



Morris County Caregiver's Guide

MORRIS COUNTY
DIVISION ON AGING, DISABILITIES AND VETERANS
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www.morrishumanservices.org

The Aging & Disability Resource Connection (ADRC) is your doorway to information and assistance. Morris County is one of the ADRC counties. Individuals and caregivers calling NJ EASE (Easy Access, Single Entry) can receive information on a variety of services.

This resource directory has been compiled by Morris County Division on Aging, Disabilities and Veterans to help caregivers find assistance. It provides general information. The Division on Aging, Disabilities and Veterans reserves the right to publish items as space permits. Listed items are not necessarily under the jurisdiction of the Department of Human Services and their listing does not imply endorsement. If you would like more information about available services or how to be included in future editions please call:

Morris County NJ EASE Toll-Free Number 1 (800) 564-4656

State NJ EASE Toll-Free Number 1 (800) 222-3737

CAREGIVING

1. Who is a caregiver? A Caregiver is anyone who is responsible for the care and well-being of an older or disabled adult living in the community. A caregiver can be a family member, friend or neighbor who assists a care recipient with a range of activities. Often, caregivers need assistance from the community to supplement existing care.

2. 10 Tips for Caregivers:

- Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Watch out for signs of depression, and don't delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Educate yourself about your loved one's condition and how to communicate effectively with doctors.
- There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
- Trust your instincts. Most of the time they'll lead you in the right direction.
- Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
- Grieve for your losses, and then allow yourself to dream new dreams.
- Seek support from other caregivers. There is great strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen.

Source: http://www.thefamilycaregiver.org/pdfs/10_tips.pdf

3. What you should know about caregiver burnout:

Caregiving can take a heavy toll if you don't get adequate support. Caregiving involves many stressors: changes in the family dynamic, household disruption, financial pressure, and the sheer amount of work involved. As the stress piles up, frustration and despair can take hold and burnout becomes a very real danger. You can prevent caregiver burnout by following a few essential guidelines:

- **Learn as much as you can** about your family member's illness and about being a caregiver. The more you know, the more effective you'll be, and the better you'll feel about your efforts.
- **Know your limits.** Be realistic about how much of your time and yourself you can give. Set clear limits, and communicate those limits to doctors, family members, and other people involved.
- **Accept your feelings.** Caregiving can trigger a host of difficult emotions, including anger, fear, resentment, guilt, helplessness, and grief. As long as you don't compromise the well-being of the care receiver, allow yourself to feel what you feel.
- **Confide in others.** Talk to people about what you feel; don't keep your emotions bottled up. Caregiver support groups are invaluable, but trusted friends and family members can help too. You may also benefit from seeing a therapist or counselor.

Once you burn out, caregiving is no longer a healthy option for either you or the person you're caring for. Watch for the warning signs of caregiver burnout and take action right away when you recognize the problem.

Common warning signs of caregiver burnout:

- You have much less energy than you used to
- It seems like you catch every cold or flu that's going around
- You're constantly exhausted, even after sleeping or taking a break
- You neglect your own needs, either because you're too busy or you don't care anymore
- Your life revolves around caregiving, but it gives you little satisfaction
- You have trouble relaxing, even when help is available

- You're increasingly impatient and irritable with the person you're caring for
- You feel overwhelmed, helpless, and hopeless

Preventing caregiver burnout tips

a: Get the help you need

The first strategy for preventing caregiver burnout is: *Don't try to do it all alone. Taking on all of the responsibilities of caregiving without regular breaks or assistance is a surefire recipe for burnout.*

Ask for help when you need it. Enlist friends and family who live near you to run errands, bring a hot meal, or provide companionship to the care receiver so you can take a well-deserved break.

Also, there are services to help caregivers in most communities, and the cost is often based on ability to pay or covered by the care receiver's insurance. Services that may be available in your community include adult day care centers, home health aides, home-delivered meals, respite care, transportation services, and skilled nursing.

b. Seek emotional support

Share what you're going through with at least one other person. Turn to a trusted friend or family member, join a support group, or make an appointment with a counselor or therapist. You can also draw strength from your faith. A congregation in a church or synagogue can provide the encouragement you need to feel good about your caregiving role, and may also be able to provide a break from time to time.

c. Seek support through contact with other Caregivers

Remember that old adage, "trouble shared is trouble halved"? A caregiver support group is one way to share your troubles. Seek out people who are going through the same experiences that you are living each day. If you can't leave the house, many Internet services are available.

In most support groups, you'll talk about your problems and listen to others talk; you'll not only get help, but you'll be able to help others, too. Most important, you'll find out that you're not alone. You'll feel better knowing

that other people are in the same situation, and their knowledge can be invaluable, especially if they're dealing with the same illness you are.

Types of Caregiver Support Groups

Community support groups for caregivers:

- People live near each other and meet in a given place each week or month.
- You get face-to-face contact and a chance to make new friends who live near you.
- The meetings get you out of the house, get you moving provide a social outlet, and reduce feelings of isolation.
- Meetings are at a set time. You will need to attend them regularly to get the full benefit of the group.
- Since the people in the support group are from your area, they'll be more familiar with local resources and issues.

Internet support groups for caregivers:

- People are from all over the world and have similar interests or problems.
- You meet online, through email lists, websites, message boards, or chat rooms.
- You can get support without leaving your house, which is good for people with limited mobility or transportation problems.
- You can access the group whenever it's convenient for you or when you need help most.
- If your problem is very unusual – a rare disease, for example – there may not be enough people for a local group, but there will always be enough people online.

d. Take care of yourself

When you are a caregiver, finding time to nurture yourself might seem impossible. But you owe it to yourself to find the time. Without it, you may not have the mental or physical strength to deal with all of the stress you experience as a caregiver. Give yourself permission to rest and to do things that you enjoy on a daily basis. You will be a better caregiver for it.

- Incorporate activities that give you pleasure even when you don't really feel like it. Listen to music, work in the garden, engage in a hobby...whatever it is that you enjoy.
- Pamper yourself. Take a warm bath and light candles. Find some time for a manicure or a massage.
- Eat balanced meals to nurture your body. Find time to exercise even if it's a short walk everyday. Do the best you can to sleep at least 7 hours a night.
- Laughter really is the best medicine. Buy a light-hearted book or rent a comedy. Whenever you can, try to find some humor in everyday situations.
- Keep a journal. Write down your thoughts and feelings. This helps provide perspective on your situation and serves as an important release for your emotions.
- Arrange telephone contact with a family member, a friend, or a volunteer from a church or senior center so that someone calls each day to be sure everything is all right. This person can help by contacting other family members with status updates or to let them know if you need anything.
- Try to set a time for afternoons or evenings out. Seek out friends and family to help you so that you can have some time away from the home. If it is difficult to leave, invite friends and family over to visit with you. Share some tea or coffee. It is important that you interact with others.

Adapted from **The Help Guide:**

http://www.helpguide.org/elder/caring_for_caregivers.htm

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ADULT DAY CARE CENTERS

MEDICAL DAYCARE

SOCIAL DAYCARE

*GO / Medicaid program **JACC & Statewide Respite / State funded program

MEDICAL ADULT DAY CARE

*Provide a range of activities and social support
for disabled and elderly individuals under medical supervision*

My Day Home / Adult Medical Day Care Center

120 Commerce Way

Totowa, NJ 07512

(973) 890-5888

Accept: GO*, JACC**, Alzheimer's grants, Veteran's grants

Second Inning / Adult Medical Daycare

155 Algonquin Parkway

Whippany, NJ 07981

(973) 884-1875

Accept: GO*, JACC**, Alzheimer's grants, Statewide Respite**

SOCIAL DAY CARE PROGRAMS

*Provide a range of activities and social support
for disabled and elderly individuals*

Adult Day Center / Visiting Nurses of Somerset Hills

200 Mt. Airy Road

Basking Ridge, NJ 07920

(908) 766-0180

www.visitingnurse.org/shade

Accept: GO*, JACC**, Alzheimer's grants, Statewide Respite**

Beverwyck House

420 South Beverwyck Road

Parsippany, NJ 07054

(973) 887-0156

Accepts: Private pay only

SOCIAL DAY CARE PROGRAMS

Christian Health Care / Adult Day Services

2000 Sienna Village

Wayne, NJ 07470

(973) 305-9155

www.christianhealthcare.org

Accepts: GO*, JACC**, Alzheimer's grants, Veterans funding, Statewide Respite**

Day Break Social Adult Day Care

443 Schooley's Mountain Road

Hackettstown, NJ 07840

(908) 852-7300

www.heathvillage.com

Accepts: GO*, JACC**, Alzheimer's grants, Statewide Respite**

Friendship House / Visiting Nurse Association of Northern NJ

130 Powerville Road

Boonton, NJ 07005

(973) 402-1867

Accepts: GO*, JACC**, Alzheimer's grants, Statewide Respite**

Spend A Day – SAGE / Adult Day Health Center

290 Broad Street

Summit, NJ 07901

(908) 598-5520

www.sageeldercare.org

Accepts: GO*, JACC**, Alzheimer's grants, Statewide Respite**

Time Out – Madison / Family Service of Morris County

4 Division Avenue

Madison, NJ 07940

www.fsmc.org

Accepts: Sliding fee scale, Statewide Respite**

Time Out – Morris View / Family Service of Morris County

540 West Hanover Avenue

Morris Plains, NJ 07950

(973) 3296-7288

www.fsmc.org

Accepts: Sliding fee scale, Statewide Respite**

SOCIAL DAY CARE PROGRAMS

Time Out - Succasunna / Family Service of Morris County

99 Main Street

Succasunna, NJ 07876

(973) 598-8469

www.fsmc.org

Accepts: Sliding fee scale, Statewide Respite**

Victorian Garden

353 Main Street

Chatham, NJ 07928

(973) 635-2266

www.victoriangardenadultdaycenter.com

Accepts: GO*, JACC**, Alzheimer's grants, Statewide Respite**

CARE MANAGERS

PRIVATE CARE MANAGERS

PUBLIC CARE MANAGERS

PRIVATE CARE MANAGERS

Private pay assistance for the Care of Senior and/or Disabled Clients.

Bayer, Lisa Cook BA, JD, CCM

Life Management Resources, LLC
PO Box 2411 Livingston, NJ 07039
(973) 533-0839
www.LMReldercare.com

Bolaned, Kerry RN

Garden State Eldercare
71 Valley Street, Suite 300B
South Ornage, NJ 07079
(973) 378-9100
www.gardenstateeldercare.com

Colucci, Trish CCM, RN

Peace of Mind Care Management Services, LLC
PO Box 495
Flanders, NJ 07836
(973) 459-9966
www.peaceofmindcaremgt.com

Cooper, Marcie MSW,LCSW,C-ASWCM

18 Aberdeen Place
Fair Lawn, NJ 07410
(201) 703- 1699
www.gratefulcare.com

Davis, Janine BSN, CGN, RN, BC

Claddagh Home Care, LLC
145 Washington Street
Morristown, NJ 07960
(973) 598-9730
www.claddaghhomecare.com

Deutsch, Lucille BA, CALA

179 Malapardis Road
Cedar Knolls, NJ 07927
(973) 267-3616

PRIVATE CARE MANAGERS

Doueck, Vicki, MSW.ACSW, LCSW

Generations Counseling & Care Management
336 West Passaic Street, 2nd Floor
Rochelle Park, NJ 07662
(201) 845-7030
www.generations-llc.com

Hires, Carole CMC, RN

Health Partners in Care – Senior Bridge Families
7 Maccullough Avenue
Morristown, NJ 07960
(973) 267-8184

Lapides, Andrew CASWCM

The Morris Guild of Psychotherapy, LLC
1 Madison Avenue 3rd Floor
Morristown, NJ 07960
(973) 539-5009
alapides@optonline.net

Nalven, Ellen B. M. ED

Planned Lifetime Assistance Network of New Jersey, Inc.
Loesner Avenue
PO Box 547
Somerville, NJ 08876
(908) 575-8300
www.plannj.org

Porosky, Mary Ann, MSW, LCSW, CASWCM

Caring Choices
420 Boulevard Suite 101
Mountain Lakes, NJ 07046
(973) 627-4087
<http://caringchoicesgcm.com>

PRIVATE CARE MANAGERS

Rosenhaus, Sharon BS, RN

Senior Home Care Services
150 Speedwell Avenue
Morristown, NJ 07960
(973) 538-4357
www.njshcs.com

Rosenberg, Connie MPS, CCM, CMC, RN

Services & Resources for Seniors, Inc.
930 Mt. Kemble Avenue
Morristown, NJ 07960
(973) 984-3707
www.connierosenberg.com

Thomas, Dawn, MSW, LCSW, CASWCM

Care Alternatives
165 Cedar Knoll Road
Whippany, NJ 07981
(201) 803-4131
Dawnthomas218@yahoo.com

Versaci, Benni BS, MA, MSW, CASWCM, LSW

Spectrum Geriatric Care Management
388 Cambridge Drive
Butler, NJ 07405
(973) 530-4155
www.spectrumgeriatric.com

Weiss, Leah R. MSW, ACSW, LSW

Older Adult Resources & Services Inc.
117 Valley Street
South Orange, NJ 07079
(973) 763-8018

Wolf, Kelly MSW, LSCW

432 Longhill Drive
Short Hills, NJ 07078
(973) 495-1834

PUBLIC CARE MANAGERS

NJ EASE Care Management program provides assessment, care planning, service coordination, monitoring and reassessment in the home.

NewBridge Services, Inc.

(973) 839-2520

Providing services for:

Boonton	Lincoln Park
Boonton Township	Montville
Butler	Mountain Lakes
East Hanover	Pequannock
Kinnelon	Riverdale

DAWN Center for Independent Living

(973) 625-1940

Family Service of Morris County

(973) 538-5260

Providing services for:

Cedar Knolls	Madison
Chatham Borough	Mendham Borough
Chatham Township	Mendham Township
Florham Park	Morris Plains
Hanover	Morristown
Harding Township	Morris Township
Long Hill	Whippany

Morris County Division on Aging, Disabilities and Veterans*

(973) 326-7282

Providing services for:

Chester Borough & Township	Parsippany-Troy Hills
Denville	Randolph
Dover	Rockaway Borough & Township
Jefferson	Roxbury
Mine Hill	Victory Gardens
Mt. Arlington	Washington Township
Mt. Olive	Wharton
Netcong	

* Also serves disabled clients

DOWNSIZING
MOVING
DECLUTTER

Downsizing / Moving / Declutter

Relocation and major housekeeping services.

Grannies Clutter (201) 602-0801

Just Jim Cleaning Service (973) 984-3761

Senior Moves (201) 615-5374

The Moving Maven (973) 479-8420

Tranquil Transitions (732) 980-9581

EDUCATION PROGRAMS

EDUCATION PROGRAMS

Educate, train and provide support to caregivers.

Alzheimer's Association

Caregiver HelpLine
400 Morris Ave. Suite 251
Denville, NJ 07834
(800) 883-1180
www.alz.org/alznj

Caregivers Connections

Dorot, Inc.
171 West 85th St.
New York, NY 10024
(212) 769-2850
www.dorotusa.org

Caregivers Coalition of Morris County

A United Way initiative
P. O. Box 1948
Morristown, NJ 07962
www.uwmorris.org

Family Service of Morris County

Caregiver Outreach in the Workplace
62 Elm Street
Morristown, NJ 07960
(973) 538-5360
www.fsmc.org

Jewish Family Services of MetroWest

Eldercare Services
256 Columbia Turnpike; Suite 105
Florham Park, NJ 07932
(973) 765-9050
www.jfsmetrowest.org

Visiting Nurse Association – Northern New Jersey

In-Home Caregiver Education & Support Program
38 Elm Street
Morristown, NJ 07960
(800) 938-4748

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ELDER LAW ATTORNEYS

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Morristown, NJ 07960
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<http://bernsteinstatelaw.com/>

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www.feinsuch.com

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www.grahamcurtin.com

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www.coughlinduffy.com

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www.maneslaw.com

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49 Ridgedale Avenue
East Hanover, NJ 07936
(973) 577-6010
www.mchughandmacri.com

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www.murphlaw.com

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(973) 347-3347
www.norrielaw.com

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124 E. Main Street
Denville, NJ 07834
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www.josephsullivan.esq.com

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www.spsk.com

Dierdre R. Wheatley-Liss, Esq.
7 Century Drive, Suite 201
Parsippany, NJ 07054
(973) 538-4700
www.feinsuch.com

EMERGENCY RESPONSE
SYSTEMS

EMERGENCY RESPONSE SYSTEMS

A medical alert system can offer the confidence and security to continue with daily activities and maintain your loved ones independence.

<u>American Medical Alarms</u>	(800) 542-0438
<u>Critical Signal Technologies CST</u>	(800) 338-4176
<u>First Call For Help Inc.</u>	(973) 887-2772
<u>Homecare America</u>	(973) 377-8990
<u>Hope Connection*</u>	(973) 361-5555 ext. 119
<u>Life Guardian</u>	(800) 378-2957
<u>Life Line-Philips</u>	(800) 543-3546
<u>LifeWatch USA</u>	(800) 998-5837
<u>LSC Medcom-Lifeline</u>	(888) 240-8977
<u>Medical Alarm</u>	(800) 906-0872
<u>PHON-4-HELP</u>	(800) 842-0074
<u>Project Life Saver**</u>	(973) 285-6681
<u>Saint Clare's Lifeline Program*</u>	(888) 343-1991
<u>Senior Care / 911</u>	(877) 477-2911
<u>Valued Relationships, Inc. VRI</u>	(800) 860-4230

**Local Morris County Provider & Service*

***Local Morris County Program for wandering*

GERIATRIC ASSESSMENT
PROGRAMS

GERIATRIC ASSESSMENT PROGRAMS

Comprehensive multi-disciplinary assessment service focused on meeting seniors complete medical needs.

Center of Positive Aging at Warren Hospital

755 Memorial Parkway, Suite 302

Phillipsburg, NJ 08865

(908) 859-6722

www.warenhospital.org

Community Health Center at Vauxhall

3 Farrington Street

Vauxhall, NJ 07088

(908) 964-8010

Comprehensive Services on Aging COPSA

Geriatric Services UBHC – UMDNJ (Dementia only)

671 Hoes Lane

Piscataway, NJ 08855

(800) 424-2494

www.ubhc.umdj.edu/copsa

Hunterdon Medical Center-Center for Healthy Aging

2100 Wescott Drive

Flemington, NJ 08822

(908) 788-6373

www.hunterdonhealthcare.org

Jewish Family Services of Metrowest

256 Columbia Turnpike, Suite 105

Florham Park, NJ 07932

www.jfs-metronj.org

Kral, Dr. Felix

135 Columbia Turnpike, Suite 102

Florham Park, NJ 07932

(973) 660-4900

GERIATRIC PHYSICIANS

GERIATRIC PHYSICIANS

Specialize in the care of older adults.

Dr. Leslie Feigin

Feigin & Las MDs
56 Diamond Spring Road
Denville, NJ 07834

Dr. Chandrakala Rudraraju

Urgent Care Medical Center
3175 State Route 10
Denville, NJ 07834

Dr. Arthur Shepell

16 Pocono Road
Denville, NJ 07834

Dr. James Wolf

Mendham Medical Group
19 E Main Street
Mendham, NJ 07945

Dr. Andreas Rotsides

195 Us Highway 46
Mine Hill, NJ 07803

Dr. Kathryn Peper

81 Washington Ave
Morristown, NJ 07960

Dr. Joseph Ryan

Morristown Memorial Medical Group
95 Madison Ave
Morristown, NJ 07960

GRANDPARENTS

GRANDPARENTS

Resources for Grandparents Raising Grandchildren.

AARP Grandparent Information Center

www.aarp.org/family/grandparenting

Generations United

www.gu.org

Jewish Family Services

Grandparents as Parents Program

(908) 352-8375

Kinship Navigator Program

(877) 816-3211

NJ Department of Children & Families

www.state.nj.us/dcf/support/caregivers

New Jersey Self Help Clearing House

(800) 367-6274

HOME CARE AGENCIES

*GO / Medicaid program **JACC / State funded program

HOME CARE AGENCIES

*A listing of home care agencies serving Morris County
offering a variety of in home services.*

All Quality Care

81 Main Street, Newton, NJ 07860
(973) 579-9333, (973) 579-3303 Fax

www.allqualitycarenurses.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide
Certified Nurses Aide; Physical Therapy; Occupational Therapy; Speech Therapy;
Companion; Live-in

Accepts: GO*, private pay, long term care insurance

Amazing Grace Nursing Care Service

2165 Morris Avenue, Suite 1A, Union, NJ 07083
(800) 687-4817, (908) 206-9988, (908) 206-9986 Fax

www.agracehomehealthcare@verizon.net

Services Offered: Certified Home Health Aide; Certified Nurses Aide; Homemaker; Companion

Accepts: GO*, private pay, long term care insurance, JACC**

Americarenj, Corp.

103 Bayard Street, New Brunswick, NJ 08901
(732) 418-1011, (732) 418-1511 Fax

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;
Nurses Aide

Accepts: GO*, private pay, long term care insurance, JACC**

Atlantic Home Care & Hospice

33 Bleeker Street, Millburn, NJ 07041
(973) 379-8400, (973) 379-8498 Fax

www.atlantichealth.org

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;
Physical Therapy; Occupational Therapy; Speech Therapy; Social Worker; Dietician

Accepts: GO*, Medicare, private pay, long term care insurance

Atlantic Private Care Services

200 American Road, Morris Plains, NJ 07950
(973) 540-9000, (973) 540-8816 Fax

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;
Physical Therapy; Live-in; Social Worker
Accepts: GO*, private pay

HOME CARE AGENCIES

Bayada Nurses

25-27 Dickerson Street, Suite 101, Dover, NJ 07801
(973) 328-1790, (973) 328-1731 Fax

www.bayada.com

Services Offered: Home Health Aide

Accepts: GO*, private pay, long term care insurance

40 Maple Avenue, Morristown, NJ 07960

(973) 538-3000, (973) 984-0450 Fax

www.bayada.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;
Homemaker; Live-in; Companion; Home Health Aide; Rehabilitation Service

Accepts: GO*, private pay, long term care insurance

Betty Nursing Services Home Care, Inc.

61 Grand Avenue, Englewood, NJ 07631

(201) 567-1044, (201) 567-2201 Fax

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Nurses Aide;
Certified Home Health Aide; Live-in

Accepts: GO*, Private pay, long term care insurance, JACC**

Bright Star Healthcare

14 Ridgedale Avenue, Suite 200, Cedar Knolls, NJ 07927

(973) 898-0800

www.brightstarhealthcare.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Nurses Aide;
Certified Home Health Aide; Companion

Accepts: Private pay, long term care insurance

CareFocus Companion Services

100 Lanidex Plaza, Suite 140, Parsippany, NJ 07054

(973) 515-3034

www.carefocuscompanion.com

Services Offered: Certified Home Health Aide; Companion

Accepts: Private pay, long term care insurance

HOME CARE AGENCIES

Caring People

1169 Main Avenue, Clifton, NJ 07011

(973) 859-2700

www.caringpeopleinc.com

Services Offered: Registered Nurse; Certified Nurses Aide; Certified Home Health Aide;
Live-in

Accepts: Private pay, long term care insurance

Claddagh Home Care

145 Washington Street, Morristown, NJ 07960

(973) 598-9730, (973) 598-9730 Fax

www.claddaghhomecare.com

Services Offered: Certified Home Health Aide; Homemaker; Companion

Accepts: GO*, private pay, long term care insurance

ComForcare Senior Services

237 West Main Street, Boonton, NJ 07005

(973) 316-1400, (973) 316-1446 Fax

www.comforcare.com

Services Offered: Home Health Aide; Homemaker; Companion

Accepts: Long term care insurance, private pay

Comfort Keepers

271 Route 46 West, Suite H111, Fairfield, NJ 07004

(973) 227-2061, (973) 244-0599 Fax

www.comfortkeepers.com

Services Offered: Certified Home Health Aide; Certified Nurses Aide

Accepts: GO*, long term care insurance, private pay, JACC**

Elderly Care Services

62 North 13th Street

Hawthorne, NJ 07506

(973) 727-6806

Services Offered: Registered Nurse; Certified Nurses Aide; Home Health Aide

Accepts: Insurance, private pay

HOME CARE AGENCIES

Emerald Health Care Services, Inc.

1479 Rt. 23 South – Suite 206, Wayne, NJ 07470

(973) 694-6688, (973) 694-7277 Fax

www.emeraldhealthcareservices.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide

Accepts: GO*, long term care insurance, private pay

Expert Home Care

100 Bayard Street, Suite 206, New Brunswick, NJ 08901

(800) 848-2336, (732) 937-5810 Fax

www.experthomecare.com

Services Offered: Home Health Aide; Live-in

Accepts: Private pay, long term care insurance

Family First HomeCare

P.O. Box 262, Mt. Freedom, NJ 07970

(973) 328-7700

www.familyfirsthomecare.com

Services Offered: Registered Nurse; Home Health Aide; Live-in

Accepts: Private pay

Gentle Care Home Service

1180 Stelton Road, Piscataway, NJ 08854

(732) 777-0021, (732) 777-10224 Fax

www.gchshome.com

Services Offered: Registered Nurse; Certified Home Health Aide

Accepts: GO*, private pay, long term care insurance

Glenlora Home Outreach Service

P.O. Box 367, Chester, NJ 07930

(908) 879-0676, (908) 879-5431 Fax

www.glenlora.com

Services Offered: Certified Home Health Aide; Live-in

Accepts: Long term care insurance, private pay

Grannies Nannies

30 Mohawk Ave., Rockaway, NJ 07866

(973) 784-4888, (973) 784-4890 Fax

Services Offered: Nurses Aide; Homemaker; Companion
Accepts: Private pay

HOME CARE AGENCIES

Griswold Special Care

470 Ridgedale Avenue, Suite 2D, East Hanover, NJ 07936
(973) 884-9411, (973) 884-9197 Fax

www.griswoldspecialcare.com

Services Offered: Home Health Aide; Homemaker; Companion

Accepts: Long term care insurance, private pay

Heart Home Care

164 Route 10 West, Succasunna, NJ 07876
(973) 927-3277, (973) 927-0004 Fax

Services Offered: Homemaker; Companion

Accepts: Long term care insurance, private pay

Helping Hand Senior Care

4 Viking Court, Randolph, NJ 07869
(973) 271-0912, (973) 659-3441

Services Offered: Homemaker; Companion; Live-in

Accepts: Private pay

Helpmates Personnel, Inc.

387 Passaic Avenue, Fairfield, NJ 07004
(973) 575-6605, (973) 575-8994 Fax

Services Offered: Certified Home Health Aide; Companion

Accepts: Long term care insurance, private pay

Home Care/Assistance

2001 Route 46, Waterview Plaza, Suite 310, Parsippany, NJ 07054
(973) 315-3163, (866) 454-8346

www.homecareassistance.com

Services Offered: Certified Nurses Aide; Certified Home Health Aide

Accepts: Long term care insurance, private pay

Home Instead Senior Care

3175 Route 10E, Suite 100, Denville, NJ 07834
(973) 442-8383, (973) 442-9499 Fax

www.homeinstead.com

Services Offered: Homemaker; Companion

Accepts: Long term care insurance, private pay

HOME CARE AGENCIES

Homewatch Caregivers

P.O. Box 584, Budd Lake, NJ 07828

(908) 684-3330, (908) 684-3311 Fax

www.homewatchcaregivers.com

Services Offered: Registered Nurse; Home Health Aide; Certified Nurses Aide; Companion

Accepts: Long term care insurance, private pay

HomeWell Senior Care

75 Midland Avenue, 3rd Floor, Montclair, NJ 07042

(973) 744-8989, (973) 944-4838 Fax

www.essex.homewellcares.com

Services Offered: Certified Nurses Aide and Home Health Aide; Companions; Live-in

Accepts: Long term care insurance, private pay

Icannel

48 Locust Avenue, Wallington, NJ 07057

(800) 915-4266, (646) 219-0009 Fax

www.icannel.com

Services Offered: Certified Home Health Aide; Live-in

Accepts: Long term care insurance, private pay

Interim Health Care

2040 Millburn Avenue, Suite 102, Maplewood, NJ 07040

(973) 762-8071, (973) 762-9495 Fax

www.interimhealthcare.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Nurses Aide;

Home Health Aide; Physical Therapy; Speech Therapy; Occupational Therapy; Live-in

Accepts: GO*, long term care insurance, private pay

JVS Caregiving Companions

111 Prospect Street, East Orange, NJ 07017

(973) 674-2415 X293, (973) 674-7858 Fax

www.jvsnj.org

Services Offered: Homemaker; Companion

Accepts: Long term care insurance, private pay

HOME CARE AGENCIES

Loving Care

66 East McFarlan Street, Dover, NJ 07801

(973) 659-9119, (973) 659-9118 Fax

www.lovingcareagency.com

Services Offered: Registered Nurses; Licensed Practical Nurse; Certified Home Health Aide

Accepts: GO*, long term care insurance, private pay

Maxim Healthcare Services

76 South Orange Avenue, Suite 1, South Orange, NJ 07079

(973) 378-5551, (800) 466-7778 toll free, (973) 378-2023 Fax

www.maxhealth.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;

Live-in

Accepts: GO*, long term care insurance, private pay

New Jersey Handmaidens LLC

223 Independence Way, Springfield, NJ 07081

(973) 218-6175

www.nj-home-healthcare.com

Services Offered: Home Health Aide; Homemaker; Companions; Live-in

Accepts: Long term care insurance, private pay

Nursing Care, Inc.

1432 Route 23N, Butler, NJ 07405

(973) 838-9466, (973) 838-1750 Fax

Services Offered: Registered Nurse; Licensed Practical Nurse; Home Health Aide

Accepts: Long term care insurance, private pay

Patient Care, Inc.

5 Romaine Road, Mountain Lakes, NJ 07046

(973) 394-9141, (973) 394-9149 Fax

www.patientcare.com

Services Offered: Registered Nurse; Home Health Aide; Physical Therapy;

Occupational Therapy, Speech Therapy

Accepts: GO*, Medicare, long term care insurance, private pay

HOME CARE AGENCIES

Personal Touch Home Care Services, Inc.

470 Schooleys Mountain Road, Suite 8-288, Hackettstown, NJ 07840

(908) 979-0777, (908) 852-6601 Fax

www.personaltouchhomecare.net

Services Offered: Certified Home Health Aide; Certified Nurses Aide; Companion; Live-in

Accepts: Private pay, long term care insurance

Polish-American Care Agency, Inc.

15 East Price Street, Linden, NJ 07036

(732) 381-8045

Services Offered: Homemaker; Companions

Accepts: Agency fee / private pay

Progressive Home Care, Inc.

744 Broad Street, Suite 16, Newark, NJ 07102

(973) 735-2691, (973) 735-0563 Fax

www.bpseniorcare.com

Services Offered: Registered Nurse; Licensed Practical Nurse;

Certified Home Health Aide; Physical Therapy

Accepts: GO*, private pay, long term care insurance, JACC

Quality Care

81 Guy Street, Dover, NJ 07801

(973) 361-7386, (973) 361-7386 Fax

www.webspawner.com/users/qualitycaregivers/

Services Offered: Non-medical service; Homemaker; Companion

Accepts: Private pay

Right At Home

10 Fairmount Avenue, Chatham, NJ 07928

(973) 701-9832, (973) 701-9617 Fax

www.rightathome.net/morrisnj

Services Offered: Certified Home Health Aide; Certified Nurses Aide; Companion; Live-in

Accepts: Private pay, long term care insurance

SAGE Eldercare

290 Broad Street, Summit, NJ 07901

(908) 273-8400, (908) 598-5544 Fax

www.sageeldercare.org

Services Offered: Certified Home Health Aide

Accepts: GO*, private pay

HOME CARE AGENCIES

Samaritan Services Inc.

24 County Road, Tenafly, NJ 07670

(201) 568-3781, (201) 568-3771 Fax

www.samaritanservices.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Nurses Aide;
Home Health Aide; Homemaker; Companion; Live-in

Accepts: Long term care insurance, private pay

Senior Care Services

c/o Sentinel Building Maintenance, P.O. Box 5462, Parsippany, NJ 07054

(973) 584-7996, (973) 627-5746

Services Offered: Homemaker; Companion

Accepts: Private pay

Senior Helpers

214 Main Street, Madison, NJ 07940

(973) 360-1500, (973) 360-1550 Fax

www.seniorhelpers.com

Services Offered: Certified Home Health Aide; Certified Nurses Aide;
Homemaker; Companions

Accepts: Long term care insurance, private pay

Senior Home Care Services, Inc.

150 Speedwell Avenue, Morristown, NJ 07960

(973) 538-4357

Services Offered: Certified Home Health Aide; Homemaker; Companion; Live-in

Accepts: Long term care insurance, private pay

STAT Nursing

460 Ridgedale Avenue, East Hanover, NJ 07936

(973) 428-6030, (973) 386-0847 Fax

www.statnursing.com

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide;
Physical Therapy; Homemaker; Companion

Accepts: GO*, long term care insurance, private pay

Touching Hearts at Home

124 East Main Street, Suite 107, Denville, NJ 07834

(973) 845-6125, (973) 845-6127 Fax

www.touchinghearts.com

Services Offered: Homemaker; Companionship, Transportation

Accepts: Long term care insurance, private pay

HOME CARE AGENCIES

Tri-State Healthcare Agency

251 Osborne Terrace, Newark, NJ 07112

(973) 923-8887, (973) 928-8685 Fax

www.tristatehealthandhomecare.org

Services Offered: Home Health Aide; Homemaker; Physical Therapy; Occupational Therapy; Social Worker; Nutrition Counselor; Audiologist; Respiratory Therapist

Accepts: Long term care insurance, private pay, JACC**

VIP Care, Inc.

636 Newark Avenue, Jersey City, NJ 07306

(201) 610-0066, (201) 610-2772 Fax

Services Offered: Registered Nurse; Licensed Practical Nurse; Certified Home Health Aide

Accepts: GO*, long term care insurance, private pay, JACC**

Visiting Angels

55 Madison Avenue, Suite 400, Morristown, NJ 07960

(888) 485-3600, (908) 684-0231, (908) 850-8983 Fax

www.visitingangels.com

Services Offered: Certified Home Health Aide

Accepts: Long term care insurance, private pay

Visiting Nurse Association of Northern New Jersey (Affiliated Health Services, Inc.)

175 South Street, Morristown, NJ 07960

(973) 539-1216, (973) 538-1689 Fax

www.vnannj.org/aboutus.asp

Services Offered: Registered Nurse; Licensed Practical Nurse; Home Health Aide; Physical Therapy; Occupational Therapy; Speech Therapy; Companion

Accepts: GO*, Medicare, long term care insurance, private pay

Visiting Nurse Association of Somerset Hills

200 Mt. Airy Road, Basking Ridge, NJ 07920

(908) 766-0180, (908) 766-5492 Fax

www.visitingnurse.org

Services Offered: Registered Nurse; Licensed Practical Nurse; Home Health Aide; Physical Therapy; Occupational Therapy; Speech Therapy; Hospice Care

Accepts: GO*, Medicare, long term care insurance, private pay

HOME SAFETY

Home Modification and Repairs

Home Safety Assessment and Repairs

HOME MODIFICATION AND REPAIRS

Revisions in order to provide a safe care environment.

<u>A Little Lift</u>	(973) 839-0625	www.alittlelift.com
<u>Able Care Supply</u>	(800) 310-1196	www.able-care.net
<u>AM Ramp</u>	(800) 649-5215	www.americanramp.com
<u>Arcola Mobility</u>	(800) 272-6521	www.arcolamobility.com
<u>Back Home Safely</u>	(973) 219-4147	www.backhomesafely
<u>Handi Lift Residential</u>	(800) 503-2003	www.greatlifts.com
<u>Living Free Home</u>	(973) 377-8990	www.livingfreehome.com
<u>Mobility Elevator & Lift</u>	(800) 701-5438	www.mobilityelevator.com
<u>Prism Medical</u>	(800) 551-9910	www.prismmedicaltd.com
<u>Spectrum Construction & Development</u>	(973)584-7732	www.spectrum-construction.com

HOME SAFETY ASSESSMENT & REPAIRS

Not for Profit providing safety assessments and minor repairs.

Hope House

Fix-It Program

(973) 361-5555

www.hopehouse.com

Jewish Vocational Service of MetroWest

Home Maintenance Solutions

(973) 674-2415

www.jvsnj.org

HOSPICES

HOSPICES

Hospice services are provided to those who are terminally ill many services are covered by Medicare when prescribed by a Physician.

Atlantic Home Care and Hospice

33 Bleaker Street
Milburn, NJ 07041
(973) 379-8440

Care Alternatives

70 Jackson Drive, Suite 200
Cranford, NJ 07016
(908) 931-9080

Center for Hope Hospice and Palliative Care

1900 Raritan Road
Scotch Plains, NJ 07076
(908) 889-7780

Compassionate Care Hospice

400 West Blackwell Street
Dover, NJ 07801
(973) 328-6933

Homeside Hospice

67 Walnut Avenue, Suite 205
Clark, NJ 07066
(732) 381-3444

Hospice of New Jersey

400 Broadacres Drive, 4th Floor
Bloomfield, NJ 07003
(973) 893-0818

Hospice of Visiting Nurse Association of Northern New Jersey

38 Elm Street
Morristown, NJ 07960
(973) 451-4132

HOSPICES

Lincoln Park Comfort Care and Hospice

499 Pine Brook Road
Lincoln Park, NJ 07035
(973) 696-3300

Passaic Valley Hospice

783 Riverview Drive
Totowa, NJ 07512
(973) 256-4636

Saint Barnabas Hospice and Palliative Care Center

95 Old Short Hill Road
West Orange, NJ 07052
(973) 322-4800

Somerset Hills Hospice

12 Olcott Avenue
Bernardsville, NJ 07924
(908) 766-0180

Vitas Innovative Hospice Care

70 South Orange Avenue
Livingston, NJ 07039
(973) 994-4738

MEDICAL EQUIPMENT
AND
SUPPLIES

MEDICAL EQUIPMENT AND SUPPLIES

Equipment and supplies to assist seniors and disabled individuals with everyday needs.

Access 2 Care	(973) 884-1996
Bach's Home Health Care Supply	(800) 272-7043
Central Medical Supply	(973) 927-3032
Goodale Surgical Supply Center	(973) 366-0976
Home Care America	(973) 377-8990
Lake Surgical Supply	(973) 627-8100
Millennium Respiratory Services	(973) 463-1880
Mobile Medical Parts and Services	(908) 604-4737
Valley Pharmacy and Surgical Supplies	(908) 584-4200
Back in Action Assistive Devices Recycling Center	(800) 922-7233
Medical Angels Medical Equipment Donation & Redistribution Center	(201) 461-9595

MENTAL HEALTH
PROGRAMS

MENTAL HEALTH PROGRAMS

Counseling services for caregivers, seniors and disabled individuals living in the community.

COPSA Institute of Alzheimer's Disease & Related Disorders at UMDNJ

100 Metroplex Drive, Suite 200

Edison, NJ 08817

(800) 424-2494

<http://ubhc.umdj.edu/copsa/>

Carrier Clinic

252 Bounty Road 601

Belle Mead, NJ 08502

(800) 933-3579

www.carrierclinic.org

Christian Health Care Center

301 Sicomac Avenue

Wyckoff, NJ 07481

(201) 848-5200

www.christianhealthcare.org

Christian Health Care Counseling Center	(201) 848-5800
Pathways	(201) 848-7549
Ramapo Ridge Psychiatric Hospital	(201) 848-5500
Ramapo Ridge Partial Program	(201) 848-5500

Family Service of Morris County

62 Elm Street

Morristown, NJ 07960

(800) 984-1414 or (973) 538-5260

www.fsmc-org/services/families

Hackettstown Community Hospital

112 East Avenue (Unit #9)

Hackettstown, NJ 07840

www.hch.org

MENTAL HEALTH PROGRAMS

Hope House

19-21 Belmont Avenue
Dover, NJ 07801
(973) 361-5555
www.hopehouse.com

Interregnum

PO Box 410
Montville, NJ 07045
(973) 224-6900
www.interregnum.org

Jewish Family Services of MetroWest

256 Columbia Turnpike, Suite 105
Florham Park, NJ 07932
(973) 765-9050
www.jfsmetrowest.org

Morristown Memorial Hospital

95 Mt. Kemble Avenue
Morristown, NJ 07960
(888) 247-1400
www.atlantichealth.org

National Alliance on Mental Health – NAMI

Support Group
Chester, NJ 07930
(908) 879-5687
www.nami.org

NewBridge Services

PO Box 336
Pompton Plains, NJ 07444
(973) 839-2520

www.newbridge.org

MENTAL HEALTH PROGRAMS

Overlook Hospital

4648 Beauvoir Avenue

Summit, NJ 07902

(888) 247- 1400

www.atlantichealth.org

Saint Barnabas Behavioral Health Network

5 Regent Street

Livingston, NJ 07039

(973) 533-7000

www.saintbarnabas.com

Saint Clare's Behavioral Health Services

130 Powerville Road

Boonton, NJ 07005

(888) 626-2111

www.saintclares.org

MONEY MANAGEMENT

MONEY MANAGEMENT

To assist in ongoing management of money matters.

Consumer Credit Counseling

185 Ridgedale Avenue
Cedar Knolls, NJ 07927
(888) 726-3260
www.cccsnj.org/

Fairview Financial Services

95 W Main Street, Ste 5 - 223
Chester, NJ 07930
(973) 668-1285
www.fairviewfinancial.net

Family Service of Morris County

Senior Cents Program *Must be in NJ EASE Care Management Program
62 Elm Street
Morristown, NJ 07960
(973) 538-5260 x 233
www.fsnc.org

Life Management Resources

Bayer, Lisa Cook BA, JD, CCM
PO Box 2411 Livingston, NJ 07039
(973) 533-0839
www.LMRelderare.com

NUTRITION OPTIONS

GROCERIES

HOME DELIVERED MEALS

MIDDAY FRIENDSHIP CENTERS

GROCERIES

Not for profit and or grocery purchasing programs for those who can no longer shop for themselves.

House Call Groceries for Seniors (973) 539-1216
Visiting Nurse Association

Interfaith Food Pantry (973) 538-8049

SAGE Eldercare (908) 273-5554

The Chore Program (973) 361-5555
Hope House

Online Shopping Services

Shop Rite www.ShopRite.com (800) 746-7748

Stop & Shop www.Peapod.com (800) 573-2763

HOME DELIVERED MEALS

Providers of home delivered meal for those who are homebound.

Interfaith Food Pantry (973) 538-8049

Moms Meals (866) 971-MOMS

Fresh meals shipped, ready to heat & eat

**Morris County Division on Aging,
Disabilities and Veterans** (800) 564-4656

Nutrition Program Meals on Wheels

Morristown Meals on Wheels (973) 538-2160 x 211

Serving: Morristown, Morris Township, Convent Station

SAGE Eldercare (908) 273-5554

Trinity Lutheran Church (973) 366-2821

Serving: Dover, Mine Hill, Wharton

MIDDAY FRIENDSHIP CENTERS

Morris County Senior Citizen Nutrition Program sites which serve nutritious noontime meals and offer activities. Reservations are required and transportation is available for those unable to drive.

Butler Borough

Butler Firehouse
Box 375 Carey Avenue
Butler, NJ 07405
(973) 838-4472
Open Monday thru Friday

Chatham Borough

Church of Christ
382 Fairmount Avenue
Chatham, NJ 07928
Phone 635-1508
Open Tuesday and Thursday

Chester Township

Community Presbyterian Church
220 Main Street
Chester, NJ 07930
(908) 879-6837
Open Tuesday and Thursday

Denville

Cook's Pond Senior Housing
455 Diamond Spring Road
Denville, NJ 07834
(973) 983-1142
Open Monday, Wednesday and Friday

Dover

St. John's Episcopal Church
11 South Bergen Street

Dover, NJ 07801
(973) 361-9376
Open Monday and Thursday

Jefferson Township

Senior Center
54 School House Road
Jefferson, NJ 07438
(973) 208-0788
Open Monday, Tuesday, and Thursday

Long Hill Township

Senior Center
769 Valley Road
Gillette, NJ 07933
(908) 626-1606
Open Monday and Friday

Madison

Rexford S. Tucker Apartments
15 Chateau Thierry Avenue
Madison, NJ 07940
(973) 822-3129
Open Monday, Wednesday, and Friday

Montville

Montville Senior House
356 Main Road
Montville, NJ 07045
(973) 316-8560
Open Tuesday and Thursday

Morris Mews

Dean Gallo Congregate Housing

99 Ketch Road

Morris Township, NJ 07961

(973) 540-8063

Open Monday thru Friday

MIDDAY FRIENDSHIP CENTERS

Morristown

Morristown Senior Building
31 Early Street
Morristown, NJ 07960
(973) 644-0343
Open Monday thru Friday

Mt. Olive Township

Mt. Olive Senior Center
204 Flanders – Drakestown Road
Budd Lake, NJ 07828
(973) 448-7474
Open Monday, Wednesday and Friday

Parsippany

Parsippany Community Center
1130 Knoll Road
Parsippany, NJ 07054
(973) 884-1868
Open Monday thru Friday

Rockaway

Pleasant View Village
221 Mt. Pleasant Avenue
Rockaway, NJ 07866
(973) 361-9376
Open Tuesday, Wednesday and Friday

Roxbury Township

Senior Center
72 Eyland Avenue
Succasunna, NJ 07876
(973) 361-5231
Open Wednesday and Friday

RESPITE CARE PROGRAMS

RESPIRE CARE PROGRAMS

*Providing relief to caregivers
within a facility or in-home setting.*

Allegro School

Family Support Respite Program

125 Ridgedale Avenue

Cedar Knolls, NJ 07927

(973) 267-8060

*for People with Disabilities

www.allegroschool.org

Alzheimer's Association

Caregiver's Care Assistance Program

400 Morris Avenue, Suite 251

Denville, NJ 07834

(973) 586-4300

www.alznj.org

Morris County Division on Aging, Disabilities and Veterans

Respite Stay Programs

Morris County Housing Options Book

P.O Box 900

Morristown, NJ 07963

(800) 564-4656

www.morrishumanservices.org

The Arc of Morris County New Jersey

P.O. Box 123

Morris Plains, NJ 07950

(973) 326-9750

*for People with Disabilities

www.arcmorris.org

RESPIRE CARE PROGRAMS

United Cerebral Palsy of Northern, Central and Southern New Jersey

245 Main Street, Suite 113

Chester, NJ 07930

(908) 879-22463

*for People with Disabilities

www.ucpnscnj.org

Visiting Nurse Association

Respite Care Programs

175 South Street

Morristown, NJ 07960

(800) 938-4748

www.vnanj.org

SUPPORT GROUPS

SUPPORT GROUPS

Support to those trying to manage the challenges of caregiving.

Alzheimer's / Dementia Support Groups

Arden Courts Assisted Living

18 Eden Lane
Whippany, NJ 07981
(973) 581-1800

Alzheimer's Association

(800) 883-1180

Chilton Memorial Hospital

242 West Parkway
Pompton Plains, NJ 07444
(973) 831-5167

Country Home for Seniors

1095 Tabor Road (RT. 53)
Morris Plains, NJ 07950
(973) 538-2117

Heath Village

430 Schooley's Mountain Road
Hackettstown, NJ 07840
(908) 852-4801

Sussex County Homestead Nursing Home

129 Morris Turnpike
Newton, NJ 07860
(973) 948-5400

Victorian Garden Adult Day Center

353 Main Street
Chatham, NJ 07928
(973) 635-2266

SUPPORT GROUPS

Bereavement Support Groups

Chilton Memorial Hospital

242 West Parkway
Pompton Plains, NJ 07444
(973) 831-5167

Interregnum

PO Box 410
Montville, NJ 07045
(973) 224-6900

Jewish Family Service of MetroWest

256 Columbia Turnpike, Suite 105
Florham Park, NJ 07932
(973) 765-9050

Karen Ann Quinlan Hospice

99 Sparta Avenue
Newton, NJ 07860
(973) 383-0115

Caregiver Support Groups

Corpus Christi Church

234 Southern Boulevard
Chatham, New Jersey 07928
(973) 635-0070

Jewish Family Service of MetroWest

256 Columbia Turnpike, Suite 105
Florham Park, NJ 07932
(973) 765-9050

New Jersey Self Help Clearing House

(800) 367-6274

Senior Resource Center, Church of the Messiah

50 Route 24
Chester, NJ 07930
(908) 879-2202

SUPPORT GROUPS

Caregiver Support Groups

Time Out Adult Day Care Center

4 Division Avenue
Madison, NJ 07940
(973) 822-8006

Well Spouse Support Group

The Collins Pavilion of Chilton Memorial Hospital
97 West Parkway
Pompton Plains, NJ 07444
(973) 831-5311

Caregiver Internet Support

E Care Diary

<http://www.ecarediary.com/>

CaringRoad.com

www.caringroad.org

Johnson & Johnson, The Caregiver Initiative

www.strengthforcaring.com

National Alliance for Caregiving

www.caregiving.org

National Family Caregiving Association

www.nfcacares.org

NJ Department of Health and Senior Services – Caregiver NJ

www.state.nj.us/caregovernj/search/index.shtml

Caregiver Telephone Support

DOROT's Caregivers Connections

171 West 85th Street
New York, NY 10024
(877) 819-9147; (973) 763-1511

TRANSPORTATION

COUNTY TRANSPORTATION SERVICES

MUNICIPAL TRANSPORTATION SERVICES

OTHER TRANSPORTATION

COUNTY TRANSPORTATION SERVICES

Vehicles used for the purpose of assisting elderly and disabled individuals to travel to medical as well as other important appointments

Morris Area Paratransit System (MAPS)

Use MAPS as a 2nd choice if your municipality has Dial-A-Ride
(888) 282-6277 (toll free) or (973) 829-8103

Morris County Office of Temporary Assistance

Medical transportation for those with valid Medicaid number
Some wheelchair, disability assistance
(973) 326-7860

MUNICIPAL TRANSPORTATION SERVICES

Boonton Town

Boonton Senior Transport (973) 402-9410

Boonton Township

Montville Township Dial-A-Ride (973) 331-3336

Butler Borough

Five Town Regional Dial-A-Ride (973) 835-8885

Chatham Borough & Township

Senior Bus Service (973) 635-4565

Chester Borough & Township

Seniors 55 + (908) 876-9496

Denville Township

Denville Dial-A-Ride (973) 625-7799

Dover Town

Dover Dial-A-Ride (973) 366-2200

East Hanover Township

East Hanover Senior Dial-A-Ride (973) 428-3029

MUNICIPAL TRANSPORTATION SERVICES

Florham Park Borough

* No Municipal Services Available
See Other Transportation Services

Hanover Township

Dial-A-Ride (973) 428-2498

Harding Township

* No Municipal Services Available
See Other Transportation Services

Jefferson Township

Dial-A-Ride (973) 208-6123

Kinnelon Borough

Five Town Regional Dial-A-Ride (973) 835-8885

Lake Hopatcong

Dial-A-Ride (973) 208-6123

Lincoln Park Borough

Five Town Regional Dial-A-Ride (973) 835-8885

Long Hill Township

Long Hill Bus (973) 626-1101

Madison Borough

Dial-A-Ride Senior Services (973) 593-3095

Mendham Borough & Township

Senior Transportation (973) 543-2666

Mine Hill Township

Mine Hill Van (973) 366-2491

Montville Township

Montville Township Dial-A-Ride (973) 331-3336

Morris Township & Town of Morristown

Colonial Coach (973) 267-2733

MUNICIPAL TRANSPORTATION SERVICES

Morris Plains Borough

Dial-A-Ride (973) 267-1116

Mt. Arlington Borough

Dial-A-Ride (973) 398-2413

Mt. Olive Township

Mt. Olive Senior Transit (973) 691-0900

Mountain Lakes Borough

* No Municipal Services Available
See Other Transportation Services

Netcong Borough

Netcong Dial-A-Ride (973) 347-7307

Parsippany Office on Aging

Parsippany Office on Aging Transport (973) 263-7351

Parsippany-Troy Hills Township

Parsippany Health Van (973) 263-7160

Pequannock Township

Five Town Regional Dial-A-Ride (973) 835-8885

Randolph Township

Randolph Dial-A-Ride (973) 989-7084

Riverdale Borough

Five Town Regional Dial-A-Ride (973) 835-8885

Rockaway Borough

Seniors Shopping Van (973) 627-2000

Rockaway Township

Rockaway Township Dial-A-Ride (973) 627-7200

Roxbury Township

Dial-A-Ride (973) 448-2029

MUNICIPAL TRANSPORTATION SERVICES

Victory Gardens Borough

* No Municipal Services Available
See Other Transportation Services

Washington Township

Seniors 55+ (973) 876-9496

Wharton Borough

Senior Citizens Transport (973) 659-9111

OTHER TRANSPORTATION

Not for Profit

American Red Cross of Northwest New Jersey – Veteran Transportation

Transportation for Veterans only
(973) 538-2160 x 209

Morris County Organization for Hispanic Affairs

Seniors, Veterans and Low Income in Morris County
(973) 366-4770 x 117

OTHER TRANSPORTATION

Private Pay

A & M Medical (973) 835-1591

AVI Invalid Coach (973) 927-7456

Atlantic Ambulance Corporation (973) 660-3136

Empire Ambulance (973) 832-4124

Fiossa Transit System (888) 377-0277

Jersey Care (973) 345-2688

Lepcos Medical Transportation (800) 881-7439

Outreach Medical Transport (973) 993-3070

Touching Hearts at home (973) 845-6125

