

Caregiver Support Programs



ONE CALL. HOME CARE FOR LIFE.



A Helping Hand for Caregivers

Someone is now looking after another adult in one of every four U.S. households. While caregiving can be a rewarding expression of love, it's also physically, emotionally, and spiritually demanding. Visiting Nurse Association of Northern New Jersey (VNA), a trusted and highly regarded home care agency, offers an array of caregiver support services including some that are free of charge for those who meet eligibility requirements.



Certified home health aides perform essential tasks and offer encouragement.

Tips for Caregivers

- Set realistic goals for yourself and your loved one
- Simplify and structure your daily routine
- When a situation becomes too stressful, take a “time out”
- Attend to your own physical, emotional, and spiritual health
- Avoid isolation, reach out for support

In-Home Caregiver Education and Support Program

This free program helps unpaid caregivers improve their skills and effectiveness. There are no income or asset eligibility requirements and it is open to all unpaid caregivers.

- A registered nurse will meet with the caregiver to conduct an initial assessment and create a teaching plan. Under this program, caregivers are eligible to receive up to five visits from an RN, Physical, Speech or Occupational Therapist, Social Worker, or Nutritionist.

VNA professionals will provide free caregiver training.



Statewide Respite Care Program

VNA serves Statewide Respite Care Program recipients in Morris, Sussex, Somerset, and Passaic counties. This program is designed to provide limited assistance to families by giving caregivers a break from the daily responsibility of caring for an elderly or disabled loved one. Caregivers are able to select the type of respite service best suited to their circumstances and services may be used for a variety of activities including personal errands, medical care, or vacation.

Community Health Aide Program (CHAP)

CHAP provides home health aide assistance on a limited basis for elderly residents in

Caregivers can
take worry-free
respite while
VNA team
members are
on duty.



Morris and Sussex counties who live alone and are not eligible for any other assistance programs. If you have an elderly loved one who needs help living independently or you're a senior citizen living alone, a VNA representative can help to determine eligibility.

House Calls for Groceries

This unique program provides critical grocery shopping services for homebound residents of Morris County. Caring volunteers will grocery shop, assist with putting groceries away, and provide companionship.

County Respite

Designed to provide relief and support to unpaid caregivers, the focus of this program is to provide assistance with daily living activities. Care is provided by a Certified Home Health Aide and helps clients live as independently as possible. A VNA nurse will conduct a home assessment in order to create an individualized plan of care. Short-term respite assistance may be available at an inpatient facility.

One Call for Caregiver Support

There's no need to care for a loved one alone. Call **1-800-WE VISIT** and a VNA representative will begin the process of arranging for a helping hand.

An Array of Caregiver Support Options

Even the most loving and devoted caregiver needs respite time. A friendly, knowledgeable VNA professional can work with you to determine your eligibility for these options:

- Certified home health aide service for intermittent assistance with personal care and housekeeping
- Limited RN services
- Out-of-home care in a structured social adult day program
- Short-term home health aide live-in service
- Short-term inpatient care in a licensed medical facility, nursing home, or assisted living
- Free in-home caregiver training sessions



Respite helps caregivers to remain in good spirits and functioning at their best.

These services are made possible through grants received from the Morris County and Sussex County Boards of County Commissioners and the New Jersey Department of Human Services. Eligibility requirements may apply. Please call 1-800-WE VISIT (1-800-938-4748) for more information.

VNA accepts Medicare, Medicaid, private insurance and private pay. Care is provided to residents with financial hardships through the efforts of the VNA Foundation.

Visiting Nurse Association of Northern New Jersey (VNA) is a nonprofit organization with a distinguished history that spans over 125 years. VNA provides skilled nursing services, physical and occupational therapy, speech and language pathology, certified home health aides, hospice and palliative care, dietitian and medical social worker services, caregiver support programs, and private care services.

Visiting Nurse Association of Northern NJ is licensed by the New Jersey Department of Health and accredited by the Community Health Accreditation Program (CHAP).

VNA Headquarters in Morristown.



175 South Street
Morristown, NJ 07960
www.vnannj.org

One Call: 1-800-WE VISIT
Home care for life.