



125  
years of caring

Visiting Nurse Association  
of Northern New Jersey

# Caregivers Need Care Too

A Guide to New Jersey's  
Statewide Respite Care Program  
(SRCP)

## 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 the Statewide Respite Care Program (SRCP).

## 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



## Statewide Respite Care Program

VNA serves SRCP recipients in Morris, Passaic, Somerset, and Sussex counties.

The 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.

### Types of Service Provided

Caregivers are able to select the type of short-term or intermittent respite service best suited to their circumstances and may include:

- Home health aide visits that offer a break from caregiving and help with household chores
- Social or medical adult day care or a custodial facility stay
- Reimbursement for goods and services that can make caregiving less stressful and improve one's quality of life



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## Eligibility Requirements

The person being cared for (the “care recipient”) must:

- Receive daily, basic care and/or daily supervision by an uncompensated caregiver (spouse, family, friend, etc.) who is age 18 or older.
- Have functional impairments that require the care of another person, certified by the care recipient’s licensed medical provider.
- Be age 18 or older.
- Reside in the community (not in a facility).
- Have documented evidence of eligibility according to income and asset guidelines.
- Be a resident of the state of New Jersey.
- Not currently participate in a Medicaid program (NJ FamilyCare, MLTSS, etc.), JACC, Alzheimer’s Adult Day Services Program, or Congregate Housing Services Program. A participant can switch from JACC or the Alzheimer’s Adult Day Services program and onto Statewide Respite.

## 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 SRCP and these options:

- Certified home health aide service for short-term or intermittent assistance with personal care and housekeeping
- Private duty nursing
- Out-of-home care in a structured social or medical adult day program
- Live-in home health aides
- Inpatient care in a licensed medical facility, nursing home, or assisted living
- Reimbursement for goods and services to ease the burden of caregiving

VNA administers SRCP in Morris, Passaic, Somerset, and Sussex counties through grants received from the New Jersey Department of Human Services, Division of Aging Services. Eligibility requirements may apply. Please call **1-800-WE VISIT** (1-800-938-4748) for more information.

**You may be eligible for FREE respite care for caregivers.**

*Learn more at: [vnannj.org](http://vnannj.org)*



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**One Call. Home care for life.**

**1-800-WE VISIT**

(1-800-938-4748)

175 South Street  
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