Caregiver Resources

OCEAN COUNTY OFFICE OF SENIOR SERVICES

1027 HOOPER AVENUE
BLDG. 2, FIRST FLOOR
P.O. BOX 2191
TOMS RIVER, NJ 08754-2191

732-929-2091
1-800-668-4899
1-877-222-3737

www.co.ocean.nj.us/onestop.htm

The enclosed information has been compiled to assist and support family caregivers. Please feel free to call the Office of Senior Services regarding the following information.
CATHOLIC CHARITIES 732-262-3414 Ext. 106
Fix-it Program
35 Beaverson Blvd., Brick, NJ 08723
This service provides minor home modification to assist the caregivers.

KIMBALL CAREGIVER EDUCATION & SUPPORT PROGRAM 732-730-1236
The Center for Healthy Living
198 Prospect Street, Lakewood, NJ 08701
Caregiver Support & Educational Programs.

COMMUNITY SERVICES INC. 732-367-1400
Congregate Nutrition, Home Delivered Meals & Outreach
225 Fourth Street, Lakewood, NJ, 08701

JEWISH FAMILY SERVICES 732-363-8010
301 Madison Ave., Lakewood, NJ 08701
This service provides caregiver counseling and support.

LAKEWOOD KOSHER MEALS & CAREGIVER SUPPORT PROGRAM 732-901-6001
500 West Kennedy Blvd., Lakewood, NJ 08701
This service provides caregiver counseling and support.

OCEAN COUNTY BOARD OF SOCIAL SERVICES 732-349-1500
Ask for Social Services Intake
1027 Hooper Ave., Bldg. 4, Toms River, NJ 08753
In Home Caregiver and Education, Home Modification and Personal Response (PERS).
OCEAN COUNTY HEALTH DEPARTMENT 732-341-9700
Health Promotion for the Homebound Elderly Ext.7300
175 Sunset Ave., Toms River, NJ 08753

This service provides in home education to caregivers.

COMMUNITY MEDICAL CENTER 1-800-621-0096
The Lighthouse
Senior Membership Program
599 Highway 37 West, Cory Building, Toms River, NJ, 08755

Caregiver Support & Educational Programs.

ELDERMED AT SOCH SOUTHERN OCEAN COUNTY HOSPITAL
FAMILY RESOURCE CENTER
The Ocean Club, 700 Route 9 South, Stafford Township, NJ 08092

Caregiver Support & Educational Programs.

VISITING HOMECARE SERVICE OF OCEAN COUNTY 732-244-5565
105 Sunset Avenue, Toms River, NJ 08755 1-800-511-1510
Mailing Address: CN 2010, Toms River, NJ 08754

Homemaker, Home Health Aide, Adult Day Care, Housekeeper, Companion and/or Respite Care, Caregiver Education & Support Groups.

The Caregiver Resources List was compiled by the Ocean County Office of Senior Services: 1/2/03-MO, Revised 3/26/03-MO, 4/28/03-MO, 5/7/03-MO, 5/12/03-MO, 9/13/04-HZ, 12/29/05 EM, 8/9/2006 EM
OCEAN COUNTY OFFICE OF SENIOR SERVICES
NJ EASE INFORMATION & ASSISTANCE SITES
FOR CAREGIVERS

OCEAN COUNTY OFFICE OF SENIOR SERVICES   732-929-2091
1027 Hooper Ave., Bldg. 2, Toms River, NJ 08754  
800-668-4899  
877-222-3737

BERKELEY SENIOR OUTREACH   732-244-9600
Berkeley Twp. Municipal Bldg.  
Pinewald-Keswick Rd., Bayville, NJ 08721

BRICK SENIOR CENTER & OUTREACH   732-920-8686
VFW Building  
373 Adamston Rd., Brick, NJ 08723

COMMUNITY SERVICES INC. OUTREACH   732-367-1400
225 Fourth St., Lakewood, NJ 08701

DOVER TWP. SENIOR CENTER & OUTREACH   732-341-1000  
652 Garfield Ave., Toms River, NJ 08753  
Ext. 8461

LONG BEACH ISLAND SENIOR CENTER & OUTREACH 609-494-8861
4700 Long Beach Blvd., Brant Beach, NJ 08008

MANCHESTER TWP. SENIOR OUTREACH 732-657-8121
1 Colonial Dr., Manchester, NJ 08759

SHORE AREA OUTREACH (PT. PLEASANT BEACH) 732-892-5514
Durand Masonic Hall, Rt. 35S & NJ Ave., Pt. Pleasant, NJ 08742
GERIATRIC EVALUATION & MANAGEMENT PROGRAMS

Multidisciplinary team approach offering comprehensive, consultative care.

ANNA ALEXANDER GREENWALL
GERIATRIC HEALTH CENTER
Monmouth Medical Center
300 Second Ave., Long Branch, NJ 07740

732-923-7550

COPSA
Institute for Alzheimer’s Disease and Related Disorders
University Behavioral HealthCare
University of Medicine and Dentistry of New Jersey
667 Hoes Lane, P.O. Box 1392, Piscataway, NJ 08855-1392

800-424-2494

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.
**ADULT DAY CARE**

*A Friend's House (Visiting HomeCare Service of Ocean County)*
105 Sunset Ave., P.O. Box 2010, Toms River, NJ 08754
732-244-5565 Ext. 237
Fax: 800-511-1510

**A Friend's House-St. Francis Community Center**
4700 Long Beach Blvd., Brant Beach, NJ 08008
Fax: 732-341-7402

- Hours: 8:30a.m. to 3:00p.m., Monday through Friday
- Services: A Friend's House is a social day care program for adults with Alzheimer's disease or related memory loss disorders. A safe respite for family caregivers is provided as well as therapeutic activities that may increase orientation and stimulate memory.

***Community Medical Center Adult Day Health Care***
591 Lakehurst Rd., Toms River 08755
732-505-9420

- Hours: 7:30a.m. to 4:30p.m., Monday through Friday
- Services: Provides day care to the physically impaired, mentally impaired, lonely & depressed, nutritionally compromised, stroke recovery, confused, home tension, living alone or with children, difficulty with communication and memory loss. Also available: transportation, meals and a full-time nursing staff.

**Karing with Kindness**
245 Atlantic City Blvd. (Rt. 166) Beachwood, NJ 08722
732-341-4321

- Hours: 8:00a.m. to 5:00p.m., Monday through Friday
- Services: This Social Day Care provides transportation, continental breakfast, home-style lunches and snacks, stimulation, cultural activities, socialization with peers, entertainment, current events, exercise mobility, bingo games, prizes, birthday and holiday parties and Karaoke.

***Ambassador Medical Day Care Center***
619 River Ave., Lakewood, NJ 08701
732-367-1133
Fax: 732-370-1087

- Hours: 7:30a.m. to 4:30p.m., Monday through Friday
- Services: Provides full range of medical and social services, group & individual activities, recreation, counseling, medical and social evaluation, health screening, occupational therapy, physical, socialization and speech therapy. Also available: transportation, meals (light breakfast, hot lunch) and a full-time nursing staff.
**Reflections Senior Social Day Care**
561 Route 9., Bayville, NJ 08721

Hours: 8:00a.m to 5:00p.m., Monday through Friday
Services: This Social Day Care offers an individualized plan of care to meet the needs of each participant including transportation, meals, and daily activities designed to enhance active involvement and socialization through crafts, outings and intergenerational opportunities. Provides support and respite for families and caregivers. Podiatry service on-site. R.N. owned and operated. Weekend tours available.

**Riverside Manor**
699 Cross St., Lakewood, NJ 08701

Hours: 8:00a.m. to 6:00p.m. Monday through Thursday
8:00a.m. to 4:00p.m. Friday
Services: Riverside Manor is an all-inclusive Medical Day Care Program. Services include transportation, meals, individualized medical care plans, socialization, group outings, activities, physical, occupational, and speech therapy, dental, podiatrist and much more. The goal is for clients to remain living at home for as long as possible and provide respite for caregivers.

**Seacrest Village Adult Day Care**
The Pavillion at Seacrest Village
1001 Center Street, P.O. Box 1480, Little Egg Harbor, NJ 08087

Hours: 8:00a.m. to 4:00p.m., Monday through Friday
Services: Seacrest offers a full service day program for older adults with special needs, providing an enriching alternative to daytime home care and residential placement. Seacrest offers nursing care, counseling, therapeutic activities, meals and snacks, personal hygiene and bathing, and more. Also available: transportation and recreational activities.

**Whiting Health Care Center - Independence Place**
3000 Hilltop Rd., Whiting, NJ 08759

Hours: 8:00a.m. to 4:00p.m.
Services: Provides skilled nursing and structured program of therapeutic activities to meet medical and social needs of older adults within supportive environment. Nursing care, social services, activities, hot meal, therapies and personal care. Also available: transportation, meals and nursing supervision.
**Young at Heart**  
2125 Route 88, Brick, NJ 08724  

**Hours:** 7:30a.m. to 4:00p.m. Monday through Friday  
**Services:** Young at Heart is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

**Young at Heart**  
115 Grawtown Rd., Jackson, NJ 08527  

**Hours:** 8:30a.m. to 4:00p.m., Monday through Friday  
**Services:** Young at Heart is an adult health & social day program that serves clients with physical and cognitive limitations. Also available: transportation, meals and nursing supervision.

* NJ Department of Health and Senior Services Alzheimer’s Dementia Program  
Provides funding for adult day care; financial eligibility criteria; apply through adult day care center.

**List of Agencies approved by the Division of Health and Senior Services, Office of the Division of Consumer Support, for the Jersey Assistance for Community Caregivers Program (JACC)**

***Agency accepts JACC and Department of Health and Senior Services Alzheimer’s Dementia Grant***

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.

The Adult Day Care list was compiled by the Ocean County Office of Senior Services: Original-1994 Revised: 9/16/04-HZ, 1/19/05-SK, 6/1/05-EM, 10/14/05-EM, 12/29/05-EM, 1/24/06-EM, 2/16/06-EM, 8/21/06-EM, 9/14/06-EM
RESPITE/HOME CARE

JACC (Jersey Assistance for Community Caregiving) 732-929-2091
CAP (Community Assistance Program) 800-668-4899

These programs provide state funded assistance in the form of a broad array of in home services and supports that enable an individual at risk of being placed in a nursing home to remain in their own home. The program is intended to supplement and strengthen the efforts of family and friends. There are both financial and clinical eligibility criteria.

CCPED (Community Care For the Elderly and Disabled) 732-349-1500
Ocean County Board of Social Services

Program provides assistance in the form of a broad array of in-home services and supports that enable an individual at risk of being placed in a nursing home to remain in their own home. There are both financial and clinical eligibility criteria.

STATEWIDE RESPITE CARE PROGRAM 732-349-1500
Ocean County Board of Social Services

This program provides respite services to families experiencing fatigue and stress due to long-term caregiving of frail, elderly and/or disabled members. Priority is given to families where the impaired member is at risk of long-term institutionalization due to the inability of the caregiver to continue in the role.

The Respite/Home Care List was compiled by the Ocean County Office of Senior Services: Original-10/24/01-MO, Revised: 10/29/02-MO, 1/2/03-MO.
There are two (2) Interfaith Volunteer Caregiver organizations in Ocean County providing volunteer services for the frail, disabled and homebound elderly. Services such as volunteer transportation, shopping, visiting, calling, respite, etc., are provided. Additionally, both organizations provide Alzheimer’s Care Programs specifically for Alzheimer’s clients and caregivers. There is also a Multicultural Senior Outreach component. One organization serves the Northern area and the other serves the Southern area.

**NORTHERN AREA**

**Caregiver Volunteers of Central Jersey**

<table>
<thead>
<tr>
<th>Main Office</th>
<th>Lakewood Satellite Office</th>
<th>Whiting Satellite Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>145 Anchor Avenue</td>
<td>395 Rte. 70, Suite 210</td>
<td>30 Lacey Road</td>
</tr>
<tr>
<td>Beachwood, NJ 08755</td>
<td>Lakewood, NJ 08701</td>
<td>Whiting, NJ 08759</td>
</tr>
<tr>
<td>(732) 505-CARE (2273)</td>
<td>(732) 730-0700</td>
<td>(732) 849-9400</td>
</tr>
<tr>
<td>FAX: (732) 505-9445</td>
<td>FAX: (732) 730-1911</td>
<td></td>
</tr>
</tbody>
</table>

Email: CaregiversCentralOC@msn.com

**Multicultural Senior Outreach**

- 395 Rte 70, Suite 210
- Lakewood, NJ 08701
- (732) 730-0700
- FAX: (732) 730-1911

Email: actprogram@msn.com

**Alzheimer’s Respite Care Program**

- 145 Anchor Avenue
- Beachwood, NJ 08722
- (732) 505-0031
- FAX: (732) 505-9445

Email: actprogram@msn.com

**SOUTHERN AREA**

**Interfaith Health & Support Services of Southern Ocean County, Inc.**

- 1140 Rte. 72 West
- Manahawkin, NJ 08050
- (609) 978-3103 FAX: (609) 978-3078

Email: Montgomery@SOCH.com

**Alzheimer’s Respite Care Program**

- Interfaith Health & Support of Southern Ocean County, Inc.
- 1140 Rte. 72 West.
- Manahawkin, NJ 08050
- (609) 978-3103 FAX: (609) 978-3078

Email: Montgomery@SOCH.com

Revised: 08/18/09

OCEAN COUNTY OFFICE OF SENIOR SERVICES
# MEDICARE CERTIFIED HOME HEALTH (VISITING NURSE) AGENCIES

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMMUNITY MEDICAL CENTER HOME HEALTH PROGRAM</td>
<td>732-818-6800, 800-338-3131</td>
</tr>
<tr>
<td>HOLY REDEEMER VISITING NURSE AGENCY</td>
<td>732-240-2449</td>
</tr>
<tr>
<td>OCEAN COUNTY HEALTH DEPARTMENT</td>
<td>732-341-9700</td>
</tr>
<tr>
<td>MERIDIAN HOME HEALTH CARE</td>
<td>732-206-8100, 800-894-6885</td>
</tr>
</tbody>
</table>

# LICENSED HEALTH CARE SERVICE FIRMS

Compiled by COMMUNITY MEDICAL CENTER

These agencies provide home health aids in Ocean County, which can supplement benefits provided under Medicare at a private rate. Some also provide RN’s & LPN’s. ® Denotes relationship with Saint Barnabas Health Care System. *Contracts with CMC Home Health

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>* ACCREDITED HEALTH CARE (Hourly/live-in HHA/Companion)</td>
<td>732-341-9200</td>
</tr>
<tr>
<td>BAYADA NURSES (Hourly/live-in HHA/Companion/RN/LPN)</td>
<td>732-818-9898</td>
</tr>
<tr>
<td>* CAREGIVER RESOURCES (Hourly/live-in HHA/Companion)</td>
<td>732-292-2121</td>
</tr>
<tr>
<td>CAVALIER SENIOR CARE (Hourly/live-in HHA)</td>
<td>609-607-8300</td>
</tr>
<tr>
<td>COMFORT KEEPERS (Hourly/live-in HHA)</td>
<td>732-557-0010</td>
</tr>
<tr>
<td>*® COMMUNITY KARE (Hourly HHA)</td>
<td>732-905-1776</td>
</tr>
<tr>
<td>COMPLETE COMPETENT CARE (Hourly/live-in HHA/Companion)</td>
<td>732-206-1047</td>
</tr>
<tr>
<td>CONFIDENT CARE (Hourly HHA)</td>
<td>732-617-5900</td>
</tr>
<tr>
<td>CUIDADO CASERO (Hourly HHA) (Central &amp; Northern OC)</td>
<td>732-370-1144</td>
</tr>
<tr>
<td>GRISWALD SPECIAL CARE (Hourly/live-in HHA/Companion)</td>
<td>732-914-9111</td>
</tr>
<tr>
<td>HEALTH MATES (Hourly/live-in HHA/Companion)</td>
<td>732-367-1869</td>
</tr>
<tr>
<td>INTERIM HEALTHCARE (Hourly HHA/Companion)</td>
<td>732-341-0330</td>
</tr>
<tr>
<td>KARING WITH KINDNESS (Hourly/live-in HHA)</td>
<td>732-341-4500</td>
</tr>
<tr>
<td>LOVING CARE (Hourly/live-in HHA)</td>
<td>732-897-6000</td>
</tr>
<tr>
<td>MAXIM HEALTHCARE SERVICES (Hourly/live-in HHA)</td>
<td>732-920-9112</td>
</tr>
<tr>
<td>* MEDEX (Hourly/live-in HHA/Chore services)</td>
<td>732-349-0060</td>
</tr>
</tbody>
</table>
This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.

The above information was obtained from Community Medical Center 8/10/2006

LIST OF HOME HEALTH CARE AGENCIES APPROVED BY MEDICAID

A PLUS HOME HEALTH SERVICES 609-597-7863
ACCREDITED HEALTH SERVICES 732-341-9200
BAYADA NURSES 732-818-9898
CAROUSEL OF HOME CARE, INC (NORTHERN OCEAN COUNTY ONLY) 732-303-0245
CAVALIER SENIOR CARE, INC. 609-607-8300
888-832-2228
COMPLETE COMPETENT CARE 732-206-1047
CONFIDENT CARE 732-617-5900
CUIDADO CASERO HOME HEALTH 732-370-1144
INTERIM HEALTH CARE 732-341-0330
MAXIM HEALTH CARE SERVICES 732-920-9112
NURSE FINDERS INC. 732-477-7600
PERSONAL TOUCH 732-530-8880
PREFERRED HEALTH MATES 732-840-5566
800-603-2273
PROFESSIONAL HEALTH CARE UNLIMITED 732-262-0110
VISITING HOMECARE SERVICES OF OCEAN COUNTY 732-244-5565

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval.
WEBSITES

OCEAN COUNTY www.co.ocean.nj.us
NURSING HOME COMPARE www.medicare.gov
HOME HEALTH COMPARE www.medicare.gov

LIST OF AGENCIES APPROVED BY THE DIVISION OF HEALTH AND SENIOR SERVICES, OFFICE OF THE DIVISION OF CONSUMER SUPPORT, FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)

A PLUS STAFFING, LLC 973-736-2222
ACCREDITED HEALTH SERVICES 732-341-9200
AFFORDABLE SENIOR HOME CARE 732-279-4495
ALL ABOUT CARE 732-477-3005
ALL HEALTHCARE SERVICES 732-671-8400
AT HOME SENIOR CARE 732-341-0055
BAYADA NURSES INC. 732-818-9898
CAROUSEL OF HOME CARE 732-303-0245
CAVALIER SENIOR CARE, INC. 609-607-8300
                                      888-832-2228
CENTRAL JERSEY HEALTHCARE 732-367-8577
COMFORT KEEPERS 732-530-3636
COMFORT KEEPERS (TOMS RIVER) 732-557-0010
CUIDADO CASERO HOME HEALTH 732-370-1144
GRISWOLD SPECIAL CARE 732-914-9111
HELPING HANDS OF SOUTHERN OCEAN COUNTY, INC. 609-971-0004
HOME CARE WITH LOVE, INC. 732-339-1933
HOME HELPERS (Brick, Pt. Pleasant, Bay Head, Toms River, Whiting) 732-202-0411
HOME HELPERS (Lakewood, Jackson, Manchester, Toms River, Whiting) 732-364-7322

OCEAN COUNTY OFFICE OF SENIOR SERVICES
<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOME INSTEAD SENIOR CARE</td>
<td>732-901-5500</td>
</tr>
<tr>
<td>HOME SWEET HOME CARE, INC.</td>
<td>732-886-2273</td>
</tr>
<tr>
<td>KARING WITH KINDNESS</td>
<td>732-341-4500</td>
</tr>
<tr>
<td>MAXIM HEALTHCARE SERVICES</td>
<td>732-920-9112</td>
</tr>
<tr>
<td>NURSES OF NJ</td>
<td>732-213-3834</td>
</tr>
<tr>
<td>PERSONAL TOUCH HOME CARE</td>
<td>732-530-8880</td>
</tr>
<tr>
<td>RIGHT AT HOME</td>
<td>732-451-0120</td>
</tr>
<tr>
<td>SOUTHERN OCEAN HOME CARE &amp; HOSPICE</td>
<td>609-978-3090</td>
</tr>
</tbody>
</table>
This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval  Rev. 8/18/2006

LIST OF AGENCIES APPROVED BY THE DIVISION OF HEALTH AND SENIOR SERVICES, OFFICE OF THE DIVISION OF CONSUMER SUPPORT, FOR THE JERSEY ASSISTANCE FOR COMMUNITY CAREGIVERS PROGRAM (JACC)
CHORE SERVICE – Includes services needed to maintain the home in a clean, sanitary and safe environment such as washing windows, moving heavy furniture, change of screens, and outside yard work depending on the agency.

**AFFORDABLE SENIOR HOME CARE** 732-279-4495
**CAVALIER SENIOR CARE** (Light Housekeeping only) 609-607-8300
**COMFORT KEEPERS** (Light Housekeeping, transportation to stores) 732-530-3636
**KARING WITH KINDNESS** 732-341-4500

ENVIRONMENTAL ACCESSIBILITY ADAPTATIONS - The companies below specialize in providing products such as ramps, ceiling, stair, and wheelchair lifts. Some provide construction, such as bathroom and kitchen adaptations for access.

**ADAPTIVE HOME THERAPY** 732-886-6996
(Evaluations and recommendations)
**ABBY LIFTS INC.** 732-240-0446
(Ramps)
**AMERICAN RAMP SYSTEMS INC.** 800-649-5215
(Ramps)
**PERFORMANCE VAN SHOP** 856-848-3470
(Call for details)
**ACCESSIBILITY DESIGN ASSOCIATES** 732-901-6644
(Evaluations and modifications)

This listing of agencies or services is strictly informational and in no way indicates an endorsement; nor does the absence of any agency or service from this list signify disapproval Rev. 8/11/2006, 9/14/06 EM

**OCEAN COUNTY OFFICE OF SENIOR SERVICES**
### MEDICARE CERTIFIED HOSPICE PROGRAMS

<table>
<thead>
<tr>
<th>Hospice Program</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic Regional Medical Center Hospice</td>
<td>609-272-2424</td>
</tr>
<tr>
<td>1406 Doughtey Road Pt. Pleasant, NJ 08232</td>
<td></td>
</tr>
<tr>
<td>Care Alternatives</td>
<td>908-931-9080</td>
</tr>
<tr>
<td>70 Jackson Drive Suite 200 Cranford, NJ 07016</td>
<td></td>
</tr>
<tr>
<td>Caring Hospice</td>
<td>732-661-9373</td>
</tr>
<tr>
<td>525 State Hwy. 70 Lakewood, NJ 08701</td>
<td></td>
</tr>
<tr>
<td>Embracing Hospice Care</td>
<td>732-974-2545</td>
</tr>
<tr>
<td>2101 Rt 34 South Suite B Wall, NJ 07719</td>
<td></td>
</tr>
<tr>
<td>Holy Redeemer</td>
<td>732-240-2449</td>
</tr>
<tr>
<td>1228 State Hwy. 37 W Toms River, NJ 08753</td>
<td></td>
</tr>
<tr>
<td>Hospice of New Jersey</td>
<td>732-818-3460</td>
</tr>
<tr>
<td>40 Bey Lea Road Toms River, NJ 08753</td>
<td></td>
</tr>
<tr>
<td>Meridian Hospice</td>
<td>732-751-3750</td>
</tr>
<tr>
<td>1340 Campus Pkwy Neptune NJ 07753</td>
<td>1-800-379-3430</td>
</tr>
<tr>
<td>Southern Ocean Home Health and Hospice</td>
<td>732-849-9437</td>
</tr>
<tr>
<td>56 Schoolhouse Road Whiting, NJ 08759</td>
<td></td>
</tr>
<tr>
<td>Van Dyke Hospice Community Medical Center</td>
<td>732-818-6800</td>
</tr>
<tr>
<td>State Hwy 37 Toms River NJ 08753</td>
<td></td>
</tr>
<tr>
<td>Vitas Hospice</td>
<td>732-389-0066</td>
</tr>
<tr>
<td>1 Meridian Road Eatontown NJ 07724</td>
<td></td>
</tr>
<tr>
<td>VNA of Central Jersey Hospice Program</td>
<td>1-800-862-3330</td>
</tr>
<tr>
<td>201Main Street Toms River NJ 08753</td>
<td></td>
</tr>
</tbody>
</table>

*Hospice List was compiled by the Ocean County Office of Senior Services: Original-8/16/2006*
Ten Warning Signs:
Your Older Family Member May Need Help

The Eldercare Locator, a public service of the U.S. Department of Health and Human Services’ Administration on Aging, has produced a guide of “10 warning signs” to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member’s physician should be kept informed of physical or psychological behavior changes.

Has your family member:

- Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
- Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
- Neglected their home so it is not as clean or sanitary as you remember growing up?
- Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- Changed relationship patterns such that friends and neighbors have expressed concerns?
- Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?
Take time to relax

- Eliminate the “Should’s” and “If only I had time” statements. Ease up on yourself by praising what you do accomplish. Don’t expect more than your human abilities allow.

- Set aside time each day for yourself, no matter how small.

- Rest your mind frequently with short breaks to look at flowers or a tree, breathe deeply, or visualize a peaceful beautiful place from memory.

- Keep a journal of feelings. Note in detail the things you have done to ease your loved one’s burden.

- Have an understanding friend whom you can call or visit when you need a lift.

- Join a support group or seek counseling.

- Allow quiet time for prayer or meditation.

- Add humor to your life
  - Buy a page-a-day calendar with cartoons.
  - Read the daily comics in the newspaper.
  - Share laughter with your loved one.
  - Rent comic movies or cassette tapes.
  - Ask friends to save jokes and cartoons for you.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.
BALANCING CAREGIVING NEEDS AND SELF NEEDS

You are the only one who can meet your needs
Who are you beyond the caregiving role?
Does your self worth come from the need to be needed?
How will you use your time when the role ends?

What you can do for yourself
- Maintain outside interests.
- Nurture your sense of purpose and worth,
- Create activities to look forward to for yourself.
- Take care of your physical and emotional needs.
- Take care of your appearance.
- Have one part of your life that is just yours, away from the caregiving role.
- Have several activities, which you turn to for “in-house vacations”.
- Indulge yourself with a treat now and then.
- Surround yourself with people who understand.
- Join a support group or counseling sessions.
- When possible, talk about your anger or feelings with the person who is ill.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.
COMMUNICATION TECHNIQUES

- “I’d like to talk about the appreciation’s and the regrets both of us have in this relationship. Are you willing to set aside a time when we could do that soon?”
- Suggest that you take turns talking and that each of you agrees not to interrupt the other.
- Ask directly for what you want, for example, “Will you forgive me for that?” or “Will you reassure me that you love me?”
- Use “I” messages such as, “I feel…” or “I want..” or “I think.” rather than “You made me…” or “You always..” or “You should.”
- Remember that human emotions are harmless in themselves and they don’t necessarily conform to logic. In their actions, however, people can choose to channel their feeling into behaviors that uphold their personal and moral values and maintain mutual respect. When your thinking is muddled by strong negative emotions, pause and breathe deeply while you regain your clear-headedness.
- Look the other person in the eye and listen as he talks. It’s an opportunity to learn about yourself and your loved one. Often there are astonishing differences in the way two people experience the same event.
- If the ill person becomes insulting or abusive, say, “I want to talk with you, but I won’t listen to hurtful remarks.” If the person continues, say, “I’ll come back after you are finished saying hurtful things”, and leave the room.
- Be as generous as you can in expressing your appreciation about the relationship.

Barriers to Communication

- Backing the other person into an emotional corner by saying, “You should have” or “Why did you” or “If you loved me”.
- Challenging the other person’s reasons/rights to feel as he/she does.
- Hiding your tears.
- Defending your reasons or rights to feel as you do.
- Saying things you might regret later.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.

OCEAN COUNTY OFFICE OF SENIOR SERVICES
ANGER AND CAREGIVING

Sources of Anger
- Long-standing, unresolved conflicts with the care receiver.
- Disagreements with the care receiver or family member regarding caregiving or treatment.
- The ill persons irritating habits and personality traits that might be exaggerated by illness.
- Your sense of helplessness in alleviating these loved person’s pain or suffering.
- Your plans, goals, or expectations that are delayed or dashed as you devote yourself to caregiving.
- The duration, difficulty, or expense of caregiving.

Mismanaged Anger
- Spewing accusations, threats, or guilt-provoking tirades on family members, friends, the sick person, or care providers.
- Using physical force on the ill person.
- Denying that anger.
- Telling others about the problem instead of discussing it with the person involved.
- Seething and turning your anger inward to cause headaches, or other physical problems.

Constructive Management
- Admit the anger, you can control how you channel it into action.
- Develop a variety of safety valves.
  - Phone calls to friends who understand.
  - Support group meetings.
  - Brisk physical activity.
  - Write a letter expressing the anger and destroy it.
  - Schedule frequent breaks from caregiving activities.
- Explore solutions to the problem(s) with your loved one(s), if possible.
- Ask what you need at this moment that you are not getting.
  - Make direct requests or look for ways you can meet your needs.

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.
Differentiate between *Legitimate Guilt*, the remorse of deliberate wrongdoing or hurtful actions and *Superfluous Guilt*, self-reproach for imagined wrongdoings of human failings.

**Guilt Reduction Techniques**

**Legitimate Guilt**
- Recognize and validate your feelings of frustration and overload.
- Stop punishing yourself; instead use this situation as a learning experience to motivate you to plan alternative responses in the future.
- Rehearse the new behavior in advance.
- Offer an apology to your loved one, offer an expression of regret for your behavior and an explanation of what you will do differently in the future.
- Forgive yourself.

**Superfluous guilt** Recognize your unrealistic standards or falsehoods such as:
- You can do all things “perfectly”.
- You might improve the sick person’s lot by sacrificing your well-being.
- The misconceptions that entertaining negative thoughts or mischievous wishes will make them come true.
- The myth that misfortunes in people’s lives are punishments for wrongdoing.
- The idea that you should not get angry.
- The illusion that you can control your loved one’s fate.

**Consider**
- Joining a caregivers support group.
- Wishes and fantasies are harmless, unless you put them into action or punish yourself for having them.
- Make an exhaustive list of all your guilt(s).
- Choose items you want to change while maintaining a balance between your well-being and that of your loved one.
- Forgive yourself for your human imperfections.

*Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.*
*Compiled by Louanne Kane, M.S.*
GRIEF AND CAREGIVING

Losses that relate to Caregiving:
- Your loved one’s health and vigor
- Some of your loved one’s endearing personality traits
- Activities or interest you enjoyed together
- Plans and optimistic expectations for the future
- Your sense of security
- Time, energy, or money to engage in your special interests
- A pleasant daily routine
- Confidence in your ability to steer events in your life toward favorable outcomes

Fear of the future:
- More disability or pain for your loved one
- Increasing loneliness
- Less time for yourself
- Doubts about your own health
- Lack of confidence in your ability to cope with stress and emotional pain
- Anticipated emptiness when your loved one dies

Ineffective coping:
- Physical pain, irritability and panic attacks
- Distance emotionally from your loved one
- Devote self to caretaking at the expense of your own well-being

Effective Ways:
- Talk about your feelings and thoughts
- Join a support group
- You aren’t alone, anything you feel, think or wish, has been experienced by others
- Your choices in how you act on your wishes, thoughts, and feelings will determine how effectively you manage your grief

Taken from Keys to Survival for Caregivers by Mary K. Kouri, Ph.D.
Compiled by Louanne Kane, M.S.