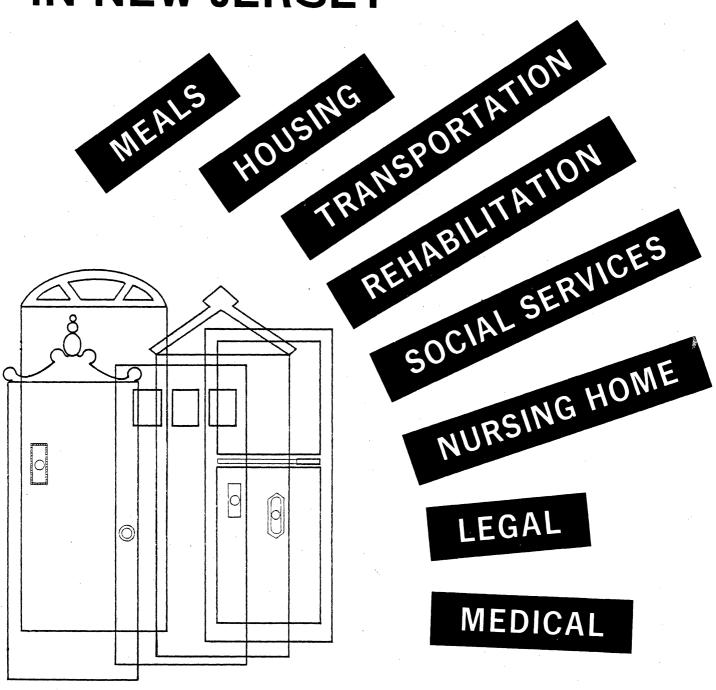
# A GUIDE FOR

# LONG TERM CARE AND COMMUNITY SERVICES IN NEW JERSEY



STATE OF NEW JERSEY
DIVISION OF MEDICAL ASSISTANCE
AND HEALTH SERVICES

New Jersey State Library

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This booklet was written by staff of the New Jersey Division of Medical Assistance and Health Services (New Jersey Medicaid Program) as a guide for older adults and their families who need information about nursing home care or community services in New Jersey.

A serious bed shortage exists in New Jersey nursing homes, especially for Medicaid patients. A waiting period of 3 months to one year can be expected for entry into most nursing homes. Therefore, we believe it is necessary for individuals considering going to a nursing home to think about the alternatives. Often, through a combination of community resources, people who have chronic health problems can continue to live in the community.

Section I of this booklet explains the how of the nursing home process.

Section II tells the older person where to find services which could assist him/her to remain in the community.

# SECTION I

# **NURSING HOME?**

- Making the decision.
- Who pays?
- How to get Medicaid approval.
- Preparation for admission.
- Your rights as a resident.
- Leaving the nursing home.

# **DECIDING ON NURSING HOME CARE**

Going into a nursing home may be a difficult decision to make. Most people have mixed feelings. Some people know they need nursing home care, but do not want to leave their homes. Home care may be possible if appropriate support is available from family, friends, and/or community services. Sometimes however, a nursing home can be the best choice for the full-time care needed.

At some time during their lives, people of all ages may need nursing home care. A person recovering from a serious illness, an operation, or a stroke may need full-time nursing care or special therapy to help in the recovery.

When family members are at work, school, or away from the home, full-time care may not be available to the home-bound person.

To help you decide whether nursing home care may best meet your needs, ask yourself these questions:

- What are my physical needs (i.e., special diet, medication, physical therapy)?
- What are the support services available to me in my community? (Please see Section II of this booklet).
- To what extent can my family and/or I make the necessary adjustments so I can remain at home?
- What equipment (if any) do I need to provide me with the care needed?
- Where can I buy or rent equipment?
- Is there enough space available at home to accommodate the equipment?
- How dependent am I on others for such needs as laundry, meals, personal care?
- Can I manage weekends, evenings, or holidays?

Before deciding on nursing home care, discuss the situation with family, friends, clergy, doctor, social worker, nurse or whomever is involved at your home or in the hospital. They can help you find out what supportive services are available for home care in your community. (Please see Section II of this booklet for location of home care services in your community).

## NURSING HOME PLACEMENT PROCESS

# Payment for Care

*Private Funds* — If you have money available, you may have to pay for nursing home care. There is a limit to the amount of financial resources and income you may have in order to be eligible for Medicaid.

Private Health Insurance — Some insurance plans, such as Blue Cross or another major medical plan may pay a portion of the bill for a limited period of time.

Medicare — Medicare will pay for skilled nursing care for a limited period of time following hospitalization.

Medicaid - Medicaid will pay for medically necessary care.

The following groups may qualify for Medicaid:

Persons who apply to the Social Security Office and are eligible to receive Supplemental Security Income (SSI) payments.

Persons who qualify under SSI as an "ineligible spouse" of the SSI recipient.

Persons who apply to the County Welfare Agency and are eligible for financial assistance.

Persons who apply to the County Welfare Agency and who meet applicable financial and/or medical eligibility criteria for "Medicaid Only."

If you are considering nursing home care at the time that you file an application for SSI or Medicaid, please tell the Social Security Office or Welfare Agency.

If you have questions or problems concerning nursing home care contact the local Medicaid office.

Medicaid requires that the monthly income of a resident in a nursing home be used toward the cost of this care. As a Medicaid patient however, you are under no obligation to give any donations or pay extra charges to the nursing home. The Medicaid payment includes services such as: laundry, personal hygiene and nursing items, linen, medical and recreational supplies, prescription and non-prescription drugs, medically ordered transportation, or use of medical equipment such as wheelchair and walkers.

Twenty-five dollars a month of your income is set aside for personal items, which you choose to purchase, that are not covered by Medicaid. You may decide how to manage your "Personal Needs Allowance" money. You may handle your own money or may give written permission for your family or the nursing home to manage your funds.

Municipal Welfare Boards — Money should be available to cover some of the costs of nursing home care under the General Assistance Program if your income is too high to be eligible for the Medicaid Program. Application is made to your county welfare office.

# Payment Policies in Nursing Homes

Each nursing home sets up its own payment policy for nursing home care. For example, some nursing homes accept payment only by insurance or private funds. Some nursing homes accept Medicare payment up to 90 days of stay. After Medicare payment has ended, you would pay through private funds. Some nursing homes accept Medicare, then Medicaid payment would take over. Some nursing homes accept Medicaid payment for the full stay in the nursing home.

When selecting a nursing home, make sure to get a contract stating the nursing home payment policy. Have the nursing home staff fully explain what your responsibilities are for payment of care. For your own protection, any agreement for payment of services should be in writing. Consult your county legal service agency or the New Jersey State Nursing Home Ombudsman if you have legal questions regarding a contract. (Please see Section II for the location of legal services in your community).

Remember that signed contracts may make you and/or your family financially liable for future payment. If you intend to go from private or Medicare payment to Medicaid payment, make sure the nursing home is aware of your plans. It is important that you discuss your Medicaid payment plans as soon as possible with the nursing home administrator. Nursing homes are not required to accept you as a Medicaid patient upon admission. Any agreement with the nursing home for Medicaid payment should be in writing and signed by you and/or your family and the nursing home administration before admission.

If the nursing home, in which you are residing, will not accept Medicaid reimbursement, and you are required to pay the nursing home per diem rate on a private basis, you my be eligible for other Medicaid services, such as: doctor visits, drugs, medical transportation, dental, eye care, etc.

# MEDICAID APPROVAL PROCESS FOR NURSING HOME CARE

- 1. After completing the financial forms, the County Welfare Agency will supply you and/or your family with a form called a "PA-4", to be completed by your doctor after you and he have decided you need and want nursing home care. Remember, you have the final word on whether you want to be placed into a nursing home.
- 2. When the PA-4 form is returned to the County Welfare Agency, it is sent to the local Medicaid office serving your county. The Medicaid process may take up to eight weeks. Financial eligibility is decided by the County Welfare Agency and medical need by the medical team at the local Medicaid office.

If you are living at home or in a nursing or boarding home, a nurse and social worker will visit you to determine your medical, nursing, and social needs before Medicaid can pay for your care. The information

is taken back to the local Medicaid office where your need for nursing home care is discussed with a Medicaid physician. The purpose of this team evaluation is to decide whether you are medically in need of nursing home care.

If you are in a hospital, the hospital social worker or discharge planner will help you make arrangements for your post hospital care.

3. A decision is made by Medicaid whether to approve or deny your request for nursing home care. Within a few weeks, you will receive a written notice of the medical team's decision.

If you are denied nursing home care under Medicaid, you may request a fair hearing from the Division of Medical Assistance and Health Services, P.O. Box 2486, Trenton, New Jersey 08625, Att: Fair Hearing Section. If you do not object to the denial and wish to obtain supportive care at home, check with your County Welfare Agency to determine if you are eligible for health related services through Medicaid or other agencies. (Please refer to Section II for the location of community service agencies). The Medicaid social worker who visited you at home, also may be able to help you find home care services.

If you are approved by Medicaid for nursing home care, you will want to start looking at nursing homes. A list of homes can be obtained from the Office on Aging, or the local Medicaid office.

4. Due to the critical bed shortage for Medicaid applicants, it is suggested that you and/or your family visit a number of nursing homes, not limiting yourself to one facility or even one county. The more information the nursing home staff has about your situation, the more likely you will be accepted as a resident in a facility.

It is important to remember that it is up to *you* to decide whether or not you want to go into a nursing home. Your family and others interested in your care may help you make a decision but you are the final person to decide. At any point during the application process you may withdraw your application. If your plans have changed, please notify the local Medicaid office that serves your county.

5. Depending on the nursing home you choose, there may be a waiting period of three months to one year before you will be admitted. If you need care while you are waiting, the Medicaid social worker in your local Medicaid office will assist you in contacting the service agencies in your county. (Please refer to Section II for the available services in your community).

# PREPARATION FOR ADMISSION TO A NURSING HOME

It will be easier to get used to the idea of entering a nursing home if you visit several homes that interest you before selecting one. The location should allow family and friends to visit easily; however, the bed shortage may not always make this possible. Take a tour of the home, talk to patients and staff members. Ask about rules, mealtime, visiting hours and activities that are available. Ask what personal possessions are permitted, such as: TV set, radio, favorite chair, footstool, pictures, etc. If you can't do this yourself, ask someone you know to visit for you. Try to visit at different times of the day to observe recreational activities, meals, nursing services, etc. When you are ready to enter a nursing home, take care of the following:

- Notify your post office of your change of address.
- Mark your clothing with your name, whether or not your laundry will be done at the nursing home.
- Bring a clock and calendar with you.
- Continue receiving your favorite magazines and newspapers at the home.
- Leave small valuables with family members or friends. Most nursing homes discourage bringing any small valuable possessions unless they are kept in the facility safe.

# ADJUSTING TO THE NURSING HOME

Going to live in a nursing home will take some adjustment for you and your family. There will be many changes

in your day to day activities and, of course, the surroundings will be different. You will not be giving up your rights and individual preferences but some adjustments to the nursing home routine will be necessary. Perhaps the biggest change for most people is having to share a room with someone else. Give yourself time to get used to these changes. Talk over your worries and fears, your plans and hopes for the future with your family and friends.

Unless you require bed care due to your condition or illness, you will dress daily and have the freedom to move about. You will be encouraged to continue to take care of your own personal needs, as much as you can. Talking with other residents will help you maintain an interest in life around you.

# There are many services available to you in nursing homes:

Medical Care — Will be provided by a physician periodically and if you become ill.

Nursing Services — Will be provided directly by a professional nurse or by an aide under supervision, as needed;

Social Services — Will be available to help you with any personal or family concerns;

Rehabilitation Services — Will be available if the physician feels you will benefit from physical, speech, and other therapies;

A Dietician — Will talk with you concerning your food likes and dislikes and provide for a special diet as needed;

Other Medical Services — Such as medicines and care for you eyes and teeth will be available;

Recreation Activities — Will be offered to you. Community programs, group recreational programs, crafts and educational programs will be available; you should be able to continue with your favorite hobbies and interests.

Religious Programs — There will be opportunities for you to practice your religion, attend services, and visit with the clergyman of your choice.

## RIGHTS AS A NURSING HOME RESIDENT

- 1. The Patient Bill of Rights Is a set of rules that all nursing homes must follow. New Jersey Public Law 1976 Chapter 120 assures that your personal and civil rights must be respected. A list of rights will be made available in all nursing homes for you to read and sign. Among the important rights of which you should be aware are:
  - Your right to have a complete record and quarterly accounting of personal money and property kept by the nursing home, daily access to your money, and the right to retain and use your personal property.
  - Your right to visit with whomever you choose between 8 A.M. and 8 P.M. daily.
  - Your right to privacy including the sending and receiving of mail unopened and access to a telephone.
  - The right to wear your own clothing and to a safe and decent living environment.
  - The right to retain your personal physician and to have information on your medical condition and care.
- Leave of Absence According to Medicaid policy you are permitted to leave the facility overnight to visit
  family and/or friends up to 24 days a year with your doctor's approval. Medicaid will pay to hold your bed
  for these overnight visits. You also may choose to leave the nursing home during the day with your doctor's
  approval.
- 3. Complaints If problems occur in the nursing home for any reason, discuss them first with the staff in the nursing home the nurses, the social worker or the administrator. If you do not receive any satisfaction or the problem continues, talk to the Medicaid nurse or Medicaid social worker who frequently visits the

facility. You may wish to forward your complaints in writing, to the local Medicaid office. (*Please see Section II for phone number of each local Medicaid office*). In addition, there should be a complaint hotline telephone number posted at each pay telephone in the nursing home. (*Telephone 800–792–9770*). Anything you say will be kept confidential by Medicaid staff and you will receive assistance with problems that may develop.

4. Transfers — If you wish to transfer to another facility, write a letter to the local Medicaid office serving the county where you are located, stating why you wish to transfer. A transfer may take a long time because with the limited bed vacancies, other patients, such as those from home or hospitals, have priority. If the nursing home requests your transfer, it must have good reason to justify this request. You must be given reasonable advance notice by the nursing home administration prior to any transfer. The Bill of Rights discusses this issue.

#### LENGTH OF STAY IN A NURSING HOME

How long you will stay in a nursing home depends on many things: the state of your health, the amount of care you need, and/or whether suitable home care is available in your community.

From the day of admission to a nursing home, the nursing home staff and Medicaid staff will begin plans to help you improve so that you may eventually be discharged. A nursing home does not have to be a permanent home. People in nursing homes get well. They learn to walk, to dress, to feed themselves, and they take on a new interest in life.

## LEAVING THE NURSING HOME

- Your health and ability to care for your needs may improve so much that you will feel that you do not
  need nursing home care. Your doctor may agree that you are ready to move back to your community.
  The nursing home staff will help you make the necessary arrangements.
- You may choose to leave the nursing home at any time. You should talk to your doctor if you decide to move back home. If you decide to leave against your doctor's advice, you will be asked to sign a form releasing the nursing home of further responsibility.
- The Medicaid staff will visit you regularly to check your progress. When you have improved so that nursing home care is no longer required, the Medicaid doctor may contact your doctor to discuss alternate plans.
- If the Medicaid staff at some point decides that you no longer need nursing home care, you will be notified by letter. You will have a chance to talk over this decision with family, nursing home, and Medicaid staff. The nursing home staff will help you plan for your move back into your community.

# SECTION II

# COMMUNITY SERVICE GUIDE

The following pages list the location of agencies which provide information on services for older people. The listing is alphabetical by county.

If nursing home care does not meet your needs at this time, this guide will direct you to supportive services in your community.

# **MEDICAID**

Medicaid is a state and federal medical assistance program that pays medical bills for eligible needy persons. If you are over 65 or disabled, you may be eligible for both Medicaid and Medicare. Medicaid payment may include:

- physician & dental care services
- services from optometrists, podiatrists, psychologists, or chiropractors
- prescribed drugs
- hospital in-patient/out-patient care
- mental health services
- · ambulance and invalid coach

- home health care, nursing home care, medical day care
- clinic services, including rehabilitation services, such as physical, speech, or occupational therapy
- medical supplies and equipment
- x-ray and laboratory services
- eyeglasses, hearing aids, artificial limbs, and braces

# Contact the Local Medical Assistance Unit for information on the Medicaid Program:

Atlantic County	609 - 344 - 2861
Bergen County	201 - 488 - 5667
Burlington County	609 - 261 - 0448
Camden County	609 - 757 - 2870
Cumberland and Cape May County	609 - 696 - 0521
Essex County	201 - 648 - 2470
Gloucester and Salem County	609 - 845 - 7185
Hudson County	201 - 792 - 6390
Hunterdon, Somerset and Warren County	201 - 782 - 1130
Mercer County	609 - 292 - 7315
Middlesex County	201 - 246 - 0653
Middlesex County  Monmouth County	
人名英西西西西西斯特 医克勒氏管 医大脑管 医大脑囊 化二烷基 医二烷基 医二烷基 经现代债务 电电流	
Monmouth County	201 - 775 - 5700 201 - 267 - 1700
Monmouth County	201 - 775 - 5700 201 - 267 - 1700 201 - 255 - 6226

In the telephone book your Local Medical Assistance Unit (LMAU) is listed under: New Jersey State — Human Services Department.

# OFFICE ON AGING

The Office on Aging provides information and referral for older persons requesting community services. Some of these programs include:

- health care services
- legal services
- transportation services
- financial services
- supportive counselling services

- long term care information
- senior citizen clubs and voluntary organizations
- education programs
- meals and nutrition programs
- housing information

# Consult your Office on Aging for further details and activities in your county:

Atlantic County	609 - 345 - 6700
Bergen County	201 - 646 - 2625
Burlington County	609 - 267 -0610
Camden County	609 - 546 - 0044 or 784 - 7744
Cape May County	609 - 886 - 2784 or 2785
Cumberland County	609 - 451 - 8000 Ext. 260
Essex County	201 - 751 - 6050
Gloucester County	609 - 845 - 1600 Ext. 270/271
Hudson County	201 - 434 - 6900
Hunterdon County	201 - 782 - 3333
Mercer County	609 - 989 - 6661
Middlesex County	201 - 246 - 6293 or 6295
Monmouth County	
Morris County	201 - 285 - 6393 or 6394
Ocean County	201 - 244 - 2121 Ext. 403/404
Passaic County	201 - 881 - 3716
Salem County	609 - 935 - 6993
Somerset County	201 - 725 - 4700 Ext. 212/213
Sussex County	201 - 383 - 5098
Union County	201 - 353 - 5000 Ext. 515
Warren County	201 - 475 - 5361

#### **VETERANS SERVICES**

The Veterans Assistance Program provides assistance for veterans and/or their dependents to obtain state or federal benefits to which they may be entitled.

Information and follow-up services may include:

- pensions
- compensations
- vocational rehabilitation

- government insurance
- health benefits

Contact your local Veterans Assistance office for service information.

#### **REGIONAL VETERANS ADMINISTRATION OFFICES:**

**Bureau of Veterans Services** 20 Washington Place Newark, New Jersey 07102 201 - 648 - 2849

**Bureau of Veterans Services** P. O. Box 8079 Manheim and Wissahickon Streets Philadelphia, Pennsylvania 19101

215 - 951 - 5621

215 - 848 - 3393

Atlantic County	609 - 345 - 0444
Bergen County	201 - 342 - 3363
Cumberland County	609 - 455 - 2743
Essex County	201 - 648 - 2849
Gloucester County	609 - 845 - 1600 Ext. 376
Hudson County	201 - 433 - 6886
Mercer County	609 - 292 - 5881
Middlesex County	201 - 846 - 4433
Monmouth County	201 - 775 - 7009
Passaic County	
Somerset County	
Sussex County	201 - 383 - 4949
Union County — Elizabeth	201 - 353 - 4667 North Plainfield 201 - 756 - 5590
Warren County	201 - 859 - 0907

# FOOD STAMPS

Food Stamps is a public assistance program which provides coupons that can be used like cash to buy groceries at almost all food stores. The Food Stamp Offices can provide the following:

- applications for food stamps
- out-reach services for applicants
- meal programs accepting food stamps for payment

Contact y	your	local	Food	Stamp	Program	Office	for a	an.	application	and	information.
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Atlantic County	609 - 348 - 30	01
Bergen County	201 - 646 - 33	00
Burlington County	609 - 386 - 53	53
Camden County	609 - 757 - 86	94
Cape May County	609 - 729 - 29	00
Cumberland County	609 - 691 - 44	10
Essex County	电气流振荡 化二氯苯酚酚	00
Gloucester County	609 - 848 - 95	50
Hudson County	201 - 420 - 30	00
Hunterdon County	201 - 782 - 43	00
Mercer County	609 - 989 - 43	10
Middlesex County	201 - 246 - 62	27
Monmouth County	201 - 431 - 60	00
Morris County	201 - 285 - 60	00
Ocean County		00
Passaic County	201 - 881 - 01	00
Salem County	609 - 935 - 71	50
Somerset County	201 - 725 - 47	00
Sussex County	201 - 383 - 36	00
Union County		5
Warren County	201 - 475 - 53	

# **COUNTY WELFARE AGENCIES**

County Welfare Agencies, located in every county throughout the State, provide financial assistance and social services for those determined eligible for these services.

Contact your local County Welfare Agency for further information and application.
Atlantic County
Bergen County
Burlington County
Camden County
Cape May County
Cumberland County
Essex County
Gloucester County 609 - 848 - 9550
Hudson County
Hunterdon County
Mercer County
Middlesex County
Monmouth County
Morris County
Ocean County
Passaic County
Salem County
Somerset County
Sussex County
Union County
Warren County 201 - 475 - 5361

#### TOLL—FREE INFORMATION SERVICES

New Jersey Senior Citizen Hotline:

800 - 792 - 8820

Provides information on community services and programs for older adults throughout the State. The caller will usually be referred to the local County Office on Aging for more detailed and current information.

Social Security Administration:

800 - 722 - 1111

Provides information, location, and telephone numbers of the local Social Security offices throughout the State. The Social Security office will help you apply for retirement, survivors, or disability benefits, Black lung benefits, Supplemental Security Income, and Medicare.

Pharmaceutical Assistance for the Aged: 800 - 792 - 9745

Provides information on New Jersey's PAA Program which helps to pay for prescription medicines for elderly persons of moderate income.

New Jersey Public Advocate:

800 - 792 - 8600

Handles complaints involving State agencies.

New Jersey Higher Education:

800 - 792 - 8670

Provides information about reduced rates, free tuition, and courses available to older persons.

The Cancer Information Service:

800 - 523 - 3586

Provides information on cancer care programs and services throughout the State.

Food Stamps: 800 - 792 - 9770

Provides information on the Food Stamp Program and other public welfare programs.

# ATLANTIC COUNTY

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Atlantic County Welfare Agency

Social Security Office

(Social Security, Supplemental Security Income Benefits, Medicare)

Atlantic County Food Stamp Program

Veterans Assistance Program

# HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing home information.

Contact:

Atlantic County Office on Aging

Atlantic County Welfare Agency

Atlantic County Medicaid Office (LMAU)

Atlantic County Health Department 609 - 646 - 8702

Conducts health clinics in various locations throughout Atlantic County.

# SOCIAL SERVICES

Atlantic County Office on Aging provides information and referral on the following:

- nursing home information
- boarding homes
- senior citizen discounts
- out-reach to the home
- senior citizen housing
- home repair services

- senior citizen clubs
- transportation services
- health screening services
- escort services
- legal services
- nutrition sites

# Caring, Inc. 609 - 927 - 8395

- (1) Volunteer services to nursing home residents. Includes friendly visiting, letter writing, reading, musical and recreation programs.
- (2) Adult Day Care Provides daily activities, recreation therapy, hot lunch program, exercise program, and transportation to residents of Atlantic County.

# Family Service Association 609 - 645 - 2942

Provides casework and supportive counselling for family and individual problems, and home visits for the home-bound.

## Jewish Family Service 609 - 822 - 1108

Provides casework and supportive counselling for family and individual problems, and home visits for the home-bound.

Project Star - (Services to the Aged and Retired) at the above number.

#### Atlantic Mental Health Center 609 - 561 - 8111

A mental health clinic serving children and adults with emotional, adjustment, and drinking problems. Call for an appointment.

# Atlantic City Senior Citizens Community Service Program 609 - 348 - 2270

Trained senior citizens interview other senior citizens of Atlantic City to identify their needs, help them apply for benefits, and provide information. Also - telephone reassurance program.

#### Catholic Social Services 609 - 345 - 3448

Provides social services, friendly visitors, and escort services for senior citizens. Provides telephone reassurance to the homebound or lonely, and transportation to medical appointments.

#### **MEAL PROGRAMS**

# Atlantic County Nutrition Project for the Elderly 609 - 344 - 1551

Nutrition sites located throughout Atlantic County, provide one hot meal per day, recreation, information services, transportation, outreach to homebound persons, nutrition education, and shopping assistance.

# HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Atlantic County Office on Aging

#### TRANSPORTATION

Information on transportation services, discounts, and medical appointment transportation.

Contact: Atlantic County Office on Aging

Atlantic City Volunteers 609 - 646 - 9327

Transportation for medical appointments and shopping needs.

#### **LEGAL SERVICES**

Cape May Legal Aid 609 - 348 - 4208

Provides legal services, or referrals for services, for the elderly.

#### TELEPHONE SERVICES

Contact Atlantic County 609 - 646 - 6616

Telephone listening service. Volunteers help others explore alternatives in problem situations.

# **BERGEN COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact: Bergen County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income, Medicare)

Bergen County Food Stamp Program

Veterans Assistance Program

#### **HEALTH AND HEALTH RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Bergen County Office on Aging Bergen County Welfare Agency

Bergen County Medicaid Office (LMAU)

#### Health Awareness Regional Program 201 - 666 - 9620

Free health service program, including home health visit and medical transportation for older adults in Bergen County.

#### SOCIAL SERVICES

Bergen County Office on Aging - Provides information and referral on the following:

- visiting homemakers
- transportation
- friendly visitor program
- senior citizen clubs
- discount identification cards
- nursing home and sheltered care facilities
- nutrition sites
- adult foster care

- education program
- legal services
- volunteer programs
- supportive counselling agencies
- senior citizen housing
- health programs
- home repair services
- employment services

## Post Stroke and Disabled Adult Program 201 - 487 - 7470

Program open to physically handicapped adults, 18 and over, their family or friends. Offers individual counselling, group discussion, referrals, recreation programs, and friendly visitor programs.

# River Vale Adult Day Care Center 201 - 666 - 2370

Open to all persons 60 and over. Program includes social and recreation activities, physical therapy, medical care, occupational therapy, speech and hearing. Kosher lunch is available and transportation may be provided.

#### Senior Citizen Out-Reach 201 - 947 - 9219

Services include counselling on housing, legal guidance, education and information on senior citizen rights, referral to health, recreation, nutrition, home services.

# Retired Senior Volunteer Program (RSVP) 201 - 489 - 7787

Volunteer senior citizens make home repairs for other senior citizens in Bergen County.

# Catholic Community Services 201 - 845 - 5330

Program for alternative living arrangements for persons over age 60. Adult foster care program for people unable to meet their daily living requirements independently.

# Fair Lawn Mental Health Center 201 - 797 - 2660

Evening and Saturday programs for senior citizens over age 60. Transportation available only in Fair Lawn. Programs include social and recreational activities, physical and mental health counselling, health screening, and nutrition program.

# Jewish Family Service of Bergen County 201 - 488 - 8340

Provides senior citizens with consultation and treatment of personal and family conflicts, assistance in securing services, psychiatric and psychologic consultation, outreach services to provide telephone reassurance, and visits to the homebound.

#### Multi-Service Senior Citizens Center 201 - 568 - 0817

The multi-service offers recreation, social, educational, and legal services. Transportation is available.

#### **MEAL PROGRAMS**

#### Bergen County Nutrition Project for the Elderly 201 - 489 - 9261

Program provides older persons with low cost, nutritious meals. Nutrition sites located throughout the county with transportation services.

#### Bergen County Meals-on-Wheels 201 - 487 - 3400

Meals delivered to the homebound person.

#### HOUSING

Information on senior citizen housing, sheltered care facilities, adult foster care programs.

Contact: Bergen County Office on Aging

#### TRANSPORTATION

Information on transportation services, discounts, and medical appointment transportation.

Contact:

Bergen County Office on Aging

Bergen County Medicaid Office (LMAU)

Bergen County Welfare Agency

# Bergen County Board of Transportation 201 - 488 - 0840

Half-fare services for senior citizens over age 62. Free mini-bus is available for senior citizens over age 60.

#### **LEGAL SERVICES**

Information on legal services in Bergen County.

Contact:

Bergen County Office on Aging

# **TELEPHONE SERVICES**

Information and Referral Service of Bergen County 201 - 343 - 6542

Free, confidential phone service for information on agencies, services and programs in Bergen County. A trained volunteer will make appropriate referrals.

# **BURLINGTON COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact: Social Security C

Social Security Office (Social Security, Supplemental Security Income, Medicare)

Burlington County Food Stamp Program

Veterans Assistance Program

### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, nursing homes.

Contact:

Burlington County Office on Aging Burlington County Welfare Agency

Burlington County Medicaid Office (LMAU)

#### **SOCIAL SERVICES**

Burlington County Office on Aging – provides information and referral on the following:

- senior citizen clubs
- nutrition sites
- health care services
- leisure programs
- education programs
- homemaker services
- legal services
- counselling agencies
- transportation services

- emergency services
- rental assistance program
- outreach to the home
- friendly visitors
- dental care services
- nursing home
- sheltered care facilities
- senior citizen housing
- volunteer programs

#### The Tender 609 - 234 - 5999

Adult day care located at the Moorestown Community House. Provides transportation, hot lunches, and recreational program for older adults.

#### Drenk Memorial Guidance Center 609 - - 267 - 1377

Provides services to Burlington County residents who have emotional and adjustment difficulties.

# Family and Community Services 609 - 386 - 7331

Provides individual and group counselling and emergency services (including clothing, food, financial assistance).

# Family Service of Burlington County, Inc. 609 - 267 - 5928

Offers supportive counselling services to the residents of Burlington County.

# Make Today Count 609 - 267 - 8500

Mutual support group for persons with cancer or other chronic illnesses. Supportive services to families and other interested persons.

# Widow to Widow 609 - 235 - 6697

Burlington County YWCA — Support group that assists women in dealing with trauma and grief of being a widow.

Trades and Alberta A

#### **MEAL PROGRAMS**

#### Meals-on-Wheels 609 - 267 - 3300 Extension 396

Home delivered meals for the ill, handicapped, or elderly person,

# Burlington County Nutrition Project 609 - 267 - 3100 Extension 379

Nutritition centers located throughout the county. Transportation provided to nutrition sites.

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Burlington County Office on Aging

#### Alternative Living for Elderly Service 609 - 267 - 0610

Adult foster care program for those persons who cannot manage alone but who do not need a hospital or nursing home.

# **TRANSPORTATION**

Information on transportation services, discounts, and medical appointment transportation.

Contact:

**Burlington County Office on Aging** 

Burlington County Medicaid Office (LMAU)

**Burlington County Welfare Agency** 

## **LEGAL SERVICES**

Legal service provided by the Burlington County Bar Association and the Office on Aging. Home visits, legal and advocacy services, wills, and estates, insurance and landlord tenant matters.

Contact:

Burlington County Office on Aging

#### TELEPHONE SERVICES

Reassurance Contact 609 - 871 - 4700

Provides 24 hour, 7 day-a-week telephone intervention available to anyone who needs help, guidance, or someone to listen.

# CAMDEN COUNTY

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Camden County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Camden County Food Stamp Program

Veterans Assistance

### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Camden County Office on Aging was a second of a second of the second of

Camden County Welfare Agency

Camden County Medicaid Office (LMAU)

# SOCIAL SERVICES

Camden County Office on Aging - provides information and referral on the following:

• out-reach

• transportation services

nutrition sites

Meals-on-Wheels

• boarding home visit

home-health aides

• legal services

home repairs

• nursing home list

• nursing home visitor program

senior citizen day care

• education programs

• supportive counselling

friendly visitors

Mental Health Association of Camden County 609 - 966 - 6767

Information and referral service to community resources.

Guidance Center of Camden County 609 - 854 - 1240 / 609 - 858 - 4494

Supportive counselling service, psychiatric evaluation, individual, group, and family counselling and crisis intervention.

Volunteer Friendly Visitors 609 - 429 - 5091

Program volunteers visit homebound persons. Visits are usually one hour per week.

Senior Citizen Day Care Center 609 - 227 - 3000 Extension 317

Available for Camden County residents 55 years and over. Luncheon served daily, social and recreational activities.

Senior Opportunities Center 609 - 964 - 4388

Provides information and referral service, job opportunities, recreational and day center, and hot lunches. Transportation included.

Community Elders Council of Camden 609 - 541 - 8742

Program includes information and referral, supportive counselling, recreation and community involvement. Members of the council staff will accompany local senior citizens to business or agency appointments.

Retired Senior Volunteer Program 609 - 964 - 7787

Recruits, interviews, and provides volunteer employment for Camden County agencies for persons 60 years and over.

# Gericare 609 - -541 - 5858

Volunteer homemaker aides, manpower workers, and drivers provide individual home-health care, transportation for medical appointments and shopping trips. "Call-in" services for the homebound senior citizens.

# **MEAL PROGRAMS**

Contact:

Camden County Office on Aging

Camden County Food Stamp Program

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact:

Camden County Office on Aging

#### **TRANSPORTATION**

Information on discount transportation services and shuttle bus services in Camden County.

Contact:

Camden County Office on Aging

# **LEGAL SERVICES**

Information of legal services in Camden County.

Contact:

Camden County Office on Aging

#### Judicare Program 609 - 466 - 1132

Free services for low income individual and families of Camden County. Provides legal counsel to protect rights of families and individuals.

# New Jersey Division on Civil Rights 609 - 757 - 2850

Staff implements the New Jersey law against discrimination in the areas of employment, housing and public accompdations.

Senior Citizen Advocate Center 609 - 964 - 2010

Camden Regional Legal Services - provides legal services and counsel to senior citizens age 60 and over.

#### Camden County Office of Consumer Affairs 609 - 757 - 8387

Staff investigates complaints from consumers and reports law violations to authorities,

#### TELEPHONE SERVICES

Contact "609" Inc. 609 - 428 - 2900

Hotline, crisis intervention service. Supportive counselling available for referral to agencies in the community.

#### El Centro 609 - 964 - 2133

Center for Catholic Social Services — provides information and referral to local community agencies. Family counselling, emergency assistance and community services to the low income persons of Camden County. Special attention given to the needs of the Spanish speaking population.

# CAPE MAY COUNTY

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Cape May County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income, Medicare)

Cape May County Food Stamp Program

Veterans Assistance

### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Cape May Office on Aging

Cape May County Welfare Agency

Cumberland County Medicaid Office (LMAU)

# SOCIAL SERVICES

Cape May County Office on Aging - provides information and referral on the following:

• senior citizen clubs

nutrition sites

• senior citizen housing

• home-health aide services

• nursing homes and sheltered care facilities

· counselling services

out-reach services

medical escort service

educational programs

• transportation discount I.D.

• meals-on-wheels

• rental assistance program

Cape May County Senior Citizens Activities 609 - 729 - 9200 Extension 284

Information on programs for persons over 60 years of age throughout Cape May County.

#### **MEAL PROGRAMS**

Information on the location, hours and services of county wide meal programs such as nutrition programs, meals-on-wheels.

Contact:

Cape May County Office on Aging

#### HOUSING

Information on senior citizen housing, sheltered care facilities, adult foster care programs.

Contact:

Cape May County Office on Aging

#### **TRANSPORTATION**

Information on transportation services, discounts, and medical appointment transportation.

Contact:

Cape May County Office on Aging

Cumberland County Medicaid Office (LMAU)

Cape May County Welfare Agency

# Cape May County Senior Citizen Bus 609 - 886 - 2011

Cape May County Escort Service — provides bus and mini-bus transportation service for residents of Cape May County over 60 years of age. Advance notice is needed for escort service to medical appointments.

# **LEGAL SERVICES**

Information on legal services in Cape May County

Contact: Cape May County Office on Aging

#### TELEPHONE SERVICES

Contact — Cape May 609 - 399 - 6668

Telephone supportive listening service. Volunteers explore alternatives and make referrals to other agencies for further service.

# **CUMBERLAND COUNTY**

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Cumberland County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Cumberland County Food Stamp Program

Veterans Assistance

## HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Cumberland County Office on Aging Cumberland County Welfare Agency

Cumberland County Medicaid Office (LMAU)

Cumberland County Health Department 609 - 451 - 8000 Extension 271

Information on public health services and clinics located throughout Cumberland County.

#### SOCIAL SERVICES

Cumberland County Office on Aging - provides information and referral on the following:

- discount transportation I.D.
- legal assistance
- free fishing licenses
- home repair services
- financial assistance
- senior citizen clubs
- volunteer programs
- telephone reassurance service

- health care programs
- rental assistance programs
- adult day care centers
- part-time employment
- friendly visitor services
- home-delivered meals
- nutrition sites
- sheltered care facilities & nursing home information

Cumberland County Adult Day Care Center 609 - 455 - 5621

Offers day care, activities, meals, and social services for older adults.

Cumberland County Home Repair and Fixit 609 - 451 - 8000 Extension 260

Provides assistance to elderly home owners for minor repairs and chores necessary to maintain property.

Foster Grandparent Program 609 - 691 - 7700

Part-time employment as foster grandparents in public agencies and institutions.

#### **MEAL PROGRAMS**

Information on meal programs and nutrition sites.

Contact:

Cumberland County Office on Aging

Senior Citizens Activity and Meal Program (SCAMP) 609 - 451 - 0400

Nutrition program for persons over 60 years of age.

Cumberland County Meals-on-Wheels 609 - 451 - 8000 Extension 260

Provides nutritious, hot meal deliveries to the homebound person

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Cumberland County Office on Aging

## **TRANSPORTATION**

Information on discount I.D. cards, transportation services, including medical appointment transportation.

Contact:

Cumberland County Office on Aging

#### LEGAL SERVICES

Cumberland County Senior Citizen Advocacy 609 - 451 - 8000 Extension 260

Provides free legal services for eligible persons age 60 and over.

#### **TELEPHONE SERVICES**

Telephone Reassurance 609 - 451 - 8000 Extension 260 / 609 - 691 - 6471

Regular telephone calls can be arranged to check on the well being of people at home.

# **ESSEX COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Essex County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Essex County Food Stamp Program

Veterans Assistance

# HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Essex County Office on Aging

Essex County Welfare Agency

Essex County Medicaid Office (LMAU)

#### The Arthritis Foundation 201 - 233 - 7151

Provides education, diagnosis, and treatment for victims of arthritis and other rheumatic diseases.

## Get Well Cupboard 201 - 672 - 9700

Sponsored by Orange Council of Church Women United. Offers free loan of sickroom supplies (hospital bed, wheelchairs, commodes, bedpans, urinals, etc.) to those unable to pay.

#### SOCIAL SERVICES

Essex County Office on Aging provides information and referral on the following:

- health care services
- meals programs
- nutrition sites
- senior citizen advocacy
- sheltered care and nursing home information
- senior citizen clubs

- physical fitness programs
- education programs
- job development
- senior citizen housing
- phone reassurance
- senior citizen day care

Newark Medical Day Care Center 201 - 483 - 6800 / 201 - 736 - 2000

#### Theresa Grotta Center

Medical day care programs for older adults, (Medicaid recipients) who could benefit from restorative health services while living in the community.

# Essex County Guidance Center 201 - 961 - 7652

Mental health clinic provides psychiatric evaluation, psychological testing, and short and long term individual psychotherapy.

#### New Jersey Medical School Community Mental Health 201 - 456 - 4683

Provides psychiatric in-patient and out-patient clinic. Treatment and counselling of emotional problems.

#### Alcoholics Anonymous Groups of New Jersey 201 - 763 - 1415

Call the above number to find the Alcoholics Anonymous group nearest you.

Mt. Carmel Guild 201 - 482 - 0100

Emanuel Senior Day Center 201 - 923 - 3333

## Daughters of Israel Pleasant Valley Home 201 - 731 - 5100

Adult day care programs located throughout Essex County. Activities include social, nutritional, and recreational programs.

#### **MEAL PROGRAMS**

Information on meal programs and nutrition sites.

Contact: Essex County Office on Aging

#### HOUSING

Information on senior citizen housing, sheltered care facilities, adult foster care programs.

Contact: Essex County Office on Aging

Essex County Senior Housing Program 201 - 482 - 0100 Extension 21 or 22

# **TRANSPORTATION**

Information on discount I.D. cards, transportation services, medical appointment transportation.

Contact: Essex County Office on Aging

# **LEGAL SERVICES**

# Essex County Legal Aid Association 201 - 622 - 1513

Provides counselling and legal services in the office, to persons in Essex County who cannot afford an attorney.

## Essex County Legal Services Corp. 201 - 672 - 3838

Provides legal services for eligible persons of Essex County. There is a special program to educate seniors on their legal rights.

#### Nursing Home Advocacy Program of Essex County 201 - 673 - 0662

Provides reliable and consistent information about long term care to consumers and professionals in Essex County.

#### TELEPHONE SERVICES

Newark Housing Authority 201 - 243 - 6300 / 201 - 622 - 1030

Sponsors a telephone service called "Lifeline" that places calls daily to elderly and handicapped Newark residents.

Information and Referral Service — Orange 201 - 678 - 3314

Information and Referral Service - Irvington 201 - 372 - 2151

A source for up-to-date information on community services in Essex County.

# **GLOUCESTER COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Gloucester County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Gloucester County Food Stamp Program

Veterans Assistance

#### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Gloucester County Office on Aging Gloucester County Welfare Agency

Gloucester County Medicaid Office (LMAU)

# Gloucester County Health Department 609 - 845 - 1600

Can provide information on health clinics, medical screening centers, and public health nursing.

# **SOCIAL SERVICES**

Gloucester County Office on Aging provides information and referral on the following:

out-reach

medical transportation

legal services

health screening programs

• home chore services

nursing home ombudsman program

- homemaker services
- library services
- senior citizen housing
- meal and nutrition programs
- senior citizen clubs
- supportive counselling programs

# **MEAL PROGRAMS**

Information on meal programs and nutrition sites.

Contact:

Gloucester County Office on Aging

#### **HOUSING**

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact:

Gloucester County Office on Aging

#### **TRANSPORTATION**

Information on discount I.D. cards, transportation services, medical appointment transportation.

Contact:

Gloucester County Office on Aging

# LEGAL SERVICES AND TELEPHONE SERVICES

Contact:

Gloucester County Office on Aging

# **HUDSON COUNTY**

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Hudson County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Hudson County Food Stamp Program

Veterans Assistance

# **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Hudson County Office on Aging
Hudson County Welfare Agency

Hudson County Medicaid Office (LMAU)

Jersey City Health Center 201 - 547 - 4389

Preventive health care program for senior citizens.

New Jersey Commission for the Blind 201 - 648 - 3333

Assists persons needing eye surgery or treatment.

# SOCIAL SERVICES

Hudson County Office on Aging provides information and referral on the following:

- financial assistance
- nutrition sites
- supportive couselling services
- out-reach to the home
- camping program
- senior citizen housing
- recreational programs

- transportation discounts I.D.
- volunteer programs
- sheltered care and nursing home information
- senior citizen clubs
- homemaker services
- dental program
- medical transportation

# Hudson County Council of Social Agencies 201 - 434 - 2628

Referrals to extising public and voluntary services. Volunteer Bureau open to all persons.

Jewish Hospital & Rehabilitation Center - Medical Day Care Program 201 - 451 - 9000

## P.A.C.O. 201 - 432 - 3202

A multi-service center focusing on service needs of the Spanish speaking community. Provides transportation services.

#### St. Mary's Community Mental Health Center 201 - 792 - 3300

Supportive counselling provided to individuals and families who are having difficulties at home or school, with friends or family.

Retired Senior Volunteer Program of Hudson County (RSVP) 201 - 434 - 1445

Provides volunteer opportunities for senior citizen members of the Hudson County community.

Smiles Senior City Center 201 - 963 - 7997

Provides transportation and community information and referral service.

## Senior Companion Program 201 - 547 - 5274

Provides senior citizens with a regular volunteer companion.

#### MEAL PROGRAMS

Information on meal programs and nutrition sites.

Contact: Hudson County Office on Aging

Meals-on-Wheels 201 - 854 - 3964

Provides nutritious, hot meal deliveries to the homebound person.

# **HOUSING**

Information on senior citizen housing, sheltered care facilities, and adult foster programs.

Contact: Hudson County Office on Aging

Housing Authority of the City of Jersey City 201 - 653 - 6400

Directs residents of Jersey City to senior housing projects.

# **TRANSPORTATION**

Information on discount I.D. cards, transportation services, medical appointment transportation.

Contact: Hudson County Office on Aging

Department of Human Resources 201 - 547 - 5253

Provides a transportation service for senior citizens anywhere in Jersey City.

# LEGAL SERVICES

Hudson County Legal Services Corporation 201 - 792 - 6363

Provides legal counsel to low income persons in Hudson County.

#### **TELEPHONE SERVICES**

Information and referral concerning programs or activites for the older adult.

Contact: Hudson County Office on Aging

# **HUNTERDON COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Hunterdon County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Hunterdon County Food Stamp Program

Veterans Assistance

# HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Hunterdon County Office on Aging

Hunterdon County Welfare Agency

Hunterdon County Medicaid Office (LMAU)

# American Cancer Society 609 - 782 - 6112

Provides cancer dressings and transportation to all medically eligible individuals.

Nutrition Service Program (Hunterdon Medical Center Dietary Dept.) 609 - 782 - 2121 Extension 421 Diet counselling service to individuals who are referred from physicians or others.

#### SOCIAL SERVICES

Hunterdon County Office on Aging provides information and referral on the following:

- senior citizen clubs
- recreation programs
- · out-reach to the home
- transportation services
- senior citizen housing
- sheltered care facilities and nursing home information
   supportive counselling programs
- employment services

- pre-retirement programs
- emergency home repairs
- legal services
- health care programs
- meals on wheels
- volunteer programs

#### Volunteer Friendly Visitor Program 609 - 782 - 6415

Program provides trained volunteers to visit homebound people in the community.

#### 609 - 782 - 4300 Extension 359 Senior Multi-Purpose Center

Diversified program of activities for all residents of Hunterdon County, age 60 and over. Free transportation available.

# Volunteer Bureau 609 - 782 - 4122

A community agency that recruits volunteers to participate in non-profit agencies throughout the county.

#### 609 - 782 - 2121 Extension 341 Community Mental Health Center

Project Help: An out-reach program for short term supportive counselling guidance and advice.

#### **MEAL PROGRAMS**

Information on meal programs and nutrition sites.

Hunterdon County Office on Aging.

#### Meals-on-Wheels 609 - 782 - 1252

Program provides a hot meal to shut-in, convalescent, individuals who find it difficult to shop and prepare meals,

# HOUSING

Information on senior citizen housing, sheltered care facilities, adult foster care programs.

Hunterdon County Office on Aging Contact:

# TRANSPORTATION

Information on discount I.D. cards, transportation services, medical appointment transportation.

Hunterdon County Office on Aging

#### 609 - 782 - 7241 Pioneer on Wheels

Free transportation for errands, medical visits, shopping, and social agency appointments.

## **LEGAL SERVICES**

#### Legal Services 609 - 782 - 7979

Legal information and services are available.

#### TELEPHONE SERVICES

Adult Helpline Services 609 - 782 - 8255

Telephone service at night and week-ends for information or help when agency offices are closed.

**Telephone Assurance** 609 - 782 - 6415

A permanent or temporary (when requested) service for those who would like someone to call them on a regular basis.

# MERCER COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Mercer County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Mercer County Food Stamp Program

Veterans Assistance

# **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Mercer County Office on Aging

Mercer County Welfare Agency

Mercer County Medicaid Office (LMAU)

#### SOCIAL SERVICES

Mercer County Office on Aging provides information and referral on the following:

supportive counselling services

• senior citizen housing

• senior citizen advocacy program

health care services

out-reach to the home

transportation services

sheltered care facilities and nursing home information.
 meals programs

crime victims program

senior citizen clubs

#### Highstown — East Windsor Service Center 609 - 443 - 4464

Provides clothing and household furnishings to needy families in Hightstown and East Windsor.

609 - 599 - 9373 The Salvation Army — Trenton

Collects and distributes clothing in emergency situation,

Senior Citizen Program 609 - 890 -3787

Adult day care program for Mercer County residents. Provides daily recreational and educational activities.

#### 609 - 394 - 3232 Senior Citizens Resource Center

Provides financial services, health programs, pharmaceutical assistance, breakfast and lunch for Trenton residents. Free transportation is available.

Community Guidance Center of Mercer County

Trenton Office - 609 - 695 - 8542

Whitney Center - Princeton - 609 - 924 - 2896

Hamilton Township - 609 - 587 - 7044

Provides supportive counselling to individuals and families.;

#### **MEAL PROGRAMS**,

Information on meal programs and nutrition sites.

Contact: Mercer County Office on Aging-

# HOUSING:

Information on senior citizen housing, sheltered care facilities, adult foster care programs.;

Contact: Mercer County Office on Aging,

#### TRANSPORTATION,

Information on discount I.D. cards, transportation services, medical appointment transportation.;

Contact: Mercer County Office on Aging;

Senior Citizen Program 609 - 890 - 3787:

Mini-bus transportation for medical visits and shopping.

American Red Cross (Trenton Area Chapter) 609 - 394 - 1161:

Transportation services for medical appointments.;

#### **LEGAL SERVICES**

Legal Aide Society of Mercer County 609 - 695 - 6249

Provides assistance to groups and individuals in legal rights matters.

#### TELEPHONE SERVICES

Contact Mercer County 609 - 896 - 2120

A 24 hour-a-day telephone hotline available to anyone who needs to talk with a sympathetic listener.

# MIDDLESEX COUNTY

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Middlesex County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Middlesex County Food Stamp Program

Veterans Assistance

#### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Middlesex County Office on Aging Middlesex County Welfare Agency

Middlesex County Medicaid Office (LMAU)

#### SOCIAL SERVICES

Middlesex County Office on Aging provides information and referral on the following:

• recreation programs

• out-reach to the home

supportive counselling services

nursing home information

• transportation services

• meal programs

- health care programs
- senior citizen clubs
- nutrition sites
- employment programs
- senior citizen housing
- sheltered care facilities

# Community Mental Health Center of Rutgers Medical School 201 - 564 - 4420

Provides supportive counselling for individuals and families and out-reach services to homes of isolated and low income senior adults.

# East Brunswick Senior Citizens Drop-In Center 201 - 254 - 4600 Extension 254

Offers social, recreation and education programs, health consultation, information and referral. Provides transportation.

# New Brunswick Senior Resource Center 201 - 745 - 5331

A multi-service center that provides referrals, social activities, arts and crafts, trips, health programs, recreation and supportive counselling.

# Pathe Program 201 - 321 - 6971

Information, referral, friendly visit, transportation, and escort services

## **MEAL PROGRAMS**

Information on the location and hours of county wide nutrition sites and home delivered meal programs.

Contact: Middlesex County Office on Aging

# Nutrition Project for the Elderly 201 - 545 - 6622

A program that provides regular meals at various nutrition sites in Middlesex County for persons age 60 or over.

#### **HOUSING**

Information on senior citizen housing, sheltered care facilities and adult foster care programs.

Contact: Middlesex County Office on Aging

#### **TRANSPORTATION**

Information on transportation services, escort services and discount transportation.

Contact: Middlesex County Office on Aging

# **LEGAL SERVICES**

# Middlesex County Legal Services Corporation 201 - 249 - 7600

Provides a full range of legal services and legal representation.

# **TELEPHONE SERVICES**

# Reassuring Calling Service of Middlesex County 201 - 246 - 6646 / 201 - 246 - 6645

Provides community contacts by a regular friendly telephone call to senior citizens in Middlesex County.

# MONMOUTH COUNTY

# FINANCIAL ASSISTANCE AND SERVICES

Contact: Monmouth County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Monmouth County Food Stamp Program

Veterans Assistance

# HEALTH AND HEALTH-RELATED SERVICES

Information on homememaker, home-health services, hospitals, and nursing homes.

Contact: Monmouth County Office on Aging

Monmouth County Welfare Agency

Monmouth County Medicaid Office (MLAU)

# American Cancer Society 201 - 531 - 2232

Provides counselling, medical transportation, and some supplies such as bed pans and loan closet items.

# Library for the Blind and Handicapped, New Jersey 609 - 292 - 6450

Free lending service of special library materials to any New Jersey resident who is unable to read standard printing.

#### SOCIAL SERVICES

Monmouth County Office on Aging provides information and referral on the following:

- visiting homemakers programs
- transportation services
- meal programs
- emergency assistance
- senior citizen housing
- senior employment
- legal counsel
- nutrition sites

- senior citizen centers
- alcohol programs
- sheltered care facilities
- education programs
- health care services
- supportive counselling services
- nursing home information
- recreation programs

# Family and Children's Services, Inc. of Monmouth County 201 - 222 - 9100

Provides supportive service, friendly visitor program, homemaker, home-health aide services, and Retired Senior Volunteer Program (RSVP).

# Family and Community Service (FACS) of the Catholic Welfare Bureau 201 - 747 - 9660

Individual and family supportive counselling to people of all ages, in the Monmouth County area.

# F.I.S.H. of Monmouth County, Inc. 201 - 739 - 1300

Volunteers provide emergency assistance such as transportation, shelter, meal preparation and delivery, grocery shopping, laundry, and housekeeping for ill or elderly persons.

#### **MEAL PROGRAMS**

Information on the location and hours of county wide nutrition sites and home delivered meal programs.

Contact: Monmouth County Office on Aging

#### **HOUSING**

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Monmouth County Office on Aging

# **TRANSPORTATION**

Information on transportation services, escort programs, and discount transportation.

Contact: Monmouth County Office on Aging

#### **LEGAL SERVICES**

#### Legal Aid Society of Monmouth County 201 - 775 - 0538

Legal counsel and assistance on all problems of civil law to eligible residents of Monmouth County, including court representation where necessary.

## **TELEPHONE SERVICES**

Information of daily telephone reassurance program, hotlines, information and referral services.

Contact: Monmouth County Office on Aging

# **MORRIS COUNTY**

# FINANCIAL ASSISTANCE AND SERVICES

Contact:

Morris County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Morris County Food Stamp Program

Veterans Assistance

# HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Morris County Office on Aging Morris County Welfare Agency

Morris County Medicaid Office (LMAU)

# American Cancer Society of New Jersey - Morris County Unit 201 - 538 - 5336

Provides public information, services to terminal patients such as: nursing care, nursing home care, homemaker services, medications, dressings, sickroom supplies, hospital clinic, and X-ray and cobalt therapy fees. Special assistance for leukemia patients.

# American Heart Association — Morris-Sussex Chapter 201 - 538 - 8512

Programs are designed to deal with the potential and the actual victim of heart disease. Provides screening, prevention and rehabilitation programs.

# American Red Cross - Morris Area Chapter 201 - 538 - 2160

Provides short term loans of medical equipment including: wheel chairs, walkers, crutches, etc. and transportation to hospitals and clinics for those without other means of transportation.

# Easter Seal Society for Crippled Children and Adults of Morris County 201 - 539 - 5636

A comprehensive out-patient rehabilitation facility for the handicapped. Provides individual diagnostic work-up, long and short term for disabling conditions for treatment including: strokes, multiple sclerosis, amputations, aphasia, speech and hearing disabilities.

# New Jersey Foundation for the Blind, Inc. 201 - 623 - 3937

Offers recreation, vocation and training center for the blind person.

# The Seeing Eye, Inc. 201 - 539 - 4425

Trains qualified blind persons to use seeing eye dogs.

#### SOCIAL SERVICES

Morris County Office on Aging provides information and referral on the following:

- large print library
- out-reach to the home
- home health services
- supportive counselling
- health counselling
- legal services
- nursing home listing
- sheltered care listing
- senior citizen housing

- pre-retirement programs
- home repair
- transportation
- education programs
- ombudsman program
- friendly visitor program
- recreation programs
- nutrition sites

# Family Service of Morris County 201 - 538 - 5260

A social casework and counselling service for family and individual problems. Information and referral to other community resources, when indicated.

# Greater Morristown Chapter of American Assn. of Retired Persons 201 - 538 - 4673

Provides day bus trips and world wide travel bureau service designed for the retired person. Members entitled to discount mail order drugs, and special insurance rates etc.

### Morris County Guidance Center 201 - 285 - 6251

Provides out-patient psychiatric services for mental, emotional and behavioral problems.

### Morris View Nursing Home (Adult Day Care) 201 - 285 - 6501

Provides for Morris View Adult Day Care Center. Day care for adults includes daily planned recreation, education, and meal program.

# Mount Carmel Guild Social Service Center, Inc. 201 - 345 - 6000

Provides social services for alcohol and drug rehabilitation.

# Retired Senior Volunteer Program of Morris County - RSVP 201 - 538 - 7947

This program is offered to residents of Morris County who are sixty years or older and not fully employed. Provides for meaningful volunteer opportunities for retired persons.

#### **MEAL PROGRAMS**

Contact: Morris County Food Stamp Program

# Meals-on-Wheels 201 - 538 - 2160

Volunteers bring two meals a day (Monday through Friday, including holidays) to the homes of those who are eligible for the service.

#### HOUSING

Information on housing programs, senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Morris County Office on Aging

# **TRANSPORTATION**

Information on transportation services, public transportation discounts, and medical appointment transportation.

Contact:

Morris County Office on Aging

Morris County Medicaid Office (LMAU)

Morris County Welfare Agency

# **LEGAL SERVICES**

#### American Civil Liberties Union of New Jersev 201 - 642 - 2084

Services available to anyone with a New Jersey civil liberties case. Provides for legal defense, information and education.

# Legal Aid Society of Morris County 201 - 285 - 6391

Provides assistance and advice in civil matters heard in district courts. Offers a Lawyer Referral Service with a listing of all lawyers in Morris County.

#### **TELEPHONE SERVICE**

#### Mental Health Association Bellringer Services 201 - 377 - 9280

Provides information including, supportive counselling agencies, commitment proceedings, and children and adult services.

# Star-Ledger Hot-line 800 - 543 - 2393

Toll free information service that handles problems of elderly persons.

## OCEAN COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Ocean County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

#### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Ocean County Office on Aging Ocean County Welfare Agency

Ocean County Medicaid Office (LMAU)

#### Ocean County Health Department 201 - 341 - 9700

Public health nursing services for Ocean County homebound residents.

#### Volunteers for the Blind 201 - 349 - 8787

Provides books on tape or in braille. Sends volunteers to nursing homes to read, write letters, etc.

#### SOCIAL SERVICES

Ocean County Office on Aging provides information and referral on the following:

- out-reach to the home
- transportation services
- senior citizen centers
- sheltered care facilities
- meal programs

- health care programs
- senior citizen housing
- nursing home information
- supportive counselling services

The Rainbow Center at Medicenter Lakewood Nursing Home 201 - 364 - 8300

A medical day care program with recreational activities included. Transportation available.

Mental Health Clinic of Ocean County 201 - 349 - 5550

Provides supportive counselling services for individuals and families of Ocean County.

201 - 255 - 4700 Senior Employment Program

Provides jobs for Ocean County residents age 55 years and over.

## **MEAL PROGRAMS**

Information on the location and hours of county wide nutrition sites and home delivered meal programs.

Contact:

Ocean County Office on Aging

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact:

Ocean County Office on Aging

#### TRANSPORTATION

Information on transportation services, escort programs, and discount transportation.

Contact: Ocean County Office on Aging

#### **LEGAL SERVICES**

Information on legal counsel and assistance.

Contact:

Ocean County Office on Aging

## **TELEPHONE SERVICES**

Information on daily telephone reassurance programs, hot-lines, information and referral services.

Contact:

Ocean County Office on Aging

## PASSAIC COUNTY

### FINANCIAL ASSISTANCE AND SERVICES

Contact: Passaic County

Passaic County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Passaic County Food Stamp Program

Veterans Assistance

#### **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, nursing homes.

Contact:

Passaic County Office on Aging Passaic County Welfare Agency

Passaic County Medicaid Office (LMAU)

American Cancer Society 201 - 274 - 4775

Provides supportive counselling for all cancer patients and home care to medically indigent terminal cancer patients

## SOCIAL SERVICES

Passaic County Office on Aging provides information and referral on the following:

• out-reach to the home

• supportive counselling services

health care screening

transportation services

• mulit-purpose senior citizen centers

• education programs

• nutrition programs

• senior citizen housing

• senior citizen clubs

• telephone reassurance service

sheltered care facilities

## Passaic County Adult Day Care 201 - 696 - 9030

Provides a nutrition program, medical attention, social services, and recreational activities.

## Catholic Family and Community Service 201 - 471 - 6962

Provides supportive counselling, companion and escort service, and telephone reassurance to people over 60 years of age.

#### **Jewish Family Service** 201 - 777 - 7638

Provides supportive counselling service to individuals and families.

## Daughters of Miriam Medical Day Care Center 201 - 772 - 3700

Provides day care and programs for the elderly who require a minimum amount of medical and nursing care. Transportation will be provided, if needed.

#### **MEAL PROGRAMS**

Information on the location and hours of county wide nutrition sites and home delivered meal programs.

Contact: Passaic County Office on Aging

Meals-on-Wheels 201 - 839 - 6225 / 201 - 839 - 1778

Home delivered meals to shut-in individuals.

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs,

Contact: Passaic County Office on Aging

Passaic County Public Housing Agency 201 - 525 - 5000 Extension 591

Provides information and services in applying for housing assistance.

#### TRANSPORTATION

Information on transportation services, escort programs, and discount transportation.

Contact:

Passaic County Office on Aging

## **LEGAL SERVICES**

Legal Aid Society

Passaic 201 - 779 - 8000

**Paterson** 

201 - 525 - 4068

Wanaque

201 - 839 - 4620

Legal counsel and assistance.

### **TELEPHONE SERVICES**

Help-line 24 hour Service 201 - 525 - 2828

Telephone service for those who need help or a sympathetic listener.

# SALEM COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Salem County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

## **HEALTH AND HEALTH-RELATED SERVICES**

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Salem County Office on Aging

Salem County Welfare Agency

Hunterdon County Medicaid Office (LMAU)

## Salem County Health Department 609 - 769 - 2126

Provides public health nursing services to indigent Salem County residents.

## **SOCIAL SERVICES**

Salem County Office on Aging provides information and referral on the following:

- transportation services
- meal programs
- nursing home volunteer services
- health care programs
- supportive counselling services
- emergency services
- home repair service

- nursing home information
- legal services
- sheltered care facilities
- senior citizen housing
- senior citizen clubs
- education programs
- telephone reassurance service

Salem County Guidance Center, Inc. 609 - 935 - 2709 / 609 - 935 - 2904

## **MEAL PROGRAMS**

Information on the location and hours of county-wide nutrition sites, home delivered meal programs.

Contact: Salem County Office on Aging

## Salem County Nutrition Project for the Elderly 609 - 299 - 1493

Provides a mid-day hot meal, recreation, and transportation services.

## Meals-on-Wheels of Salem County, Inc. 609 - 935 - 3663

Hot meals delivered to residents of Salem County who are 60 years of age and over and unable to shop or prepare adequate meals at home.

#### S.C.A.M.P. 609 - 451 - 0400

Provides recreation and nutritious hot lunches, served in a group setting for Salem County residents age 60 and over.

#### HOUSING

Information on senior citizen housing, sheltered care facilities, and adult foster care programs.

Contact: Salem County Office on Aging

#### **TRANSPORTATION**

Information on transportation services, discount transportation programs, and escort services.

Contact: Salem County Office on Aging

#### **LEGAL SERVICES**

Information on legal programs and legal counsel.

Contact: Salem County Office on Aging

Camden Regional Legal Services 609 - 455 - 2480 Provides free legal services for low income clients.

## **TELEPHONE SERVICES**

Contact Help, Inc. of Salem County 609 - 935 - 4357

Provides telephone assistance in an emergency, referral to appropriate services, and daily reassurance calls

# **SOMERSET COUNTY**

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Somerset County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Somerset County Food Stamp Program

Veterans Assistance

## HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Somerset County Office on Aging Somerset County Welfare Agency

Hunterdon County Medicaid Office (LMAU)

#### SOCIAL SERVICES

Somerset County Office on Aging provides information and referral on the following:

- out-reach to the home
- transportation services
- senior citizen housing
- sheltered care facilities
- education programs
- meal programs
- medical escort services
- financial assistance

- homemaker services
- preventive health care services
- recreation programs
- supportive counselling services
- employment programs
- nutrition sites
- nursing home information

## **MEAL PROGRAMS**

Information on the location and hours of county-wide nurtrition sites and home delivered meal programs.

Contact: Somerset County Office on Aging

## Somerset County Nutrition Project 201 - 752 - 4700 Extension 258 or 259

Provides older persons with nutritious, hot midday meals at nutrition sites located in Somerset County.

#### HOUSING

Information on senior citizen housing, sheltered care facilities, adult foster care programs.

Contact: Somerset County Office on Aging.

#### **TRANSPORTATION**

Information on transportation services, escort programs, discount transportation, and I.D. cards.

Contact: Somerset County Office on Aging

#### **LEGAL SERVICES**

Public Defender (Department of Public Advocate) 201 - 722 - 9600

A public legal aid program that provides a lawyer for those who are unable to afford one.

### TELEPHONE SERVICES

For information hotlines, crisis intervention, and telephone reassurance services.

Contact: Somerset County Office on Aging

# SUSSEX COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Contact: Sussex County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Sussex County Food Stamp Program

Veterans Assistance

## HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact: Sussex County Office on Aging

Sussex County Welfare Agency

Morris County Medicaid Office (LMAU)

#### SOCIAL SERVICES

Sussex County Office on Aging provides information and referral on the following:

- employment programs
- education programs
- meal programs
- · senior citizen housing
- nursing home information
- boarding home information
- home repair services

- recreation programs
- sheltered care facilities
- transportation services
- legal clinics
- supportive counselling services
- nutrition sites
- out-reach to the home

#### **MEAL PROGRAMS**

Information on the location and hours of nutrition sites and home delivered meal programs.

Contact: Sussex County Office on Aging

Sussex County Nutrition Project 201 - 875 - 9720

Provides older adults with nutritious, hot midday meals at nutrition locations in Sussex County.

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#### HOUSING

Information on senior citizen housing, sheltered care facilities, boarding homes, adult foster care programs.

Contact: Sussex County Office on Aging

## **TRANSPORTATION**

Information on transportation services escort programs and discount transportation I.D. cards.

Contact: Sussex County Office on Aging

#### LEGAL SERVICES

Somerset/Sussex Legal Services 201 - 383 - 7400

Provides legal assistance to residents in Sussex County.

#### **TELEPHONE SERVICES**

For information on hotlines, crisis intervention and telephone reassurance services.

Contact: Sussex County Office on Aging

## UNION COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Contact: Union County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Union County Food Stamp Program

Veterans Assistance

## HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact: Union County Office on Aging

Union County Welfare Agency

Union County Medicaid Office (LMAU)

### Alcoholic Information Center 201 - 233 - 8810

Provides counselling, education, information and referral services.

## Union County Heart Association, Inc. 201 - 353 - 7391

Provides nutrition counselling for patients who require a special diet,

#### SOCIAL SERVICES

Union County Office on Aging provides information and referral on the following:

- home repair services
- health care programs
- supportive counselling services
- sheltered care facilities
- transportation services
- senior citiizen housing
- home support services
- meal programs

- nursing home advocacy program
- education programs
- nursing home information
- friendly visiting program
- visually impaired program
- nutrition sites
- senior citizen centers

#### Companion Service 201 - 964 - 1183

Provides companionship, budgeting assistance, and light chore services to the disabled and shut-in residents of Vaux Hall and Union Township.

#### Mount Carmel Guild 201 - 272 - 8910

Provides individual, group, and family supportive counselling services.

## Retired Senior Volunteer Program (RSVP) 201 - 351 - 0070

Provides opportunity for people 60 and over to volunteer their services on a reimbursement-for-expenses basis.

#### **MEAL PROGRAMS**

Information on hours and location of nutrition sites and home delivered meal programs.

Contact: Union County Office on Aging

Nutrition Bureau 201 - 353 - 5000 Extension 616

Information on the location and hours of nutrition programs that provide hot midday meals for older adults.

## HOUSING

Information on senior citizen housing, sheltered care facilities and adult foster care programs.

Contact:

Union County Office on Aging

#### **TRANSPORTATION**

Information on discount I.D. cards, transportation services and medical appointment transportation.

Contact:

Union County Office on Aging

#### American National Red Cross

Eastern Union County Chapter	201 - 353 - 2500
Plainfield Area Chapter	201 - 756 - 6414
Rahway - Clark Area	201 - 353 - 2500
Summit Area Chapter	201 - 273 - 2076
Westfield — Mountainside Chapter	201 - 232 - 7090

Provides transportation, when available, to hospitals and treatment centers for ambulatory patients.

#### **LEGAL SERVICES**

Union County Legal Services Corp. 201 - 354 - 4340

Provides legal advice and representation in civil matters for those who cannot afford to pay for private lawyers.

#### **TELEPHONE SERVICES**

For information on hotlines, crisis intervention, and telephone reassurance services.

Contact: Union County Office on Aging

## WARREN COUNTY

## FINANCIAL ASSISTANCE AND SERVICES

Contact:

Warren County Welfare Agency

Social Security Office (Social Security, Supplemental Security Income benefits, Medicare)

Warren County Food Stamp Program

Veterans Assistance

## HEALTH AND HEALTH-RELATED SERVICES

Information on homemaker, home-health services, hospitals, and nursing homes.

Contact:

Warren County Office on Aging

Warren County Welfare Agency

Hunterdon County Medicaid Office (LMAU)

#### SOCIAL SERVICES

Warren County Office on Aging provices information and referral on the following:

- home delivered meals
- out-reach to the home
- boarding homes
- health care information
- employment programs
- sheltered care facilities
- escort services
- transportation

Family Guidance of Warren County

Belvidere

201 - 475 - 2188

Phillipsburg

201 - 454 - 4470

Hackettstown 201 - 852 - 0333

201 - 454 - 4470

education programs

recreation programs

senior citizen clubs

retirement program

senior citizen housing

• emergency assistance program

fix-it home repair program

nursing home information

Family and individual supportive counselling services.

## Warren County Retired Senior Volunteer Program (RSVP)

Provides opportunities for older adults (age 60 and over) to volunteer in their community.

#### **MEAL PROGRAMS**

Information on meal programs, nutrition sites, and home delivered meals.

Contact:

Warren County Office on Aging

#### Warren County Nutrition Project 201 - 859 - 2313

Provides hot meals throughout Warren County for older adults.

## HOUSING

Information on senior citizen housing, sheltered care facilities and adult foster care programs.

Contact:

Warren County Office on Aging

## **TRANSPORTATION**

Information on discount I.D. Cards, transportation services, medical appointment transportation and escort services.

Contact:

Warren County Office on Aging

#### **LEGAL SERVICES**

201 - 454 - 2010 Legal Services

Provides legal assistance.

## **TELEPHONE SERVICES**

Warren Out-Reach 201 - 454 - 7070

Provides a 24 hour hotline for supportive counselling and referral for Warren County residents.

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