

APPENDIX A

HELPFUL CAREGIVING RESOURCES

State & National Websites with Caregiving Information

AARP

Washington DC: 888.687.2277

New Jersey: 866.542.8165

www.aarp.org

A membership organization for people age 50 and older that provides numerous benefits.

Administration on Aging (AoA)

800.677.1116

www.aoa.gov

Provides caregivers with information on various services including elder rights.

Aging and Disability Resource Connection of New Jersey (ADRC)

877.222.3737

www.adrcnj.org

Provides information and assistance to older persons, adults with physical disabilities, caregivers, and professionals looking for services or programs.

Aging Life Care Association (formerly Association of Professional Geriatric Care Managers)

520.881.8008

www.aginglifecare.org

Provides information about the role of care managers and points caregivers to local resources.

Caregiver Action Network (CAN)

202.454.3970

www.caregiveraction.org

Formerly the National Family Caregivers Association (NFCA), the Caregiver Action Network provides education, peer support, and resources to family caregivers across the country.

Caring.com

866.824.8174

www.caring.com

Provides caregivers with information about caring for aging parents, spouses, and other loved ones. Includes original articles, helpful tools, a comprehensive directory of caregiving services, and more.

Eldercare Locator

800.677.1116

www.eldercare.gov

Service of the US Administration on Aging that links caregivers to senior services.

Family Caregiving Alliance

800.445.8106

www.caregiver.org

Provides information, education, services, resources, and advocacy for families nationwide caring for loved ones with chronic, disabling health conditions.

Lotsa Helping Hands

www.lotsahelpinghands.com

Connects caregivers and volunteers in neighborhoods and communities worldwide.

Medicare

800.MEDICARE (800.633.4227)

www.medicare.gov

Provides information on Medicare, health plans, programs, eligibility, and enrollment.

Medicare Rights

800.333.4114

www.medicarerights.org

Provides independent information on health care and assistance with Medicare.

National Academy of Elder Law Attorneys

www.naela.org

Provides a searchable database to assist in finding an elder law attorney.

National Alliance for Caregiving

www.caregiving.org

Focuses on research, policy analysis, development of national best practices, programs, and increased public awareness of family caregiving issues.

National Caregivers Library

804.327.1111

www.caregiverslibrary.org/home.aspx

Provides articles, forms, checklists, and links to topic-specific resources, articles, and studies.

National Hospice and Palliative Care Organization

703.837.1500

www.nhpco.org

Provides information on end-of-life issues and state-specific advance directives.

NJ Self-Help Group Clearinghouse

800.367.6274

www.njgroups.org

Provides information and contacts for more than 6,750 self-help support groups in New Jersey.

New Jersey Hospital Care Compare

609.275.4000

www.njhospitalcarecompare.com

Allows health care consumers to compare New Jersey hospitals based on a number of statistics regarding the care they deliver to patients.

New Jersey Hospital Price Compare

609.275.4000

www.njhospitalpricecompare.com

Allows health care consumers to compare hospitals based on average charges and average lengths of stay.

Nursing Homes Compare

<https://www.medicare.gov/nursinghomecompare/search.html?>

Provides detailed information on the past performances of every Medicare- and Medicaid-certified nursing home in the country.

Wellspouse Association

800.838.0879

www.wellspouse.org

Focuses on the needs of spouses caring for a husband, wife, or partner who is chronically ill and/or has a disability.

APPENDIX B

DISEASE/DISABILITY SPECIFIC WEBSITES

Disability Resources

Aging and Disability Resource Connection of New Jersey (ADRC)

877.222.3737

www.adrcnj.org

Provides information and assistance to older persons, adults with physical disabilities, caregivers, and professionals looking for services or programs.

Alliance for Betterment of Citizens with Disabilities

609.581.8375

www.abcdnj.org

Works to improve the lives of people with complex physical and neurological developmental disabilities.

Centers for Independent Living (CILs)

<http://www.state.nj.us/humanservices/dds/home/cntrindlivindex.html>

Community-based, consumer-driven organizations that provide information and referrals, peer counseling, skills training, advocacy, and a variety of services based on individual needs. Website provides phone numbers to reach the CIL in your county.

Disability.gov

www.disability.gov

Provides comprehensive information about disability-related programs and services.

Disability Rights New Jersey

800.922.7233

www.drnj.org

Serves as New Jersey's protection and advocacy system for people with disabilities.

Family Support Center of New Jersey

800.372.6510

www.fscnj.org

Serves as a clearinghouse of up-to-date information and referrals on family support programs and services to those caring for a child with a disability, medical condition, rare disorder, or other special needs.

NJ Division of Developmental Disabilities (DDD)

800.832.9173

www.state.nj.us/humanservices/ddd/home/index.html

Provides and funds services for state residents with developmental disabilities.

NJ Division of Disability Services (DDS)

888.285.3036

www.state.nj.us/humanservices/dds

Serves people who have become disabled as adults, whether through illness or injury.

NJ Department of Health

800.367.6543

<http://nj.gov/health>

Provides a listing of the department's major divisions and programs, and links to their respective web pages.

North Jersey Family & Kids Directory

973.303.3027

www.njkidsonline.com/directory/special-needs-menu

Provides information about kids' programs and activities, and answers to "What To Do?" questions.

SPAN: Statewide Parent Advocacy Network

973.642.8100

www.spanadvocacy.org

Provides training, assistance, and support to parents of disabled children. Also available in Spanish.

Special Olympics New Jersey

609.896.8000

www.sonj.org

Provides sports training and athletic competition to children and adults with intellectual and physical disabilities.

US Department of Labor

<https://www.disability.gov>

Features comprehensive information about disability-related programs and services.

Disability/Disease Specific Organizations

AIDS

New Jersey AIDS Hotline
800.624.2377
www.state.nj.us/health/aids

Alzheimer's

Alzheimer's Association, Greater NJ Chapter
973.866.8143; Helpline: 800.272.3900
www.alz.org/nj

Alzheimer's New Jersey

973.586.4300; Helpline: 888.280.6055
www.alznj.org

Amyotrophic Lateral Sclerosis (ALS)

Amyotrophic Lateral Sclerosis Association
800.782.4747
www.alsa.org

Arthritis

Arthritis Foundation NJ Chapter
732.283.4300
www.arthritis.org/new-jersey/

Autism

Autism Family Services of New Jersey
877.237.4477
www.autismfamilyservicesnj.org

Autism New Jersey

609.588.8200
www.autismnj.org

Blind/Visually Impaired

Commission for the Blind and Visually Impaired
973.648.3333 or 877.685.8878
www.state.nj.us/humanservices/cbvi/

Brain Injury

Brain Injury Alliance of New Jersey
732.745.0200
www.bianj.org

Burn Victims

Burn Survivor Resource Center
800.669.7700
www.burnsurvivor.com

Cancer

American Cancer Society
800.227.2345
www.cancer.org

Cerebral Palsy

Cerebral Palsy of North Jersey
973.763.9900
www.cpnj.com

Chronic Fatigue

NJ Chronic Fatigue Syndrome Association
www.njmecfsa.org

Deaf/Hard of Hearing

NJ Division of the Deaf and Hard of Hearing
800.792.8339 V/TTY
www.nj.gov/humanservices/ddhh/home/

Developmental Disabilities

The Arc of New Jersey
732.246.2525
www.arcnj.org

Center for Parent Information and Resources (formerly NICHCY)

800.654.7726 (SPAN)
www.parentcenterhub.org

**New Jersey Council on
Developmental Disabilities**
609.292.3745 or 800.792.8858
<https://www.njccd.org/>

NJ Division of Disability Services
800.832.9173
www.state.nj.us/humanservices/ddd/home/index.html

Diabetes

American Diabetes Association
800.DIABETES (800.342.2383)
www.diabetes.org

Epilepsy

Epilepsy Foundation of New Jersey
800.336.5843
www.efnj.com

Fibromyalgia

National Fibromyalgia Association
949.734.0195
www.fmaware.org

Heart Disease

American Heart Association
800.AHA.USA1 (800.242.8721)
www.heart.org

Kidney Disease

National Kidney Foundation
800.622.9010
www.kidney.org

Lung Disease

American Lung Association
800.LUNGUSA (800.586.4872)
www.lung.org

Mental Illness

**National Alliance on Mental Illness of
New Jersey**
732.940.0991
www.naminj.org

New Jersey Mental Health Cares
866.202.4357
www.njmentalhealthcares.org

Multiple Sclerosis

National Multiple Sclerosis Society
800.344.4867
www.nationalmssociety.org

Parkinson's Disease

Parkinson's Foundation
1.800.4PD.INFO (1.800.473.4636)
www.parkinson.org

Spina Bifida

The Spina Bifida Association
800.621.3141 or 202.944.3285
www.spinabifidaassociation.org

Stroke

American Stroke Association
888.4.STROKE (888.478.7653)
www.strokeassociation.org