

THE SERVICE NETWORK

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Happy New Year

At the sound of the tolling midnight bell, a brand new year begins; let's raise our hopes in a confident toast, to the promise it ushers in!

Happy New Year from everyone from the Union County Division on Aging

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Services funded by the Union County Division on Aging/ADRC

Information & Assistance/Outreach/Aging Services Kiosk

Information & Assistance provides specifically requested information to callers about services provided to seniors and/or caregivers. After a brief intake, callers are linked with appropriate service providers based on the callers immediate expressed needs. Follow-up is conducted with individuals and/or agencies to determine whether services have been received and caller need has been met.

Outreach is a service initiated by the Division on Aging designed to locate and identify older residents and/or their caregivers in need to services and encouraging them to apply for the services they are eligible for. Outreach sites are generally located where seniors gather and include senior centers, senior housing, clubs, veteran groups, churches, and synagogues.

ASK The **Aging Services Kiosk** was initiated in 2016 to set up sites in communities that are historically underserved. Sites were set up in the public libraries in Berkeley Heights, Clark, Fanwood, and Linden and in 2017, the Union Public Library will join the Division's kiosk schedule. Sites are also set up at Mountainside Municipal Building, and Westfield Community Center.

The initiative has been a successful tool in reaching out to seniors and/or their caregivers who might otherwise not know about services.

Free presentations are available to employers by Division on Aging staff. Statistics show that many employees are caregivers who are often balancing jobs and caregiving responsibilities.

Call Donna Farrell at 908 527 4858 for more information.



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A Service of the Union County
 Board of Chosen Freeholders



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Socialization and Recreation

Structured activities are provided to well and/or functionally impaired seniors to facilitate social contact and reduce isolation. Programs may provide instruction; discussion groups; reminiscence programs including spelling bees; karaoke with recall of singing old songs; participation in arts and crafts; hobbies; travel; games; group tours; outings; and, other activities of a similar nature.

In Union County the following agencies are funded by the Division on Aging and provide socialization & recreation:

Catholic Charities 908 497 3905 **Plainfield Senior Center** 908 753 3506
Westfield Community Center 908 232 4759 **Jewish Community Center** 908 889 8800

Legal Services

Attorneys and social worker advocates provide representation and brief service in many civil law issues and in entitlement cases. Assistance will be available in areas including:

- Housing advocacy such as landlord-tenant disputes
- Public entitlements, including eligibility for SSI, SSDI, public assistance, and food stamps
- Medicaid, Medicare, and other healthcare issues such as managed care disputes
- Child support, visitation, domestic violence
- Barrier-free accessibility, Americans with Disabilities Act and New Jersey Law Against Discrimination matters
- Surrogate decision making issues including wills; living wills; advance directives; powers of attorney; and uncontested guardianships (also limited guardianship and conservatorship)

Community Health Law Project 908 355 8282

Central Jersey Legal Services 908 354 4340

Congregate Nutrition Program

The Congregate Nutrition Program serves individuals age 60+ and, in addition to providing healthy meals, the program presents opportunities for social engagement, information on healthy aging and meaningful volunteer roles, all of which contribute to the participants overall health and well-being.

In Union County, there are 23 nutrition sites located around the county that include two Kosher sites. There is a suggested voluntary donation of \$1.75 however; no one is ever denied a meal based on their inability to donate. It is suggested that a reservation be made at least one day in advance.



For more information about congregate meals and the locations call the Division on Aging at 908 527 4870 or toll free at 1 888 280 8226.

Home Delivered Nutrition Services

The home delivered nutrition program provides meals and related nutrition services for frail/disabled, homebound or isolated individuals who are 60 and older. Home delivered meals are often the first in-home service that an older adult receives, and the program is a primary access point for other in-home and community based services.

In addition, the program serves as a daily safety check; it is often the only opportunity for face-to-face contact or conversation for recipients.

In Union County, the provider of home delivered meals is Meals on Wheels, Inc. The agency can be reached by calling 908 486 5100.



Home and Community Based Long-Term Care

Home and Community Based Long-Term Care provides for homemakers; certified home health aides; nurse and social work visits; hospice services; and some caregiver support services.

The programs were designed to help adults maintain their independence and dignity in their homes and communities.

Home health aides care for elderly, sick, or injured people in the comfort of their homes. Common duties of a certified home health aide include personal care such as assisting clients with activities of daily living; light housekeeping; meal preparation and planning; and, companionship.

Homemakers provide assistance with day to day household duties that include light housekeeping; laundry; limited personal care; grocery shopping; and, meal preparation.

Visiting nurses meet patients in their home to provide nursing care that can include medication administration; change dressings; maintain ventilation systems; assess wound development or changes; and, other treatments as ordered through their physician. Visiting nurses also supervise home health aides in the home.

Hospice services are available when medical treatments can no longer cure a disease and is used to control pain, reduce anxiety and offer needed spiritual and emotional support to patients and their families by introducing gradual, non-crisis transitions from curative care to hospice care that will ensure comfort and dignity.

Social workers play a vital role in the care team. After a patient is admitted to home health or hospice services, a social worker will conduct an assessment to help determine patient needs and identify limitations; barriers or safety issues; educate patients and families about community resources; and, assist with long range planning, including advance care planning and directives.

There are numerous agencies providing home care. For information about home and community based programs in Union County call the Division on Aging at 908 527 4870 or toll free at 1 888 280 8226

Transportation

Transportation services are generally a curb-to-curb transport service for people aged 60+, people with a disability, or those who are economically disadvantaged. Transportation services are essential to assist people in getting to their doctor appointments; job, nutrition sites; recreational activities; school; the pharmacy; grocery shopping; bank; or community center, to name a few. Priority is given to riders receiving chemotherapy and dialysis. The vehicles are wheelchair accessible.

In Union County, the provider for transportation services is the Union County Paratransit System. A reservation is required at least seven days in advance of the appointment. There is a fare of \$2.00 each way with a round trip ride costing \$4.00.

For more information call Paratransit at 908 241 8300

Residential Maintenance & Emergency Assistance

Residential maintenance is a service for intermittent household care to older residents who cannot perform these services by themselves. Tasks can include replacing door locks; caulking windows; changing screens and storm windows; minor repairs; hand rails; home improvements to deter crime; and, seasonal upkeep activities, to name a few. A small grant is available for those in need who are over income for home energy assistance programs.

In Union County, the residential maintenance provider is PROCEED, Inc. Call 908 351 7727 for more information.

Telephone Reassurance

Telephone reassurance is a service that provides regular telephone calls to homebound seniors to assure their well-being and safety, and to provide for daily social interaction.

In Union County, the telephone reassurance provider is Catholic Charities. **Volunteers are needed.**

Call 908 497 3902 for more information.

Adult Day Care Services

Adult day care is used to relieve caregivers of their duties while the care recipient is at the center receiving the proper care needed in a safe, friendly environment. Transportation is provided to and from the center. The centers provide social, medical, or Alzheimer’s specific day care. Adult day care can improve the care recipient’s overall well-being while providing the caregiver with much needed time off.

For more information on adult day care centers call the Division on Aging at 908 527 4870 or toll free at 1 888 280 8226.

In addition to adult day care, WISE ADC administers an emergency response program. For more information call WISE at 908 687 2995.



Caregiver Support and Respite Programs

Families are the major provider of long-term care but caregiving exacts a heavy emotional toll. Many caregivers who work and provide care experience conflicts between their responsibilities.

Caregiver Respite Programs offer a range of services to support family caregivers that can include information to caregivers about available services; assistance to caregivers in gaining access to the services; individual counseling, support group information, and caregiver training; respite care; and on a limited basis, supplemental services. These services work in conjunction with other state and community based services to provide a coordinated set of supports. These supports can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, avoiding or delaying the need for costly institutional care. Call the Division on Aging at 908 527 4870 or toll free 1 888 280 8226.

Adult Protective Services (APS)

Adult Protective Services (APS) is a social services program provided by state and local governments nationwide serving older adults and adults with disabilities who are in need of assistance because of abuse, neglect, self-neglect, or financial exploitation. APS works to maximize clients’ safety and independence. Most APS programs serve both older and younger vulnerable adults. In Union County, Adult Protective Services is administered by Catholic Charities, 505 South Avenue, Cranford, 908 497 3902.

Jolin Food Box Program @ Plainfield Action Services

Not funded by Division on Aging

The Jolin Food Box program is designed to provide families with nationally branded food products at wholesale prices; \$100.00 worth of food for less than \$50.00; that’s up to a 50% saving in your pocket.

There are new menus monthly; to view the current menu go to www.shop.jolinfoodbox.com. Distribution day is listed online or call **908 753 3519** for information. Food must be picked up on distribution day between 1:00 to 4:00. Any food left unclaimed will be donated due to lack of refrigeration. Pick up location:

Plainfield Action Services, 510 Watchung Avenue, Plainfield, 07060

Advisory Board on the Disabled of Union County

The Advisory Board on the Disabled (ABD) of Union County is an entity that advises and consults with the Board of Chosen Freeholders on all matters effecting the interests of Union County residents with physical and/or mental disabilities.

A majority of ABD members are people with disabilities and parents/guardians of people with disabilities. Other members include caregivers for people with disabilities and/or organizations that provide services to people with disabilities that include local colleges, state representatives, consumer advocates, and volunteers.

Interested parties should contact Leslie Gutierrez, Director, Office for the Disabled at 908 527 4807 or via e-mail at lgutierrez@ucnj.org **OR** Helen Alvarado, Program Development Specialist at 908 527 4845 or via e-mail at halvarado@ucnj.org.

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