HELPFUL CAREGIVING RESOURCES

State & National Websites with Caregiving Information

AARP
Washington DC: 888.687.2277
New Jersey: 866.542.8165
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
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
Provides information and assistance to older persons, adults with physical disabilities, caregivers, and professionals looking for services or programs.

Aging Life Care Association (formerly Association of Professional Geriatric Care Managers)
520.881.8008
www.aginglifecare.org
Provides information about the role of care managers and points caregivers to local resources.

Caregiver Action Network (CAN)
202.454.3970
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
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
Service of the US Administration on Aging that links caregivers to senior services.

Family Caregiving Alliance
800.445.8106
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
Connects caregivers and volunteers in neighborhoods and communities worldwide.

Medicare
800.MEDICARE (800.633.4227)
www.medicare.gov
Provides information on Medicare, health plans, programs, eligibility, and enrollment.

Medicare Rights
800.333.4114
www.medicarerights.org
Provides independent information on health care and assistance with Medicare.

National Academy of Elder Law Attorneys
www.naela.org
Provides a searchable database to assist in finding an elder law attorney.

National Alliance for Caregiving
www.caregiving.org
Focuses on research, policy analysis, development of national best practices, programs, and increased public awareness of family caregiving issues.

National Caregivers Library
804.327.1111
www.caregiverslibrary.org/home.aspx
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
Provides information on end-of-life issues and state-specific advance directives.

NJ Self-Help Group Clearinghouse
800.367.6274
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
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
Allows health care consumers to compare hospitals based on average charges and average lengths of stay.

Nursing Homes Compare
https://www.medicare.gov/nursinghomecompare/search.html?
Provides detailed information on the past performances of every Medicare- and Medicaid-certified nursing home in the country.

Wellspouse Association
800.838.0879
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
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
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
Provides comprehensive information about disability-related programs and services.

Disability Rights New Jersey
800.922.7233
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
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/home/index.html
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
Serves people who have become disabled as adults, whether through illness or injury.

NJ Department of Health
800.367.6543
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
www.njkidsonline.com/directory/special-needs-menu
Provides information about kids' programs and activities, and answers to “What To Do?” questions.

SPAN: Statewide Parent Advocacy Network
973.642.8100
www.spanadvocacy.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
Provides sports training and athletic competition to children and adults with intellectual and physical disabilities.

US Department of Labor
https://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

**Alzheimer’s**
Alzheimer’s Association, Greater NJ Chapter
973.866.8143; Helpline: 800.272.3900
www.alz.org/nj

Alzheimer’s New Jersey
973.586.4300; Helpline: 888.280.6055
www.alznj.org

**Amyotrophic Lateral Sclerosis (ALS)**
Amyotrophic Lateral Sclerosis Association
800.782.4747
www.alsa.org

**Arthritis**
Arthritis Foundation NJ Chapter
732.283.4300
www.arthritis.org/new-jersey/

**Autism**
Autism Family Services of New Jersey
877.237.4477
www.autismfamilyservicesnj.org

Autism New Jersey
609.588.8200
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/

**Brain Injury**
Brain Injury Alliance of New Jersey
732.745.0200
www.bianj.org

**Burn Victims**
Burn Survivor Resource Center
800.669.7700
www.burnsurvivor.com

**Cancer**
American Cancer Society
800.227.2345
www.cancer.org

**Cerebral Palsy**
Cerebral Palsy of North Jersey
973.763.9900
www.cpnj.com

**Chronic Fatigue**
NJ Chronic Fatigue Syndrome Association
www.njmecefsa.org

**Deaf/Hard of Hearing**
NJ Division of the Deaf and Hard of Hearing
800.792.8339 V/TTY
www.nj.gov/humanservices/ddhh/home/

**Developmental Disabilities**
The Arc of New Jersey
732.246.2525
www.arcnj.org

Center for Parent Information and Resources (formerly NICHCY)
800.654.7726 (SPAN)
www.parentcenterhub.org
New Jersey Council on Developmental Disabilities
609.292.3745 or 800.792.8858
https://www.njcd.org/

NJ Division of Disability Services
800.832.9173
www.state.nj.us/humanservices/ddd/home/index.html

Diabetes
American Diabetes Association
800.DIABETES (800.342.2383)
www.diabetes.org

Epilepsy
Epilepsy Foundation of New Jersey
800.336.5843
www.efnj.com

Fibromyalgia
National Fibromyalgia Association
949.734.0195
www.fmaware.org

Heart Disease
American Heart Association
800.AHA.USA1 (800.242.8721)
www.heart.org

Kidney Disease
National Kidney Foundation
800.622.9010
www.kidney.org

Lung Disease
American Lung Association
800.LUNGUSA (800.586.4872)
www.lung.org

Mental Illness
National Alliance on Mental Illness of New Jersey
732.940.0991
www.naminj.org

New Jersey Mental Health Caress
866.202.4357
www.njmentalhealthcares.org

Multiple Sclerosis
National Multiple Sclerosis Society
800.344.4867
www.nationalmssociety.org

Parkinson’s Disease
Parkinson's Foundation
1.800.4PD.INFO (1.800.473.4636)
www.parkinson.org

Spina Bifida
The Spina Bifida Association
800.621.3141 or 202.944.3285
www.spinabifidaassociation.org

Stroke
American Stroke Association
888.4.STROKE (888.478.7653)
www.strokeassociation.org