resource Connection of NJ

The Aging and Disability Resource Connection (ADRC) serves as a source of information on long-term services and supports for persons of all incomes. ADRC professional staff assist seniors, adults, and their caregivers in finding benefits and services they need.

- 877-222-3737
adrcnj.org

Eldercare Locator

This service of the Administration on Aging is a nationwide service that connects older adults and caregivers with information on senior services throughout the country. Whether help is needed with services such as meals, home care or transportation, or a caregiver needs training and education, or a break from caregiving responsibilities, the Eldercare Locator is there to point that person in the right direction.

- 800-677-1116
eldercare.acl.gov

American Brain Foundation

The American Brain Foundation was founded to bring researchers and donors together to cure brain diseases and disorders. The American Brain Foundation offers a wide range of events on topics across the spectrum of the human brain, including in-depth discussions with neurology experts. Next Generation Research Grants fund and support innovative investigations.

- americanbrainfoundation.org
americanbrainfoundation.org/diseases/dementia-alzheimers-lbd

Alzheimer's Disease and Other Dementias

Alzheimer's Association

Offers information and education, connection to clinical trials and linkage to national and regional support resources for both caregivers and those living with Alzheimer's.

- 1-800-272-3900 24/7 Hotline – Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families, and the public.
- 973-866-8143 - Greater NJ Chapter
alz.org

Alzheimer's New Jersey

Offers care consultations, support groups, educational opportunities, connection to respite care and linkage with local community resources for patients and families coping with Alzheimer's. Alzheimer's NJ offers a Respite Care and Wellness scholarship grant of \$1,000 to help support the cost of respite care services.

- 888-280-6055 Helpline; 973-586-4300 Headquarters Office
425 Eagle Rock Avenue, #203, Roseland, NJ 07068
alznj.org

Alzheimer's Foundation of America

This national organization provides support, education and services to individuals, families and caregivers affected by Alzheimer's and related dementias. A National Memory Screening Program coordinates free memory screenings for community members throughout the country.

- 866-232-8484 Helpline
alzfdn.org

Lewy Body Dementia Association

Offers patient and caregiver resources, including education about Lewy Body Dementia, online support groups and local resources.

- lbda.org

The Association for Frontotemporal Degeneration

Offers education about frontotemporal disorders, along with national and regional support resources for both patients and caregivers.

- 866-507-7222
theaftd.org
theaftd.org/living-with-ftd/support-for-people-with-ftd

CurePSP

CurePSP offers information and support for neurodegenerative diseases, including progressive supranuclear palsy (PSP), corticobasal degeneration (CBD), and multiple system atrophy (MSA).

- 800-457-4777
info@curepsp.org
psp.org

FTD Disorders Registry

FTD (frontotemporal disorders) Registry is an online database that collects information from those affected by all types of frontotemporal degeneration. Persons diagnosed, current and former caregivers, family, and friends can join. As a member of the Registry, you can help us advance the science and move faster toward finding treatments and cures.

- 1-888-840-9980
director@ftdregistry.org
ftdregistry.org

National Aphasia Association

The National Aphasia Association provides access to research, education, rehabilitation, therapeutic, and advocacy services to individuals with aphasia and their caregivers.

- naa@apashia.org
aphasia.org

National Institutes of Health – National Institute on Aging

This national agency offers information about advance care planning, free publications available.

- 800-222-2225
nia.nih.gov

Alzheimer's and related Dementias Education and Referral (ADEAR) Center

The ADEAR Center aims to compile, archive, and disseminate information concerning Alzheimer's disease and related dementias for health professionals, people living with dementia and their families, and the public.

- 800-438-4380; adear@nia.nih.gov
alzheimers.gov; <https://nia.nih.gov/health/alzheimers>

National Institute of Neurological Disorders and Stroke

This national agency offers health information and education about research, funding, and more.

- 800-352-9424
ninds.nih.gov

Food and Nutrition

Meals on Wheels Association of America

- 888-998-6325
mealsonwheelsamerica.org

ESSEX COUNTY

Essex County Division of Senior Services

Home-delivered meals. Sites in Bloomfield, Newark, and senior housing complexes throughout the county.

- 973-395-8375
essexcountynj.org

Chrill Care

A member of Meals on Wheels America, Chrill Care delivers weekday hot meals to clients who are mostly homebound due to illness, physical limitation, advanced age, or inadequate cooking facilities. These meals are funded by Essex County. However, in some cases, health insurance will cover the cost of meals.

- 973-744-0473
chrill.org

SAGE Eldercare – Home-Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

JCC Home-Delivered Kosher meals

Offering kosher meal delivery and a drop-in senior lunch program

- 973-530-3414
jccmetrowest.org

HUNTERDON COUNTY

Meals on Wheels in Hunterdon County

Home-delivered meals.

- 908-284-0735
mowih.org

MIDDLESEX COUNTY

Middlesex County Senior Meal Program

Home-delivered meals. Sites in Carteret, Edison, Old Bridge, Perth Amboy, Piscataway, Sayreville, and South Plainfield.

- 732-745-2062
middlesexcountynj.gov

Meals on Wheels Jewish Family Services of Middlesex County

Offering Kosher home-delivered meals. Serving residents of Avenel, Carteret, Colonia, East Brunswick, Edison, Fords, Keasbey, Highland Park, Metuchen, Monroe, Old Bridge, Parlin, Perth Amboy, Port Reading, and Woodbridge.

- 732-777-1940
jfsmiddlesex.org

Greater New Brunswick Meals on Wheels

Home-delivered meals, serving residents of Highland Park and New Brunswick

- 732-249-3488
mowgnb.org

Meals on Wheels of Metuchen, Edison, and Woodbridge

Home-delivered meals

- 732-634-4141

MONMOUTH COUNTY

Monmouth County Office on Aging

Home-delivered meals are provided to homebound elderly, once a day, Monday through Friday, with a suggested donation. At 12 sites throughout the County, including two Kosher sites, hot noontime meals are served to people 60 years and older.

- 732-431-7450
co.monmouth.nj.us

Meals on Wheels of Monmouth County

Offering home-delivered meals and congregate meals sites in Asbury Park, Howell, Keyport, Middletown, Neptune, and Red Bank.

- 732-775-0525, ext. 212
interfaithneighbors.org

MORRIS COUNTY

Morris County Senior Citizen Nutrition Program – Home-Delivered Meals & Senior Nutrition Sites

Home-delivered meals. Sites in Butler, Chatham, Chester, Denville, Dover, Jefferson, Long Hill, Madison, Montville, Morristown, Mt. Olive, Parsippany, Rockaway and Roxbury

- 973-285-6856
morriscountynj.gov

SAGE Eldercare – Home-Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

PASSAIC COUNTY

Passaic County Division of Nutrition Services – Home-Delivered Meals and Senior Nutrition Sites

Home-delivered meals with sites in Bloomingdale, Clifton, Hawthorne, Passaic, Paterson, Totowa, and West Milford

- 973-569-4099
passaiccountynj.org

SOMERSET COUNTY

Somerset County Nutrition Program – Home-Delivered Meals and Senior Nutrition Sites

Home-delivered meals with sites in Basking Ridge, Bridgewater, Hillsborough, Skillman, Somerset, and Warren

- 908-704-6346
co.somerset.nj.us

SUSSEX COUNTY

Sussex County Nutrition Program – Home-Delivered Meals and Senior Nutrition Sites

Home-delivered meals with sites in Franklin, Hopatcong, and Vernon

- 973-209-0123
sussex.nj.us

UNION COUNTY

Meals on Wheels of Union County – Home-Delivered Meals and Senior Nutrition Sites

Home-delivered meals with sites in Cranford, Elizabeth, Hillside, Kenilworth, Linden, Plainfield, Rahway, Roselle, Roselle Park, Summit, Union, Westfield, and Winfield

- 908-486-5100
mowuc.org

Jewish Family Service of Central New Jersey

Kosher foods delivered to homebound older Union County residents.

- 655 Westfield Avenue, Elizabeth, NJ 07208
908-352-8375 x229
jfscentralnj.org

SAGE Eldercare – Home-Delivered Meals

Delivers home-delivered meals to Berkeley Heights, Mountainside, New Providence, Springfield, and Summit (Union County) as well as Millburn and Short Hills (Essex County) and Chatham (Morris County). Union County suggested donation and private pay option for Essex and Morris Counties.

- 908-273-5554
sageeldercare.org

Mobile Meals of Westfield, Inc.

Home-delivered meals available to residents of Clark, Cranford, Fanwood, Garwood, Mountainside, Scotch Plains, Mountainside, and Westfield

- 908-233-6146
westfieldnj.com

WARREN COUNTY

Warren County Division of Aging and Disability Services

Sites in North Warren (Columbia), Hackettstown, Phillipsburg, and Washington

- Home-Delivered Meals – 908-689-4140
Senior Nutrition Sites – 908-475-6591
co.warren.nj.us

PENNSYLVANIA

Meals on Wheels of Greater Lehigh Valley

Offers home-delivered meals, Chef's Pack Program of frozen meals, and grocery shopping.

- 610-691-1030
mowglv.org

Meals on Wheels of Northeastern Pennsylvania

Offers home-delivered meals and Treasured Friends Pet Food Delivery Program

- 570-346-2421
mealsonwheelsnepa.com

Pike County Area Agency on Aging – Home-Delivered Meals and Senior Nutrition Sites

Home-delivered meals with sites in Bushkill, Dingmans Ferry, Matamoras, Lackawaxen, and Lords Valley

- 1-800-233-8911 or 570-775-5550
pikeaaa.org

Food Pantries

Feeding America

Offers an online listing of food banks and links to food assistance programs.

- 800-771-2303
feedingamerica.org

FoodPantries.org

Online listing of food pantries and soup kitchens throughout the country.

- foodpantries.org

Health and Wellness

Community Health at Atlantic Health System

Atlantic Health System's health and wellness program is tailored to meet the needs of today's adults. Offerings are held at various locations throughout Northern NJ and virtually. They include health education programs, nutrition, exercise, life enrichment classes, health screenings, and more. Many programs are free; others may require a fee.

- 844-472-8499 to ask about programming or request a monthly calendar of events
atlantichhealth.org

Chambers Center for Well-Being

Part of Atlantic Health System, the Chambers Center for Well-Being is a state-of-the-art personalized medicine program and wellness club offering a comprehensive range of medical, preventative care, fitness, nutrition, spa, and therapeutic services to improve your overall well-being. We offer a supportive environment to adopt a proactive, holistic approach to health and wellness.

- 973-971-6301
435 South Street, Suite 160, Morristown, NJ 07960
chamberscenterforwellbeing.org

Centers for Disease Control (CDC)

Improving emotional well-being, social connectedness, and resiliency through research-based health promotion and prevention programs is critical to the population's health. The CDC offers educational information including articles, tips, and quizzes to build knowledge and enhance emotional health and well-being.

- cdc.gov/mentalhealth

Education and Classes

Alzheimer's and Dementia Training and Education Center

The Alzheimer's Association provides free virtual courses that educate on Alzheimer's and other dementias. Training and education courses are available in both English and Spanish.

- training.alz.org

Alzheimer's Association Virtual Library

The Alzheimer's Association's virtual library provides several resources relating to dementias.

- alz.org/help-support/resources/virtual_library

National Institute of Aging (NIA)

The National Institute of Aging is one of the Institutes of the National Institute of Health (NIH), which leads the federal government in research on aging and Alzheimer's disease and related dementias. Their website provides education about diagnoses and research.

- nia.nih.gov

Community Health at Atlantic Health System

Atlantic Health System's free health and wellness program tailored to meet the needs of today's adults. Offerings are held at various locations throughout Northern NJ and virtually. They include health education programs; nutrition, exercise, and life enrichment classes; health screenings and more. Many programs are free; others may require a fee.

- 844-472-8499 to ask about programming or request a monthly calendar of events
atlantichhealth.org

Help at Home

Home Health Services

While Medicare and other insurances may cover some home care services, such as help after surgery or hospitalization. This is usually ordered by a physician for short-term support and requires that a person meet specific criteria to medically qualify. Generally, nurses, therapists, or aides provide one to two hours of services each week. Most insurances do not cover ongoing or long-term home care to assist with personal care and supervision. This is called "custodial care," and therefore this is often an out-of-pocket expense.

Home Care Association of New Jersey

Provides a directory of member home care agencies throughout New Jersey.

- 732-877-1100
411 North Avenue East, Cranford, NJ 07016
homecarenj.org

Atlantic Visiting Nurse

Serves Essex, Morris, Somerset, Sussex, Union, and Warren Counties in NJ and Pike County in PA

- 973-379-8400, Referrals 973-379-8472
atlanticealth.org

Visiting Nurse Association of Northern New Jersey

Serves Morris, Hunterdon, Sussex & Warren Counties

- 800-938-4748
vnannj.org

Private Pay

Home care can enable individuals to remain at home as opposed to moving into assisted living or a skilled nursing facility. Home care can help enable people to remain at home instead of choosing to live in a facility. When an individual requires personal care and supervision, this is called “custodial care,” and it is an out-of-pocket expense. The average cost of private pay home care services in NJ is \$35-40/hour and most agencies have a daily minimum of four consecutive hours. Ask your medical team or social worker for a more comprehensive list of home care providers.

Additional resources to help pay for home care include:

- Long-Term Care Insurance policy that covers home care services
- Applying for social service programs, such as Medicaid
- Veteran’s Aid and Attendance pension benefit – available to veterans or spouses who meet financial criteria

Private Care Agencies

Commission on Accreditation for Home Care (CAHC) New Jersey

CAHC-accredited agencies have chosen to go beyond the basic requirements of a health care service firm to undergo a lengthy initial review process and annual monitoring through site visits by experienced RN Field Nurse Surveyors. Visit their website for names of accredited agencies.

- 201-880-9139
cahcusa.org

- Atlantic Private Care (affiliated with Atlantic Health System)
973-540-9000
atlanticprivatecare.com
- Alvita Home Care
212-273-0490
alvitacare.com
- Bayada Home Health Care
973-867-3000
bayada.com
- Brightstar Home Care
973-898-0800 (Morris and Essex),
908-322-8200 (Westfield)
brightstarcare.com
- Claddagh Home Care
973-598-9732 claddaghhomocare.com
- HomeWell Senior Care
201-487-9220
homewellseniorcare.com
- SAGE Eldercare
908-273-8400
sageeldercare.org
- Senior Home Care Services
973-538-4357
seniorhomecareservices.com
- Seniors in Place
973-376-1600
seniorsinplace.com
- The Senior Company
973-355-6336
theseniorcompany.com
- Synergy Home Care
973-394-5638
synergyhomecare.com
- Victory Care Givers
908-441-6625
victorycaregivers.com

Home Safety

FireAvert

FireAvert is an effective way to protect a home from dangerous fires. Products for gas or electric stoves and microwaves install in less than 10 minutes and requires no professional skill. FireAvert syncs to the sound of the smoke alarm, including Nest alarms, and will automatically shut off the power or gas when your smoke alarm sounds.

- fireavert.com

Project Lifesaver Program

Project Lifesaver provides a tracking device for individuals who are at risk for wandering due to Alzheimer's disease, dementia, autism, or other conditions. Program is coordinated by local county Sheriff Departments and depending on the county, the device may be free or have a minimal cost. If the person goes missing, the local Sheriff's Department can activate the tracker, which assists local search teams and can help reduce the time the person is lost and at risk.

- projectlifesaver.org
- Essex County
973-621-4101
essexresourcenet.org
- Hunterdon County
908-788-1166
co.hunterdon.nj.us
- Middlesex County
732-745-3271
middlesexcountynj.gov
- Monmouth County
732-308-3770 ext. 8780
mcsonj.org
- Morris County
973-285-6681
morriscountynj.gov
- Passaic County
973-389-5920
pcsheriff.org (provided by AngelSense)
- Somerset County
908-231-7140
co.somerset.nj.us
- Sussex County
973-579-0850 ext. 2004
sussexcountysheriff.com
- Union County
908-527-4450
ucnj.org
- Warren County
908-475-6309
wcsheriff-nj.us
- NJ Sheriffs' Association
njsheriff.org

MedicAlert + Alzheimer's Association Safe Return

MedicAlert + Alzheimer's Association Safe Return membership provides a specialized live 24/7 emergency response service for individuals with Alzheimer's or related dementia who wander or have a medical emergency. In case the individual wanders, MedicAlert Foundation will work with you, your local Alzheimer's Association chapter, and local law enforcement to provide for the safe return of your loved one.

- 1-800-432-5378
alz.org or medicalert.org

Medical Alert Systems

Many companies offer systems that provide pendants or wrist units that the wearer can push to connect them with emergency services if they need help. These are helpful for individuals who live alone or are at risk for falling. These systems are often an out-of-pocket expense (may be covered by Medicaid) but provide a sense of security. Some companies offer specialized services that can assist with health monitoring, such as medication dispensing systems, fall detection, or GPS monitoring.

– Ask your medical team or social worker for a more comprehensive list.

ADT Emergency Panic Button

- 1-800-521-1729
adt.com

LifeAlert

- 1-800-360-0329
lifealert.com

LifeStation Medical Alert System

- 1-866-398-8474
lifestation.com

MedicalCare Alert

- 1-855-272-1010
medicalcarealert.com

Mobile Help Medical Alert System

- 1-800-992-0616
mobilehelp.com

Philips Lifeline

Also offers medication dispensing system.

- 1-855-600-6127
lifeline.philips.com

Walgreens Ready Response

Multilingual monitoring services available

- 1-866-310-9061
walgreensreadyresponse.com

Home Modifications

Home modification organizations have a goal to create safe and accessible homes to patients with physical needs. These companies can help make changes in the home such as adding grab bars, ramps, and stair chair lifts.

Back Home Safely

- 973-219-4147
backhomesafely.com

101 Mobility

- 973-447-3975 for Northern New Jersey or 888-258-0652 for a different service area
101mobility.com

Able Care

- 800-310-1196
able-care.com

Assistive Devices

The goal of assistive devices is to improve functionality in one's daily routine from grips on toothbrushes or utensils to a sock aide to help with dressing. Ask your medical team or social worker for suggestions on gadgets that can create a positive change to your daily routine.

Medical Equipment

Power Wheelchair

Power wheelchairs and scooters enable riders to steer themselves more easily at home or in the community. Medical insurance requires patients to go for a clinic evaluation for approval. The process can generally take three months and the power wheelchair or scooter will only be provided after the clinic evaluation. You can find information about cost and details from Medicare's website or by calling your insurance provider

- [medicare.gov/Pubs/pdf/11046-Medicare-Wheelchair-Scooter.pdf](https://www.medicare.gov/Pubs/pdf/11046-Medicare-Wheelchair-Scooter.pdf)

You can reach out to the following locations for a clinic evaluation:

- Kessler Saddle Brook 201-368-6000
- JFK Edison 732-321-7000 x 65812
- NuMotion 855-873-6660

AtHome Medical

AtHome Medical, an affiliate of Atlantic Health System, is a provider of durable medical equipment including home oxygen, respiratory equipment, home enteral equipment, sleep therapy devices, wheelchairs, specialty beds and support surfaces.

- 1-800-287-0643
200 The American Road, Morris Plains, NJ 07950
athomemedical.org

AECD – Health Equipment Loan Program (HELP)

This program lends medical equipment such as walkers, shower seats, wheelchairs, etc. at no cost for as long as needed to individuals with limited finances. A minimal, refundable deposit is required depending on the type of equipment that is being loaned.

- 732-296-9922
222 Livingston Avenue, New Brunswick, NJ 08901
aecdc.org

Goodwill Home Medical Equipment

Non-profit organization provides refurbished durable medical equipment to anyone, with priority given to those with limited resources for getting such equipment due to lack of health insurance or coverage of specialized equipment.

- 609-812-2210
300 Benigno Boulevard, Bellmawr, NJ 08031
goodwillhomemedical.org

Pluckemin Presbyterian Church Medical Equipment Ministry

Pluckemin Church loans gently used medical equipment (such as wheelchairs, walkers, crutches, recliners, hospital beds, etc.) at no charge for those in need. Supplies are donated by the community for the community.

- 908-396-6057
279 Rt. 202-206, PO Box #402, Pluckemin, NJ 07978
ppch.org

Ask JAN

The Job Accommodation Network (JAN) provides free, expert, and confidential guidance on workplace accommodations and disability employment.

- 800-526-7234
askjan.org

The Alzheimer's Store

The Alzheimer's Store is the #1 source for comfort and safety products designed specifically for those with Alzheimer's, Dementia, Stroke, and other memory related conditions.

- 800-752-3238
alzstore.com

Adult Day Services

Adult Day Services are centers or day programs that emphasize social and recreational activities for older adults in a group setting. Most adult day services are socially focused and are appropriate for individuals who may need some supervision for safety and activities of daily living. Many offer specialized programming for those with cognitive impairments, such as Alzheimer's disease and other types of dementia.

Alzheimer's Adult Day Services Program

NJ program which partially subsidizes the out-of-pocket cost of adult day care for people with dementia.

Information can be obtained through the NJ Department of Human Services, Division of Aging Services

- 609-943-4985
state.nj.us

Eldercare Locator

This service of the Administration on Aging is a nationwide service that connects older adults and caregivers with information on senior services throughout the country.

- 800-677-1116
eldercare.acl.gov

Aging and Disability Resource Connection of NJ

Find adult day providers in your area

- 877-222-3737
adrcnj.org

Pennsylvania Department of Aging

Find adult day providers in your area

- 717-783-1550
aging.pa.gov

Virtual Programs and Activities for Those With Dementia

Alzheimer's Foundation of America – Teal Room

AFA Teal Room is a free library of virtual activity and therapeutic programming – daily virtual programming focuses on a variety of areas, including Music, Art, Dance/movement, Fitness, Gardening, and Virtual Tours

- 866-232-8484 – AFA Helpline for caregiving questions
alzfdn.org

A Gathering of Minds

An interactive online program providing cognitive support and social engagement for those in the early stages of memory loss. Private pay service requires access to a computer/tablet and internet connection.

- 484-964-5124
agatheringofminds.com

Brain Connection Café – Positive Approach to Care

The Brain Connection Café is open to anyone, including those living with dementia, and offers free, fun, live sessions to connect with others and exercise the brain. Registration required.

- teepasnow.com/services/webinars/brain-connection-cafe/ or go to teepasnow.com > Calendar > Live Public Webinars

Conversations to Remember

Organization arranges high school and college student volunteers to have free virtual visits with senior citizens to combat the epidemic of loneliness. Open to any older adult, including those experiencing cognitive changes, who may benefit from a virtual video chat. Visits may require assistance from caregiver if older adult needs assistance with technology.

- 862-243-5331
conversationstoremember.org

Please check with individual providers about current operational status, services, availability, costs, etc. The following list is not meant to be inclusive of all providers, but rather a starting place for information.

ESSEX COUNTY

2nd Home Adult Medical Day Care Centers

- 888-298-4040
Locations in East Orange, Orange, and Newark
2ndhome.org

Belleville Senior Services – Adult Medical Day Care

Offers multilingual day services for Spanish, Korean, Indian, Creole, and Tagalog speaking clients.

- 973-751-6000
518 Washington Ave, Belleville, NJ 07109
bellevilleseniorhealthservices.com

Goodlife Adult Day Care

- 973-674-5100
515 North Arlington Ave, East Orange, NJ 07017
goodlifedaycare.com

JCC MetroWest – Jonathan and Nancy Littman Memory Center

Offers a kosher lunch for clients.

- 973-530-3491 - JCC Memory Center
760 Northfield Ave, West Orange, NJ 07052
jccmetrowest.org

Life Adult Medical Day Care Center

- 973-578-2815
290 Chestnut St, Newark, NJ 07105
lifeamdc.com

North Ward Center – Casa Israel Adult Medical Day Care

- 973-481-0415
288 Mount Prospect Ave, Newark, NJ 07104
northwardcenter.org

Senior Care and Activities Center – Adult Day Center

Offers specialized activities and menus for Korean and Indian clients

- 973-783-5589
110 Greenwood Ave, Montclair, NJ 07042
seniorcarecenternj.org

HUNTERDON COUNTY

Flemington Adult Day Care Center

- 732-800-0027
3 Walter E Foran Blvd, Flemington, NJ 08822

MIDDLESEX COUNTY

2nd Home Adult Medical Day Care

- 732-826-8012
420 Fayette Street, Perth Amboy, NJ 08861
2ndhome.org

Elderday JFS of Middlesex County

- 732-777-1940
32 Ford Avenue, 2nd Floor, Milltown, NJ 08850
jfsmiddlesex.org

Just Home Medical Adult Day Care Center

- 732-432-9990
7 Edgeboro Road, East Brunswick, NJ 08816
jhcare.org

Parker Adult Day Centers

- 609-655-6853; 200 Overlook Drive, Pondview Plaza, Monroe Township, NJ 08831
732-565-2400; 443 River Road, Piscataway, NJ 08854
parkerlife.org

South Amboy Adult Day Health Care Center

- 732-387-6448
540 Bordentown Avenue, South Amboy, NJ 08879
southamboyadhcc.com

MONMOUTH COUNTY

Active Day Adult Services

- 732-845-3332
20 Jackson Street, Suite 1-A, Freehold, NJ 07728
activedayservicesnj.com

Allaire Care Senior Day Services

- 732-974-7666
1979 Route 34 South, Wall, NJ 07719
allairecare.com

Golden Years Care

- 732-851-6640
108 Woodward Rd, Manalapan, NJ 07726
goldenyearscaresnj.com

Jersey Shore Adult Day Health Care Center

- 732-481-0560
600 Main St, Asbury Park, NJ 07712
jerseyshoreadhcc.com

Matawan Adult Day Care

- 732-391-8100
3996 County Rd 516, Matawan, NJ 07747
matawanadc.com

We Care Adult Day Care

- 732-741-7363
552A State Route 35, Red Bank, NJ 07701
wecareadultcare.com

MORRIS COUNTY

Caring for Life Adult Day Care

- 973-515-8079
120 East Halsey St, Parsippany, NJ 07054

Cornerstone Family Programs Adult Day Center

- 973-326-7288
540 West Hanover Avenue, Morris Plains, NJ 07960
cornerstonefamilyprograms.org

Morris Adult Day Care Center

Offers multilingual day services for clients who speak Spanish, Hindi, Gujarati, and Russian

- 973-794-4455
784 US Highway 46, Parsippany, NJ 07054
morrisaduldaycare.com

Param Adult Day Care

- 973-998-6900
60 E Hanover Ave, Unit C, Morris Plains, NJ 07950
paramaduldaycares.com

Second Inning I Adult Day Care Center

- 973-884-1855
155 Algonquin Parkway, Whippany, NJ 07981

PASSAIC COUNTY

2nd Home Adult Medical Day Care Centers

- 888-298-4040
locations in Passaic, Paterson, and Totowa
2ndhome.org

Buckingham Adult Medical Day Care

- 973-904-3870
316 North 6th St, Prospect Park, NJ 07508
buckinghamamdc.com

Mi Casa Es Su Casa Adult Day Care Center

- 973-345-4300
911 East 23rd St, Paterson, NJ 07513
mentoradh.com

Passaic County Adult Day Care

- 973-569-4080
930 Riverview Drive, Suite 200, Totowa, NJ 07512
passaiccountynj.org

Shepherd's Haven Adult Social Day Center

- 973-835-4747
420 Ramapo Avenue, Pompton Lakes, NJ 07442
shepherdshavennnj.org

Xanadu Adult Medical Day Care Center

- 973-365-0079
615 Main Ave, Passaic, NJ 07055

SOMERSET COUNTY

Atlantic Visiting Nurse's Adult Day Center of Somerset Hills

As part of Atlantic Health System, the Adult Day Center of Somerset Hills offers a warm and supervised environment for older adults to enjoy a meaningful day filled with activity and socialization. Through a structured schedule and customized programming, the social, cognitive, and personal care needs of our members are

met. The Center features multipurpose activity rooms, an outdoor garden, secured entrances, and personal care facilities.

- 908-766-2310
200 Mt. Airy Road, Basking Ridge, NJ 07920
atlanticealth.org

Adult Day Care Center of Somerset County

- 908-725-0068
872 East Main Street, Bridgewater, NJ 08807
adultdaycenter.org

SUSSEX COUNTY

There are no Adult Day Centers in Sussex County

UNION COUNTY

Cedar Harbor Adult Medical Day Center

- 908-298-8588
545 E. First Ave, Roselle, NJ 07203
cedarharborday.com

Daybreak Adult Medical Daycare

- 908-353-3530
712 Newark Ave, Elizabeth, NJ 07208

Five Star Adult Medical Day Care

- 908-486-5750
1201 Deerfield Terrace, Linden, NJ 07036
fivestearaduldaycare.com

SAGE Eldercare – Spend-A-Day Adult Day Program

- 908-598-5520
290 Broad Street, Summit, NJ 07901
sageeldercare.org

Senior Spirit Medical Day Care

- 908-241-9393

• 430 Westfield Ave East, Roselle Park, NJ 07204
seniorspiritofrosellepark.com

Town Square Adult Medical Day Care Center

- 908-787-0980
1155 E. Jersey St, Elizabeth, NJ 07201
tsamdcc.com

WARREN COUNTY

There are no Adult Day Centers in Warren County.

Transportation

Transportation, Disability Parking and Driving Assessments

Transportation is a common concern for many individuals with neurological conditions, whether for medical appointments, social engagements or running errands. There are many different options for transportation in New Jersey including county services, town buses, NJ Transit, and specialized medical transportation companies.

Discuss your transportation needs with your doctor or social worker so they can direct you to resources within your town or county. If a service requires you to prove eligibility, your medical team can provide letters or sign the forms as needed. As you research your options, also consider private companies that provide escorted transportation services.

Bear in mind that most transportation resources require advance notice. As soon as you identify a transport need, such as an upcoming appointment, contact the provider and inquire about how to make reservations and eligibility.

Public Transportation

Access link/NJ Transit - for all counties in New Jersey

Access Link is a public transportation service for people with disabilities who are unable to use NJ Transit's fixed bus routes. Access Link provides a shared-ride, curb to curb service that is comparable to bus routes throughout the NJ Transit system. Requires a mandatory transportation assessment, conducted by phone. Registration can take up to three weeks. Reservation office is open Monday through Friday 8:30 am to 5:00 pm.

- 800-955-2321
njtransit.com/accessibility/access-link-ada-paratransit

NJ Transit Reduced Fare Program

NJ Transit offers discounted rates for seniors 62+ and those with disabilities. Contact NJ Transit for current eligibility requirements and how to apply for a Reduced Fare ID Card.

- 973-275-5555
njtransit.com

Modivcare (formerly Logisticare) - for individuals with Medicaid

For patients with active Medicaid only, providing car, wheelchair, and stretcher transportation. Reservations are required in advance. You will need to provide your Medicaid policy number when you call to make a reservation.

- 866-527-9933
modivcare.com

Paratransit Systems by County

These programs are available to residents of the respective counties below. They offer curb-to-curb pick-up and drop-off service for medical appointments or errands. Eligibility requirements: residents who are 60+ years old or have a disability (requires a physician's note). The paratransit systems require pre-registration, which may be completed online or by calling the county's Paratransit System office. Members must make transportation reservations at least 48 hours in advance.

ESSEX COUNTY

Essex County Special Transportation System

Travels only within Essex County. No charge for the program.

- 973-618-1280
<https://essexcountynj.org/senior-services/>

HUNTERDON COUNTY

Hunterdon County LINK Transportation

The Hunterdon County LINK Transportation System provides transportation services to all residents of Hunterdon County, NJ. The Hunterdon County LINK Transportation System is comprised of a variety of services including "scheduled route" services (Flemington Shuffles, Cross County Shuffles), "demand response" services, and customized transportation services and assistance. LINK transportation services include accessible buses, reduced fares for eligible riders with disabilities, and medically necessary out-of-county trips.

- 908-684-8122
ridethelink.com

MIDDLESEX COUNTY

Middlesex County Area Transit (MCAT)

MCAT provides transportation for \$3.00 a trip (one way) fee, to seniors 60+ and disabled residents of Middlesex County. Intermittent transportation is available so that residents may obtain the necessities of life, with priority given to non-emergency medical services. Registration and reservations are required.

- 800-221-3520
Office Address:
97 Apple Orchard Lane, North Brunswick, NJ 08902
Mailing Address:
PO Box 871, North Brunswick, NJ 0803
middlesexcountynj.gov

MONMOUTH COUNTY

Monmouth County SCAT

The Special Citizens Area Transportation (SCAT) program provides transportation services to elderly residents of Monmouth County to nutrition sites, food shopping medical appointments, and non-competitive employment.

- 732-431-6480
3000 Kozloski Rd., Ground Floor, Freehold, NJ 07728
co.monmouth.nj.us

MORRIS COUNTY

Morris Area Paratransit System (MAPS)

MAPS will provide services outside Morris County to transport patients to Overlook Medical Center. Wheelchair accessible transport available, aides or travel companions may accompany the member. Donations are welcome.

- 973-829-8103
morriscountynj.gov/Departments/Aging-Disabilities-Community-Programming/MAPS

Morris County Dial-a-Ride

These municipal services, available in each town, provide transportation for seniors for a variety of purposes, including medical appointments and personal errands. Check your town's listings for scheduling information and the phone numbers to call to make a reservation.

- morriscountynj.gov/Departments/Aging-Disabilities-Community-Programming/Dial-a-Ride

PASSAIC COUNTY

Passaic County Para Transit

The Passaic County Para Transit Program maintains a fleet of vehicles, which provide transportation for the county's senior citizens and disabled residents in need of non-emergency rides to medical appointments, shopping centers, county run nutrition and adult day care sites, and for the disabled residents to attend group work programs. Special lift vans are available to accommodate non-ambulatory individuals.

- 973-305-5756
passaiccountynj.org

SOMERSET COUNTY

Somerset County

Travel within the county only. Some services also vary by town. Call for more information and registration instructions.

- 908-231-7115
<https://ridewise.org/municipal-transportation/>

SUSSEX COUNTY

Sussex County Assisted Transportation

Transport available within the county for appointments, errands, and to commute to/from employment.

- 973-579-0480
<https://sussex.nj.us/cn/webpage.cfm?tpid=9167>

UNION COUNTY

Union County Paratransit

The Union County Paratransit System provides specialized transportation services for elderly (60 and over), permanently disabled, and economically disadvantaged residents of Union County. Wheelchair accessible transport available, aides or travel companions are welcome. Services are available only within the county. Cost is \$3 each way, billed monthly to the member's home.

- 908-241-8300 ext. 1
ucnj.org/dhs/accessible-transportation/paratransit

WARREN COUNTY

Warren County Demand Response Service

Depending on driver availability and your location, services may be available outside the county. Residents with a disability, senior citizens, veterans, low-income, or who live in certain areas of the county are eligible to participate in the program. Call to determine your eligibility.

- 908-454-4044 or 866-594-4044
warrencountynj.gov/government/human-services/transportation-services

Community Resources

Town-Based Services

Check your town website to see if it offers a senior Citizens and/or disabled persons resource page. It may have town-based transportation program information. (Note: Some towns may consider residents ages 55+ to be a “senior” and eligible for programs.)

Houses of Worship/Faith Communities

Many faith communities have volunteers who offer to transport members to medical appointments. Contact your faith community to see if they offer this service.

First Aid Squad

Some first aid squads offer limited medical transportation to residents of the community they serve. Contact your local first aid squad to determine if they offer this service.

Senior Housing Residents

Many senior housing residences offer shuttle services, or they may have a services coordinator or social worker onsite to help you plan your transportation.

Private Pay

NJ Find-a-Ride

Online directory of accessible transportation options for seniors and people with disabilities. Search for types of providers throughout the state, including public transportation, paratransit services, shuttles, dial-a-ride services, and private transportation companies.

- 877-652-1148
nj211.org/transportation-options-new-jersey

Life Ride

A van-based transport company, which can accommodate both ambulatory individuals and those with wheelchairs or assistive devices. Stretcher transport is also available and will require your physician’s office to submit a certificate of medical necessity from, which the company can provide. Payment is required before the ride via credit/debit card, check or cash (exact change only).

- 551-225-0080
<https://liferide.com>

EZ Ride

A membership-based ride program. Members need only a cell phone, not a smart phone, and a credit or debit card. \$15 annual membership. Rides are provided through utilizing transportation services including Uber, Lyft, and other providers. Each ride includes a \$2.50 administrative fee.

- 201-939-4242
<https://ezride.org>

GoGoGrandparent

GoGoGrandparent turns on-demand transportation companies, like Uber and Lyft, into services that help keep seniors on-the-move. GoGoGrandparent is available nationally and uses a phone-based platform to access transportation for those unfamiliar or uncomfortable with smartphone apps. The system can also text a family member about the rider’s status (picked up, en route, dropped off).

- 855-GOGO-USA (855-464-6872)
gogograndparent.com

Disability Parking Placards

Many patients ask for the hang tags, or specialized license plates, that they can use in their own cars, or with their caregivers or other drivers, to park in the disability spaces marked in lots and garages with blue lines or signs.

You may be eligible for a Temporary Disability Placard, or a Permanent Disability Placard, depending on your diagnosis, so talk it over with your doctor or social worker. You will need to complete an application and have your doctor sign it to verify your qualifying condition.

Temporary Placard: Bring your completed form to your local police station and they can give you a placard on the spot. The placard is valid for six months from the date you receive it. Call your local police station for more information.

- state.nj.us/mvc/pdf/vehicles/SP-68.pdf

Permanent Disability Placard: Send your completed form to the NJ Motor Vehicle Commission in Trenton. The placard will arrive within four to six weeks.

- nj.gov/mvc/pdf/vehicles/SP-41.pdf

NJ Motor Vehicle Commission

- 609-292-6500
nj.gov/mvc/vehicles/disability.htm

Driver Evaluations and Rehabilitation Specialists

Adults who have experienced a physical, neurological, visual, or cognitive change in function may find that their driving performance has changed. For instance, they may get lost more easily, or they find their reflexes have slowed, or they may even feel pain or decreased range of motion that make driving more difficult.

These individuals may benefit from a driving assessment and if appropriate, rehabilitation services to help them retain or return to independent driving, if they are safe to do so.

New Jersey Motor Vehicle Commission (MVC): Reporting a Concern

If a doctor, social worker, police officer or family member believes that an individual's driving skills makes them unsafe to be on the road, they may alert the MVC via letter. This also applies to individuals who experienced a seizure within the last six months.

- Reporting a Concern: nj.gov/mvc/drivertopics/reportconcern.htm
- About the Medical Review Unit: nj.gov/mvc/drivertopics/medreview.htm

Outpatient Assessment and Rehabilitation Facilities

Kessler Institute for Rehabilitation

- 973-731-3900 x2322
kessler-rehab.com/conditions-and-services/outpatient-rehabilitation/

Hackensack Meridian Health: JFK Johnson Rehabilitation Center

Locations in Edison, Wayne, Brick

- 732-321-7056 ext.1
hackensackmeridianhealth.org/en/Services/Rehabilitation/Driver-Rehabilitation-Program

Bacharach Institute for Rehabilitation Pomona

- 609-748-6866
bacharach.org

Caregiver Resources

Many caregivers find that they need help navigating healthcare and social service systems and feel that learning more about available resources and connecting with other caregivers for support is crucial to fulfill their caregiving responsibilities. The following resources provide various types of services, including information, educational programs, and support groups.

Thomas Glasser Caregivers Center at Overlook Medical Center

Recognizing that healthy self-care is an important part of the ability to care for someone else, The Thomas Glasser Caregiver Center provides support in a variety of ways. Located just behind the hospital's information desk and lobby, the center offers visitors a quiet space for respite and privacy as well as a place where caregivers can take a break from the bedside to reflect and rest, yet still be close to their loved ones. The center features quiet areas for conversations, computers and business equipment, a kitchenette filled with beverages and snacks, a resource library, as well as massages and healing touch services provided by licensed therapists. Visitors can receive counseling and support from staff members, as well as learn about support groups, classes and lectures for caregivers.

- 908-522-6348
atlantichhealth.org

Statewide Respite Care Program

This NJ program provides respite care services to relieve their unpaid caregivers of stress arising from the responsibility of providing daily care. Services can include home health aides, medical or social adult day care, or a short-term stay in a skilled nursing facility. To learn more about the program's eligibility requirements, contact the NJ Aging & Disability Resource Connection.

- 877-222-3737
adrcnj.org

Alzheimer's Association

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families, and the public. This hotline is appropriate for caregivers of those with any type of dementia.

- 1-800-272-3900 24/7 Hotline

Alzheimer's New Jersey – Respite Care and Wellness Program

The Alzheimer's NJ Respite Care and Wellness program is designed to provide family caregivers with information and education about the importance of regular time-off from caregiving and help link them to available community-based respite care resources. They also provide a financial scholarship to help support the cost of respite care services.

- 973-586-4300
alznj.org

Caregivers Connections – DOROT

DOROT offers a telephone-based support group for those who have difficulty going to a meeting due to their caregiving responsibilities or access to transportation.

- 877-819-9147 or 212-769-2850
dorotusa.org

NJ Self Help Clearinghouse

Resources to find local support groups in your area for a variety of topics

- 800-367-6274
njgroups.org

Well Spouse Association – Support for Spousal Caregivers

The Well Spouse Association advocates for and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. Website offers information and directory of local support groups for spousal caregivers.

- 800-838-0879 or 732-577-8899
wellspouse.org

Caregivers Coalitions of the United Way of Northern New Jersey

Coalitions facilitate education, access to resources, advocacy, and support for those caring for older adults, individuals with disabilities or mental illness. Coalitions offer monthly meetings, educational seminars, special events and caregiver socialization. In Morris, Suburban Essex, Somerset, Sussex, and Warren Counties. Pathways for Caregiving guidebook available in print and online.

- unitedwaynnj.org

Adult Day Center of Somerset County

Saturday group is open to all and offers a variety of information, guest speakers, and day care services. The support group is to support caregivers who are taking care of their aging loved ones, both those taking care of people with dementia and/or people who are frail and can't be left home alone.

- 908-725-0068
872 East Main St, Bridgewater, NJ 08807
adultdaycenter.org

Alzheimer's Association

Offers virtual support groups for caregivers of a loved one with dementia. Call or visit website to learn more and sign up to participate.

- 800-272-3900
alz.org

Alzheimer's New Jersey

Offers virtual and telephone support groups for caregivers of a loved one with dementia. Specialty groups for spouses, caregivers of those in facilities and Spanish-speaking caregivers are available. Call or visit website to learn more and sign up to participate.

- 888-280-6055
alznj.org

Alzheimer's Foundation of America

Offers telephone support groups for caregivers of a loved one with dementia. Call or visit website to learn more and sign up to participate.

- 866-232-8484
alzfdn.org

The Association for Frontotemporal Degeneration

Offers education about frontotemporal disorders, along with national and regional support resources for both patients and caregivers.

- 866-507-7222
For caregivers: theaftd.org/living-with-ftd/support-for-care-partners
For kids and teens: aftdkidsandteens.org

Family Caregiver Alliance

The mission of Family Caregiver Alliance is to improve the quality of the life for family caregivers and the people who receive their care.

- 800-445-8106
caregiver.org

FTD Support Forum

The purpose of this forum is to provide a place for safe and secure communications for people who have been diagnosed with FTD (frontotemporal dementia) and those who care for loved ones with FTD.

- ftdsupportforum.com

Frontotemporal Dementia Advocacy Resource Network

Frontotemporal Dementia Advocacy Resource Network's mission is to meet the needs of those diagnosed with Frontotemporal Dementia. To identify and match those diagnosed with FTD and their care partners, families, and communities, with resources needed to live positively with a good quality of life for as long as possible

- info@FTDARN.org
ftdarn.org

Hilarity for Charity

Offers virtual support groups for caregivers of a loved one with dementia, including bereavement support groups. Visit website to learn more and sign up to participate.

- wearehfc.org

Care2Care Support Groups

Offers virtual support groups for caregivers of a loved one with dementia. Special groups are available for adult children, spouses, and caregivers whose loved ones have passed. Call or visit website to learn more and sign up to participate.

- 800-424-2494, care2caregivers.com

Veteran's Administration – Caregiver Support Line Education Calls

Offers supports for caregivers of veterans of all eras. Visit website and contact the NJ VA Caregiver Support Coordinator to learn more about available resources.

- 855-260-3274 – National VA Caregiver Support Line
973-676-1000 ext. 3085 – NJ VA Caregiver Support Coordinator
caregiver.va.gov

Counseling Services

A new medical diagnosis and the changes that ensue may cause some people, and their loved ones, to struggle with issues such as depression, anxiety, grief and loss, negative self-image, cognitive impairment, and other mental health issues. Counseling resources are available to help individuals and their loved ones address emerging mental health concerns, or emotional issues they have faced throughout their lives.

Unless indicated, the following agencies accept most insurance and/or offer services on a sliding scale based on income. We also invite you to speak with your social worker regarding counseling referrals tailored to your specific needs.

** Indicates Spanish speaking counselors are available.

** Indica que hay consejeros de habla hispana disponibles.

Atlantic Health Behavioral Health

Sessions available in-person at Atlantic Health System locations, or virtually

All insurances accepted

- 908-522-4800
atlanticealth.org/conditions-treatments/behavioral-health

Psychology Today Directory **

This website, sponsored by *Psychology Today* magazine, provides a directory of therapists with descriptions provided by the professionals themselves. The site enables users to narrow down their choices by language, desired location, specialty, gender, as well as types of insurance accepted or other payment methods available.

- psychologytoday.com/us

Medicare **

Find psychologists, psychiatrists and clinical social workers who accept Medicare.

- medicare.gov

Bergen County

Jewish Family Service of Northern New Jersey ** Teaneck

JFS offers counseling for clients of all ages as well as case management, assessment, and wellness services for seniors.

- 201-837-9090
jfcsnnj.org/mental-health-services

Essex County
Family Connections – Caregiver Connections Program **
Orange

Program offers Essex County caregivers in-home counseling and connection to community resources and supports.

- 973-675-3817
familyconnectionsnj.org

Family Service League **
Bloomfield

Payment: Sliding scale, dedicated to serving lower-income individuals and families. Insurance is not accepted.

- Phone: 973-746-0800, ext. 301
familyserviceleague.org

Main Street Counseling **
West Orange

- 973-736-2041
mainstreetcounseling.org

Mental Health Association of Essex and Morris, Inc. **
Montclair

Payment: Accepts Medicaid/Medicare only, does not accept private pay

- 973-509-9777
mhainspire.org

Jewish Family Service of MetroWest NJ
Florham Park

JFS offers counseling for clients of all ages as well as case management, assessment, and wellness services for seniors.

- 973-765-9050
jfsmetrowest.org

Hunterdon County
Hunterdon Health **
Flemington

Part of Hunterdon Health system

- 866-424-2060
hunterdonhealth.org/services/hunterdon-behavioralhealth

Jewish Family Service of Somerset, Hunterdon, and Warren Counties
Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

Middlesex County
Middlesex County Office of Human Services
Division of Addictions and Mental Health Planning
New Brunswick

Provides information and referral services for behavioral health, mental health, and addictions programs.

- 732-745-3280
middlesexcountynj.gov

Jewish Family Services of Middlesex County
Milltown or Monroe Twp

Provides a range of counseling, support groups and multi-services for seniors

- 732-777-1940 or 609-395-7979
jfsmiddlesex.org

Monmouth County
Monmouth County Office of Mental Health
Human Services Building

- 732-431-7200
co.monmouth.nj.us

Mental Health Association of Monmouth County
Shrewsbury

Mental Health Association promotes mental health as a critical component of overall wellness, including prevention services for all, early identification, and intervention for those at risk, integrated care, and treatment for those who need it, with recovery as the goal.

- 732-542-6422
mentalhealthmonmouth.org

Morris County
Jewish Family Service of MetroWest NJ
Florham Park

JFS offers counseling for clients of all ages as well as case management, assessment, and wellness services for seniors.

- 973-765-9050
jfsmetrowest.org

Mental Health Association of Morris County **
Parsippany

Payment: Accepts Medicaid/Medicare only, does not accept private pay

- 973-334-3496
mhainspire.org

New Bridge **
Parsippany

This agency offers counseling and psychiatric services for individuals of all ages. For seniors, New Bridge provides in-home professional counseling to homebound seniors and individuals with physical difficulties in Morris County.

- 888-746-9333
newbridge.org

Ocean County
Caring Family Community Services **
Jackson, NJ

- 732-780-2799
caringfamily.org

Passaic County
Jewish Family Service of Clifton-Passaic **
Passaic

JFS offers counseling for clients of all ages as well as case management, assessment, and wellness services for seniors.

- 973-777-7638, Ext. 151
jfsclifton.org

New Bridge
Haskell

This agency offers counseling and psychiatric services for individuals of all ages.

- 888-746-9333
newbridge.org

Somerset County
Jewish Family Service of Somerset, Hunterdon, and Warren Counties
Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

Richard Hall Community Health & Wellness Center **

- 908-725-2800
co.somerset.nj.us/government/human-services/mental-health

Family & Community Services of Somerset County **
Bound Brook

Virtual and in-person support services

- 732-356-1082
fcssomerset.org

Sussex County
Jewish Family Service of MetroWest NJ
Florham Park

JFS offers in-home and office-based counseling, case management and support groups to older adults in southern Sussex counties.

- 973-765-9050
jfsmetrowest.org

Tri-County Behavioral Care **
Stanhope, Sparta, and Denville

- 973-691-3030
tcblc.org

New Bridge
Sparta

This agency offers counseling and psychiatric services for individuals of all ages.

- 888-746-9333
newbridge.org

Union County
Jewish Family Service of Central NJ
Elizabeth

JFS provides free in-home counseling to Union County seniors, age 60+. Income guidelines may apply. Caregiver counseling is also available if the senior is a Union County resident.

- 908-352-8375
655 Westfield Avenue, Elizabeth, NJ 07208
jfscentralnj.org

Resolve Community Counseling **
Scotch Plains

Serves only Union County residents

- 908-322-9180
resolvenj.com

Warren County

Family Guidance Counseling Center

FGCWC offers behavioral health care treatment, rehabilitation, crisis intervention and educational, prevention and support program services through offices located in Washington, Hackettstown, and Phillipsburg. Initial appointment conducted in-person; virtual appointments available.

- 908-689-1000
fgcwc.org

Healing Road **

Hackettstown

- 215-688-5116
healingroadcounseling.com

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

Somerville

JFS offers counseling for individuals of all ages, and support groups for seniors and caregivers.

- 908-725-7799
jewishfamilysvc.org

Omni Healthcare

Phillipsburg

- 908-329-2700
omhsi1.com

Dementia and COVID-19

To stay healthy, pay attention to symptoms in yourself and others. Seek appropriate medical help, if necessary, and continue to follow the CDC's COVID-19 guidelines. For more information, visit [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)

- At home
 - Contact health care provider for advice if dementia patient shows rapidly increased confusion
 - Consider extra and/or written reminders to wash and sanitize hands frequently and correctly for increase hygiene and safety
 - Contact pharmacist/physician to see if filling prescription for a longer length of time is possible to minimize outings
 - Plan in case services are modified or canceled due to COVID-19 or the primary caregiver becomes sick
- For individuals in assisted living
 - Communicate with the facility. Confirm emergency contact information.
 - Do not visit if you show any signs or symptoms and

inquire about the facility's visitation policies and/or other options to keep in touch.

Alzheimer's Association COVID-19 Free Resources

- COVID-19 Information
 - [alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)
 - Or see Caregiver Resources > "Coronavirus (COVID-19): Tips for Dementia Caregivers" for a summary
- Helpline
 - 800-272-3900, 24/7 support and information
- Caregiver Online Resources
 - [alz.org/care](https://www.alz.org/care)
- Free E-Education Programs
 - [alz.org/help-support/resources/care-training-resources](https://www.alz.org/help-support/resources/care-training-resources)
- Community Resource Finder
 - [communityresourcefinder.org](https://www.communityresourcefinder.org)
- Online Support Groups
 - [alzconnected.org](https://www.alzconnected.org)

Alzheimer's Association "Coronavirus (COVID-19): Tips for Dementia Caregivers"

- [alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

"Coronavirus (COVID-19): Tips for Dementia Caregivers" from Alzheimer's Association

Case Management

Case managers help connect clients with community and state resources and work to develop plans that comprehensively address the health, financial and psychosocial needs of the individual. Learn more about public case management services and private geriatric care managers in this section.

Public and Non-Profit Case Management Services

May have financial guidelines and services are offered at low or no cost. Eligibility is determined by income and resources. Many of these services are provided by county services or non-profit organizations located within the county of residence.

Aging and Disability Resource Connection of New Jersey (ADRC)

Find case management organizations in your area.

- 1-877-222-3737
[adrcnj.org](https://www.adrcnj.org)

ESSEX COUNTY

Essex County Division of Senior Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 973-395-8375
900 Bloomfield Avenue, Verona, NJ 07044
essexcountynj.org

Jewish Family Service of MetroWest NJ

JFS offers case management program in Morris and Essex counties.

- 973-765-9050
256 Columbia Turnpike, Suite 105, Florham Park, NJ 07932
- 973-740-1233
570 W. Mt. Pleasant Avenue, Suite 106, Livingston, NJ 07939
- jfsmetrowest.org

HUNTERDON COUNTY

Hunterdon County Division of Senior, Disabilities and Veterans Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 877-222-3737 or 908-788-1361
4 Gauntt Place, Building #1, Flemington, NJ 08822
co.hunterdon.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem-solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799
150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

MIDDLESEX COUNTY

Middlesex County Office of Aging and Disabled Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 732-745-3295
75 Bayard Street, 5th Floor, New Brunswick, NJ 08901
middlesexcountynj.gov

MONMOUTH COUNTY

Monmouth County Division on Aging, Disabilities and Veterans Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 732-431-7450
3000 Kozloski Rd., Ground Floor, Freehold, NJ 07728
co.monmouth.nj.us

MORRIS COUNTY

Morris County Division on Aging, Disabilities and Veterans

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 973-285-6848
340 West Hanover Avenue, Morristown, NJ 07963
morriscountynj.gov

Jewish Family Service of MetroWest NJ

JFS offers case management program in Morris and Essex counties.

- 973-765-9050
256 Columbia Turnpike, Suite 105, Florham Park, NJ 07932
- 973-740-1233
570 W. Mt. Pleasant Avenue, Suite 106, Livingston, NJ 07939
- jfsmetrowest.org

PASSAIC COUNTY

Passaic County Department of Senior Services, Disabilities and Veterans' Affairs

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 973-569-4060
930 Riverview Drive, Suite 200, Totowa, NJ 07512
passaiccountynj.org

SOMERSET COUNTY

Somerset County Office on Aging and Disability Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 1-888-747-1122 or 908-704-6346
27 Warren Street, Somerville, NJ 08876
co.somerset.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799
150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

SUSSEX COUNTY

Sussex County Division of Senior Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 973-579-0555
1 Spring Street, 2nd Floor, Newton, NJ 07860
sussex.nj.us

UNION COUNTY

Union County Division on Aging

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 1-888-280-8226 or 908-527-4870
10 Elizabethtown Plaza, Elizabeth, NJ 07207
ucnj.org

Jewish Family Service of Central New Jersey

Social Workers provide vulnerable Union County seniors with case management services along with supportive counseling.

- 908-352-8375
655 Westfield Avenue, Elizabeth, NJ 07208
jfscentralnj.org

WARREN COUNTY

Warren County Division on Aging and Disability Services

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 908-475-6591
165 County Road 519 South, Suite 245, Belvidere, NJ 07823
co.warren.nj.us

Jewish Family Service of Somerset, Hunterdon, and Warren Counties

JFS offers case management and aging in place support for seniors including supportive counseling, problem solving, caregiver support, resource information and linkage to community services as needed.

- 908-725-7799
150-A West High Street, Somerville, NJ 08876
jewishfamilysvc.org

PENNSYLVANIA

Pike County Area Agency on Aging

County services assist at-risk, vulnerable seniors in each county with the development, implementation, and coordination of an individualized plan of care.

- 570-775-5550
150 Pike County Boulevard, Lords Valley, PA 18428
pikeaaa.org

Geriatric Care Management

Geriatric care managers are professionals, generally social workers, or nurses by background. They have training and experience in elder care and ability to assess needs, handle crises, provide family support, locate community resources, help with long-term planning, or assist with coordination of care such as doctors' appointments.

- Hourly rates are typically between \$50-\$300/hour, depending on type of service.
- Typically, out-of-pocket cost, although may be covered by a long-term care insurance policy.
- Aging Life Care Association
Offers information about geriatric care management and a directory of private pay geriatric care managers.
520-881-8008
aginglifecare.org
- The Olive Group
954-892-8209
theolivegroupllc.com
- Peace in Aging Care Experts
973-459-9966
peaceagingcare.com
- LMR Eldercare
973-533-0839
lmreldercare.com
- Connections Care Management
973-747-5571
caremanagementconnect.net
- Caring Choices
973-627-4087
caringchoicesgcm.com
- Connie Rosenberg and Associates
973-984-3707
connierosenbergcaremanagement.com

- Elder Care Family Services
732-985-7922
eldercarefamily.com
- Generations Counseling and Care Management
201-845-7030
generations-llc.com
- Sabin Elder Care Solutions
973-339-7730
sabineldercare.com

Insurance and Financial

Alzheimer's New Jersey

Alzheimer's NJ offers a Respite Care and Wellness scholarship grant of \$1,000 to help support the cost of respite care services.

- 888-280-6055 Helpline;
973-586-4300 Headquarters Office
425 Eagle Rock Avenue, #203, Roseland, NJ 07068
alznj.org

State Health Insurance Program (SHIP) – NJ

SHIP provides free assistance to NJ Medicare beneficiaries who have questions about their health insurance. Volunteer counselors help answer questions about benefits and claims, supplement policies and long-term care insurance.

- 800-792-8820
state.nj.us

Healthcare.gov

Provides information about health insurance and available plans through the ACA exchange.

- healthcare.gov

NJ Save

NJ Save is an online application to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.

- nj.gov

PA COMPASS

COMPASS is a website that allows individuals and community-based organizations access to screen for, apply for and renew a broad range of social programs.

- compass.state.pa.us

Good Days

Good Days is a national non-profit advocacy organization that provides patient assistance, financial resources, and emotional support and guidance for patients with chronic disease, cancer, or other life-altering conditions.

- 877-968-7233
2611 Internet Blvd., Suite 105, Frisco, TX 75034
mygooddays.org

Patient Advocate Foundation

Patient Advocate Foundation provides direct services to patients with chronic, life threatening and debilitating diseases to help access care and treatment recommended by their doctor.

- 800-532-5274
421 Butler Farm Road, Hampton, VA 23666
patientadvocate.org

Medicine Assistance Tool

PhRMA's Medicine Assistance Tool helps patients, caregivers and health care providers find information about financial assistance and other resources.

- 571-350-8643
medicineassistancetool.org

National Organization of Social Security Claimants (NOSSCR)

The National Organization of Social Security Claimants' Representatives (NOSSCR) is a specialized bar association for attorneys and advocates who represent Social Security Disability Insurance and Supplemental Security Income claimants throughout the adjudicative process.

- 845-682-1880
1300 I Street, NW, Suite 825, Washington, DC 20005
nossr.org

Needy Meds

NeedyMeds has free information on medication and healthcare costs savings programs including prescription assistance programs and medical and dental. NeedyMeds offers a free drug discount card that may help patients obtain lower prices on medications.

- 800 503-6897
50 Whittemore St., Gloucester, MA 01930
needymeds.org

HealthWell Foundation

HealthWell Foundation provides assistance with copays, premiums, deductibles and out-of-pocket expenses for supplies, supplements, surgeries, and more. HealthWell Foundation offers financial assistance through a number of Disease Funds, with new funds opening every year.

- 800-675-8416
healthwellfoundation.org

MedMonk

Medmonk's co-pay, voucher, and patient assistance programs improve patient access to medications. Delivered electronically and traditionally, these programs allow patients to stay on therapy and prevent disruptions to care regardless of the site of administration.

- info@medmonk.com
medmonk.com

RxAssist

RxAssist is a resource center with information about patient assistance programs, Medicare Part D, programs for low-cost medications and any other issues related to pharmaceutical access. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need.

- rxassist.org

Financial and Legal Planning

Legal and Financial Planning for People Living with Dementia

This factsheet from the National Institute of Aging provides helpful information on next steps for legal and financial planning after a diagnosis.

- <https://order.nia.nih.gov/sites/default/files/2021-01/legal-financial-planning-dementia-factsheet.pdf>

National Academy of Elder Law Attorneys

Elder law attorneys can assist in legal and financial long-term planning. They can assist patients create documents such as advance directives, wills, power of attorney, and assist with Medicaid planning.

- 1577 Spring Hill Rd, Suite 310, Vienna, VA 22182
703-942-5711
naela.org

PSI ACCESS Program

Pro-bono attorneys to help you navigate insurance issues and medication denials.

- 877-851-9065 to speak with a pro-bono attorney

End of Life Services and Bereavement Support

Throughout the course of treatment, medical teams work with patients and families to sustain quality of life – placing the focus on the patient's physical comfort, as well as supporting the emotional and spiritual well-being of both patients and their loved ones. There may come a time that curative treatment is no longer appropriate or desired, but for the medical teams, the emphasis on quality of life remains both during the patient's final days and for the patient's loved ones, as they face loss and experience feelings of grief.

The following resources place the focus on end-of-life: helping patients define, share, and enact their end-of-life wishes and providing support to patients and their loved ones with information, appropriate treatment, and bereavement services.

Advance Care Planning

Preparation is the key for every event in life and your health is no exception. Atlantic Health System supports patients in defining their health care goals and wishes in times of serious illness or injury. These vital decisions, made in advance, empower patients to guide their medical team in providing treatment that respects the patients' unique values and preferences.

Ask your doctor or your social worker to walk you through the process of advance care planning and help you shape your own goals of care. Following are websites that can also provide information and education.

Atlantic Health System Advance Care Planning Tools

Atlantic Health System offers an online guide, with videos, documents, and links, to help you explore and decide what matters most to you and then encourages you to discuss these ideas with people who are important in your life.

- atlanticealth.org/patients-visitors/education-support/support-resources/advance-care-planning

The Goals of Care Coalition of New Jersey

This organization comprises medical professionals throughout the region who believe human interests and personal values must be at the core of medical decision-making. The organization provides professional training to healthcare practitioners, and community education to individuals, to ensure all patients with serious illness get the care they need and no less, and the care they want and no more.

- goalsofcare.org

The Conversation Project

The Conversation Project® is a public engagement initiative of the Institute for Healthcare Improvement (IHI). Our goal that is both simple and transformative: to help everyone talk about their wishes for care through the end of life, so those wishes can be understood and respected. PREPARE for Your Care is a step-by-step program with video stories to help you have a voice in your medical care, talk with your doctors, and complete an advance directive form to put your wishes in writing.

- prepareforyourcare.org/en/welcome

Capturing Legacy

Memories Live

The mission of Memories Live is to help people with life-limiting illnesses preserve their images, stories, and wisdom by creating personalized movies to pass on to their loved ones. The directorial team conducts interviews either in person (in NJ/NY metro area) or virtually (anywhere) with the individual either on camera, or via audio recording. The questions and conversation starters are sent to the individual in advance. There is no cost for this service.

- 646-245-1698
memorieslive.org

Palliative Care

Palliative care is a multidisciplinary medical service designed to enhance the quality of life for patients who suffer from serious or chronic illnesses. This is accomplished by not only relieving symptoms, but by also ensuring that all treatments are aligned with individual preferences and values. The professional palliative care team is made up of physicians, advanced practice nurses, registered nurses, chaplains, consulting psychiatrists, dietitians, and social workers. They maintain close contact with the patient's primary care doctor and specialists to ensure a seamless continuum of care.

Palliative care is appropriate for people of any age or stage of illness, whether it is curable, chronic, or life-threatening. Some patients may even make a full recovery. The medical team provides patients and their families with a wide range of palliative care services, including:

- Expert pain and symptom management
- Social, psychological, and spiritual support
- Education on medical treatment options and disease process
- Assistance with health care decision-making and identifying goals of care

- Planning transitions to the home or other care settings
- Bereavement support and services, including those offered by Atlantic Visiting Nurse

Patients may also receive supportive care at home, which can include physical therapy, occupational therapy, and the services of a home health aide, all of whom can visit one to two times a week. They can help patients retain strength and mobility as well as assist with bathing and dressing. In-person and telehealth appointments are available.

Contact your doctor's office to request a referral to palliative care or for at-home supportive care services.

- atlantichealth.org/conditions-treatments/palliative-care

Hospice Care

Those who have a life expectancy of six months or less and wish to forgo curative treatments may benefit more from hospice care.

Hospice care helps individuals facing terminal illnesses live as fully as possible with comfort and dignity and manages their care when they can no longer benefit from curative treatment. It also helps prepare individuals and family members for a peaceful death. Hospice physicians, nurses, social workers, chaplains and trained volunteers and bereavement professionals, partner to address the patient's needs and desires and those of the family.

Hospice services are typically provided at the patient's home, with team members making visits during weekdays. Most of the care for patients receiving services at home is provided by family. A nurse remains on call 24/7.

Some individuals seek inpatient hospice options, either at in-patient hospice facilities or skilled nursing facilities.

At-home hospice and insurance coverage:

- Hospices services are traditionally covered by private insurance, Medicare Part A and Medicaid.
- If a family wishes to hire additional care for the patient beyond what hospice providers provide, those costs would be paid out-of-pocket. Please see the "Help at Home" section for the names of private care agencies who can provide supplemental care.
- Inpatient hospice and insurance coverage:
- Insurance will cover the cost of hospice services provided at an inpatient facility.
- An inpatient stay for hospice typically requires an out-of-pocket payment for room and board.
- Insurance would cover room and board if the patient's symptoms were deemed too difficult to manage at home, which the hospice provider can determine.

A physician or nurse practitioner must provide a referral for hospice services.

Home Care and Hospice at Atlantic Health System

Atlantic Visiting Nurse – Hospice has been providing end-of-life care for over 35 years in Essex, Morris, and Somerset counties in patients' homes, assisted living facilities and skilled nursing facilities.

- 973-379-8440
atlanticealth.org/conditions-treatments/visiting-nurse/hospice

Hospice service providers are available throughout New Jersey. Your doctor or social worker can provide a list of additional at-home hospice providers based on geographic location or preference.

Inpatient Hospice Services

Center for Hope Hospice and Palliative Care

Center for Hope offers a sliding scale for payment based on the patient's financial circumstances.

- 908-889-7780
111 Dehart Pl, Elizabeth
1900 Raritan Rd, Scotch Plains
cfhh.org/home.html

Karen Ann Quinlan Hospice

- 973-383-0115
99 Sparta Avenue, Newton
karenannquinlanhospice.org

Villa Marie Claire

The hospice facility is located in Saddle River, though the facility is currently closed for renovation. Inpatient hospices are currently provided at Holy Name Medical Center in Teaneck, which owns the hospice.

- 551-248-4800
Current location: Holy Name Medical Center, 718 Teaneck Road, Teaneck
villamarieclaire.org

Vitas Healthcare

Wayne, NJ

- 855-443-1436
220 Hamburg Tpke, Wayne
vitas.com/care-services/inpatient-hospice-care

Bereavement Support

Reaching out to others is often difficult when we are struggling with grief, but experience teaches us that the more support and understanding we have around us, the better we will cope. Below are some resources to help with finding ways to heal after the loss of a loved one.

Atlantic Health System - The Thomas Glasser Caregivers Center at Overlook Medical Center

The Caregiver Center offers an array of resources for individuals seeking services and support after the loss of a loved one: a comprehensive resource guide, support groups, individual counseling, and in-person and virtual seminars held throughout the year.

Support Groups

Atlantic Visiting Nurse Home Health and Hospice – Hospice Bereavement Groups

Atlantic Visiting Nurse offers several types of bereavement groups to the community, including those for spouses and adult children who have lost a parent.

- 973-379-8472 or 973-379-8400
atlanticealth.org

Chilton Medical Center – Bereavement Support Group

Professionally run support group for those age 50+ grieving the loss of a loved one. Pre-registration is not required

- Meets fourth Tuesday of the month
- 973-831-5367
atlanticealth.org

Joseph T. Quinlan Bereavement Center

Newton and Hackettstown, NJ and Milford, PA

The center provides emotional support and education about the grief process for hospice families and the community. Services include individual support, ongoing support groups, grief lecture series, annual memorial services, classroom support services and community education and workshops.

- 800-882-1117 or 973-940-0413
karenannquinlanhospice.org

AARP

Offers access to an array of resources and information on loss, grief, and end-of-life issues, including financial and legal issues, claiming benefits, funeral arrangements, bereavement publications, widowed persons, traumatic loss, advance directives, and estate planning.

- 800-424-3410
aarp.org/families

The Compassionate Friends

Offers supportive services to bereaved parents, grandparents, and siblings after the death of a child of any age. Also manages an online support community.

- 877-969-0010 or 630-990-0010
compassionatefriends.org

DOROT Telephone Bereavement Support Group

DOROT offers a weekly telephone-based bereavement support group. Professionally run, this group provides a safe, caring environment for former caregivers who have suffered the loss of a loved one and are seeking a supportive place to grieve and heal. Registration required.

- 877-819-9147
dorotusa.org

Notes

atlanticealth.org/neuroscience

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Atlantic
Health System

Atlantic Health System does not endorse or recommend any service listed in this directory and resources are referenced for informational purposes only. The information in this directory was most current available at the time of publication, however, some programs/services/contact information may change or become outdated. Please check with individual organizations to verify accuracy and availability of programs and services.