

# 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](http://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](http://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](http://www.adrcnj.org)

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

#### **Caregiver Action Network (CAN)**

202.772.5050

[www.caregiveraction.org](http://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](http://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](http://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](http://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](http://www.lotsahelpinghands.com)**

Connects caregivers and volunteers in neighborhoods and communities worldwide.

## **Medicare**

**800.MEDICARE (800.633.4227)**

**[www.medicare.gov](http://www.medicare.gov)**

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

## **Medicare Rights**

**800.333.4114**

**[www.medicarerights.org](http://www.medicarerights.org)**

Provides independent information on health care and assistance with Medicare.

## **National Academy of Elder Law Attorneys**

**[www.naela.org](http://www.naela.org)**

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

## **National Alliance for Caregiving**

**[www.caregiving.org](http://www.caregiving.org)**

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

## **National Association of Professional Geriatric Care Managers**

**520.881.8008**

**[www.caremanager.org](http://www.caremanager.org)**

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

## **National Caregivers Library**

**804.327.1111**

**[www.caregiverslibrary.org](http://www.caregiverslibrary.org)**

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](http://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](http://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](http://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](http://www.njhospitalpricecompare.com)**

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

## **Nursing Homes Compare**

**[www.medicare.gov/nursinghomecompare/](http://www.medicare.gov/nursinghomecompare/)**

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

## **Strength for Caring**

**866.466.3458**

**[www.strengthforcaring.com](http://www.strengthforcaring.com)**

Provides family caregivers with a broad range of expert content and information, an emerging online community, daily inspiration, and much needed support.

## **Wellspouse Association**

**800.838.0879**

**[www.wellspouse.org](http://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](http://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](http://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](http://www.disability.gov)**

Provides comprehensive information about disability-related programs and services.

#### **Disability Rights New Jersey**

**800.922.7233**

**[www.drnj.org](http://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](http://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](http://www.state.nj.us/humanservices/ddd)**

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](http://www.state.nj.us/humanservices/dds)**

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

## **NJ Department of Health**

**800.792.9745**

**<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**

**<http://www.njkidsonline.com/directory/category/special-needs.php>**

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

## **SPAN: Statewide Parent Advocacy Network**

**973.642.8100**

**[www.spannj.org](http://www.spannj.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](http://www.sonj.org)**

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

## **US Department of Labor**

**[www.disability.gov](http://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](http://www.state.nj.us/health/aids)

### Alzheimer's

**Alzheimer's Association, Greater NJ Chapter**  
24/7: 800.272.3900 or 973.586.4300  
[www.alz.org/nj](http://www.alz.org/nj)

### Amyotrophic Lateral Sclerosis (ALS)

**Amyotrophic Lateral Sclerosis Association**  
800.782.4747  
[www.alsa.org](http://www.alsa.org)

### Arthritis

**Arthritis Foundation NJ Chapter**  
732.283.4300  
[www.arthritis.org/new-jersey/html](http://www.arthritis.org/new-jersey/html)

### Autism

**Autism Family Services of New Jersey**  
877.237.4477  
[www.autismfamilyservicesnj.org](http://www.autismfamilyservicesnj.org)

### Autism New Jersey

609.588.8200  
[www.autismnj.org](http://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/](http://www.state.nj.us/humanservices/cbvi/)

### Brain Injury

**Brain Injury Alliance of New Jersey**  
732.745.0200  
[www.bianj.org](http://www.bianj.org)

### Burn Victims

**Burn Survivor Resource Center**  
800.669.7700  
[www.burnsurvivor.com](http://www.burnsurvivor.com)

### Cancer

**American Cancer Society**  
800.227.2345  
[www.cancer.org](http://www.cancer.org)

### Cerebral Palsy

**Cerebral Palsy of North Jersey**  
973.763.9900  
[www.cpnj.com](http://www.cpnj.com)

### Chronic Fatigue

**NJ Chronic Fatigue Syndrome Association**  
888.835.3677  
[www.njcfsa.org](http://www.njcfsa.org)

### Deaf/Hard of Hearing

**NJ Division of the Deaf and Hard of Hearing**  
800.792.8339 V/TTY  
[www.state.nj.us/humanservices/ddhh/home/index](http://www.state.nj.us/humanservices/ddhh/home/index).

### Developmental Disabilities

**The Arc of New Jersey**  
732.246.2525  
[www.arcnj.org](http://www.arcnj.org)

### National Dissemination Center for Children with Disabilities (NICHCY)

800.695.0285 (toll-free, V/TTY)  
<http://nichcy.org>

### New Jersey Council on Developmental Disabilities

609.292.3745 or 800.792.8858  
[www.njcdd.org](http://www.njcdd.org)

### NJ Division of Disability Services

800.832.9173  
[www.state.nj.us/humanservices/ddd/home/index.html](http://www.state.nj.us/humanservices/ddd/home/index.html)

### Diabetes

**American Diabetes Association**  
800.DIABETES (800.342.2383)  
[www.diabetes.org](http://www.diabetes.org)

## **Epilepsy**

**Epilepsy Foundation of New Jersey**  
800.336.5843  
[www.efnj.com](http://www.efnj.com)

## **Fibromyalgia**

**National Fibromyalgia Association**  
714.921.0150  
[www.fmaware.org](http://www.fmaware.org)

## **Heart Disease**

**American Heart Association**  
800.AHA.USA1 (800.242.8721)  
[www.heart.org](http://www.heart.org)

## **Kidney Disease**

**National Kidney Foundation**  
800.622.9010  
[www.kidney.org](http://www.kidney.org)

## **Lung Disease**

**American Lung Association**  
800.LUNGUSA (800.586.4872)  
[www.lung.org](http://www.lung.org)

## **Mental Illness**

**National Alliance on Mental Illness of New Jersey**  
732.940.0991  
[www.naminj.org](http://www.naminj.org)

## **New Jersey Mental Health Cares**

866.202.4357  
[www.njmentalhealthcares.org](http://www.njmentalhealthcares.org)

## **Multiple Sclerosis**

**National Multiple Sclerosis Society**  
800.344.4867  
[www.nationalmssociety.org](http://www.nationalmssociety.org)

## **Spina Bifida**

**The Spina Bifida Association**  
800.621.3141 or 202.944.3285  
[www.spinabifidaassociation.org](http://www.spinabifidaassociation.org)

## **Stroke**

**American Stroke Association**  
888.4.STROKE (888.478.7653)  
[www.strokeassociation.org](http://www.strokeassociation.org)