United Way Caregivers Coalition PATHWAYS FOR CAREGIVERS



INFORMATION, IDEAS, & SUPPORT FOR THOSE PROVIDING CARE FOR LOVED ONES With Separate Sections for Aging, Disabilities, & Mental Health Caregiving

United Way Caregivers Coalition Serves Morris, Somerset, Suburban Essex, Sussex, & Warren Counties

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ACKNOWLEDGEMENTS

This fifth edition of *Pathways for Caregivers* was written and compiled by members of United Way *Caregivers Coalition* and many others in the community dedicated to serving and supporting caregivers. Caregivers credit this unique guide as a lifeline – providing them with invaluable information, ideas, and resources on issues of aging, disability, or mental illness.

We thank the following people for their hard work and their unwavering commitment in helping improve the lives of those who give so much as they provide care for others.



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Special thanks to Jean Funk for leading the editorial committee and for her countless hours to help make this regional guide a reality!

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Distribution of this guide is offered as a service to caregivers through funding from United Way of Northern New Jersey and members of the United Way *Caregivers Coalition*. It is provided free of charge.

For additional copies, please call 888.338.9227 or visit UnitedWayNNJ.org/CaregiverTools

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WELCOME TO THE COALITION

Caregiving is a universal reality that touches almost every family.

An astonishing 44 million Americans care for a parent, spouse, child, sibling, or friend with a physical or developmental disability, mental illness, or issues of aging. Here in our northern New Jersey region, more than 225,000 of our residents are unpaid family caregivers.

These unpaid family caregivers are the backbone of our nation's health care system, providing 80 percent of long-term care in the home. If they stopped providing this essential day-to-day care, our health care system would be crippled by the added cost and stress on services.

For more than 10 years, United Way of Northern New Jersey has worked closely with family caregivers. We know the struggles caregivers face as they balance caregiving with work and family obligations.

We see how often caregivers put their own physical, emotional, and financial health at risk. The United Way *Caregivers Coalition* was established to ensure caregivers have access to the information, education, resources, services, and support they need. United Way remains committed to raising awareness of the vital role caregivers play.

In the last decade, we have grown. Today, United Way *Caregivers Coalitions* are established in Morris, Somerset, Sussex, Suburban Essex, and Warren counties. The *Coalitions* are a unique hub of information, education, and connection for caregivers. Made up of caregivers and the professionals who support them, the *Coalition* helps caregivers find the specific information and services they need.

Caregivers who tap into the *Coalition* report reduced stress, enhanced skills, improved access to resources, a renewed commitment to self care, and meaningful connection with one another. While many caregivers are able to attend monthly *Coalition* meetings, those who are too busy caregiving benefit from the *Coalition*'s network of support via email or phone.

Caregivers, we want you to know that United Way *Caregivers Coalition* is here for you. We hope that you, and others you may know, find *Pathways for Caregivers* a valuable resource.

Sincerely,



John B. Franklin Chief Executive Officer United Way of Northern New Jersey



Caedesin

Carol DeGraw Health Impact Area Director United Way of Northern New Jersey

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Help is here for family caregivers in New Jersey.

Over 1.7 million New Jersey residents care for older parents or other loved ones, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and now there's a new law that will make life a little bit easier for them. The CARE Act helps family caregivers from the moment their loved ones go into the hospital to when they return home.

I **Caregivers**

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THANK YOU!

FRIENDS OF THE COALITION

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Supporting as Friends

NewBridge Services, Inc. Susan A. Smith Rick "Reverseman" Schluter

Supporting in Memory

Lois Firzlaff, In memory of Mildred Keleman Lucille Deutsch, In memory of Lucille Foy

COMMUNITY PARTNERS

United Way *Caregivers Coalition* would like to thank our community partners for generously hosting our monthly meetings.

- Shimon and Sara Birnbaum Jewish Community Center
- Visions Federal Credit Union
- Ukrainian American Cultural Center of New Jersey
- Verona Community Center
- Rutgers Cooperative Extension Meeting Room at the Wayne Dumont Jr. Administration Building

To find a meeting date in your area, visit: UnitedWayNNJ.org/Events





CONNECTING WITH THE COALITION

United Way *Caregivers Coalition* is here to help. Our mission is to improve the lives of caregivers by promoting knowledge of and action around caregiving issues. We work to ensure that people who are caregivers identify themselves as such and have access to the information, education, resources, services, and support to sustain them in their role.

The *Coalition* is unique in that it works on behalf of caregivers "across the lifespan." A parent caring for a child with a disability shares many of the same caregiving issues as a spouse caring for a partner who has had a stroke or an adult child caring for a parent with issues of aging.

ALL ARE WELCOME

Open to all, our membership includes caregivers, nonprofit and for-profit service providers, government agencies, faith-based groups, corporations, and community members. Our monthly meetings are open to anyone interested in caregiving issues.

LEARN MORE

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Call: 888.33.UWCARES (888.338.9227)



Twitter: Twitter.com/UnitedWayNNJ

THE INFORMED CAREGIVER

FREE VIDEO SERIES FOR CAREGIVERS!

United Way *Caregivers Coalition* offers a FREE educational video series designed to help caregivers navigate the challenges of caring for a loved one.

The series explores a range of important issues. Learn strategies for planning, coping, and making the most of benefits available to both caregivers and loved ones.

Video Topics Include:

- Starting points for new caregivers
- Tips for keeping your loved one at home
- Everything you need to know when your child with special needs turns 18
- How to access veterans benefits
- Medicaid myths and facts
- Benefits of hospice care
- And many more relevant topics!

VIEW THE VIDEOS

All videos are available online, allowing you to view these informative presentations at your convenience. Visit **UnitedWayNNJ.org/CaregivingVideos** to see the full range of available topics.



ARE YOU HELPING A LOVED ONE WITH DOCTORS, MEDICATION, OR PAPERWORK?



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We all depend on many ALICEs throughout our day – the home health aide caring for our grandmother with dementia, the child care teacher looking after our toddler while we work, the bank teller who helps us keep our finances in order.

United Way is working to improve conditions for all, starting with improving the quality of life for ALICE. We LIVE UNITED to fight for hard-working ALICE households.

LEARN MORE & JOIN THE MOVEMENT! Visit UnitedWayNNJ.org/ALICE

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