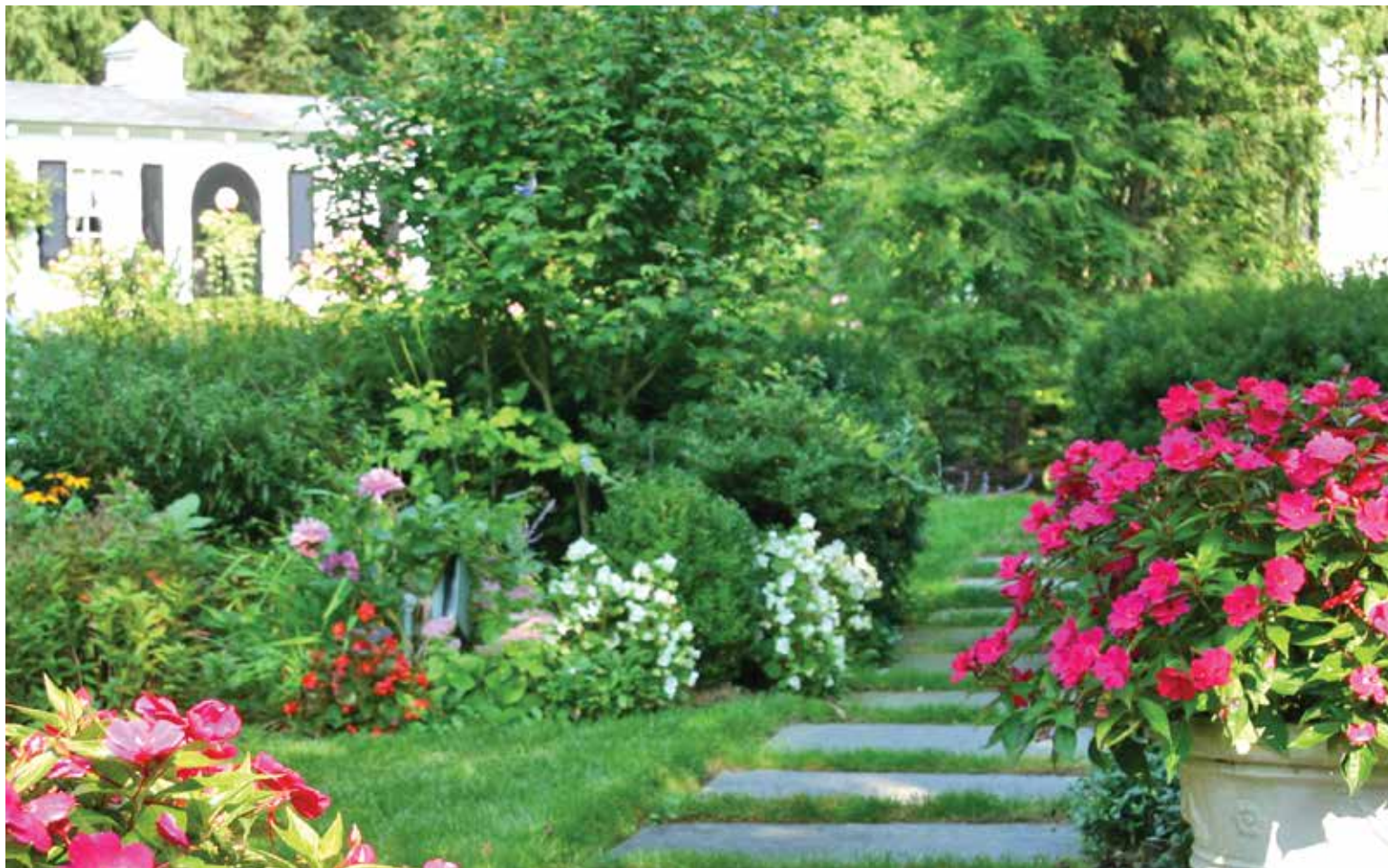


United Way  
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# PATHWAYS FOR CAREGIVERS



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# ACKNOWLEDGEMENTS

This fourth 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](http://UnitedWayNNJ.org/CaregiverTools).**

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# WELCOME TO THE *COALITION*

Caregiving is a universal reality that touches almost every family.

An astonishing 68 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 260,000 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 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, North Essex, Somerset, Sussex, 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*



**Carol DeGraw**

*Health Impact Area Director*

*United Way of Northern New Jersey*



**Novartis Pharmaceuticals Corporation and its Caregiver's Support Group CARES are proud to sponsor *Pathways for Caregivers*, presented by United Way of Northern New Jersey Caregivers Coalition.**

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The Department for Persons with Disabilities (DPD) is a Catholic Charities Agency in the Diocese of Paterson. We began serving adults with disabilities over 45 years ago and we operate the longest running group home in the state of New Jersey, the Murray House in Clifton. We operate 9 group homes, 2 supervised apartments and a vocational day program throughout Morris, Sussex, and Passaic County. We also provide additional services such as recreational activities, pastoral care and spiritual enrichment programs.

We are happy to announce that as of 2013, we will be providing support coordination services for persons with developmental disabilities living in the community in Sussex County. Medicaid eligible individuals who also are eligible for DDD functional services will be able to access the Supports Program. The program is specifically targeting those persons graduating in 2013 or after.

For more information about the Department for Persons with Disabilities please contact us at (973) 406-1100, by email at [info@dpd.org](mailto:info@dpd.org) or go to [www.dpd.org](http://www.dpd.org).



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We gratefully acknowledge the following individuals and organizations for their generous contributions to the printing of *Pathways for Caregivers* and for their ongoing support of United Way *Caregivers Coalition*.

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In memory of Lucille Foy

In memory of David V. Manahan

In memory of Jean and Ed Beckwith

In memory of my parents and brothers

In memory of Francesca Slivinski



# 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

Visit: [UnitedWayNNJ.org/CaregiversCoalition](http://UnitedWayNNJ.org/CaregiversCoalition)

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*The Informed Caregiver, An Education Series for Caregivers of Aging Loved Ones, is produced by United Way of Northern New Jersey and made possible by a grant from the Essex County Division of Senior Services.*

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