Statewide Respite Care Program

Services To Provide Short-Term, Intermittent Relief to New Jersey's Caregivers

About the Program

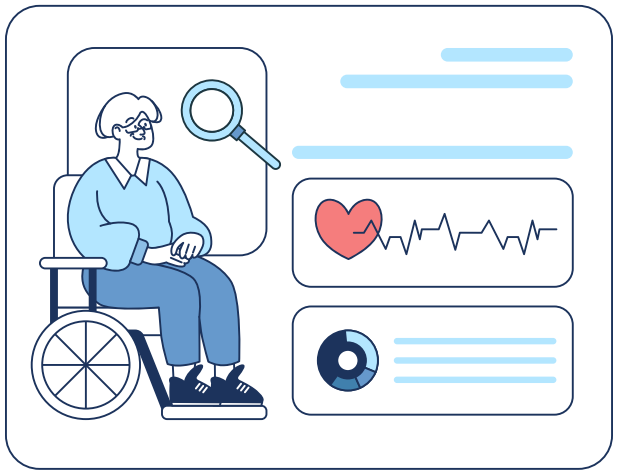
Caring for a family member – or someone you care for as if you were family – is a huge job. When you're caring for someone who needs daily, basic assistance, there often isn't much time for anything else. Whether you're redirecting someone with memory or other cognitive problems, or giving hands-on care to a frail or sick person, it takes time, effort, and patience and involves a lot of emotion. You need time to do other things, think and organize, and rest.

The **Statewide Respite Care Program** offers services to the person who needs care so that you, the caregiver, has a break ("respite"). The services should replace a task or period of time that you would otherwise provide. Services can include adult day care, home care, companion services, campership, or a short stay in a facility. There is even a Caregiver Directed Option, so you can pay for services or items that make caregiving easier and be reimbursed.

Does the Person You Care for Qualify?

This program is for unpaid caregivers. The person needing care must:

- Be a frail or functionally impaired adult who requires daily, basic care;
- Have an unpaid/uncompensated caregiver, such as a spouse, partner, child, other family member, neighbor, or friend, who provides the necessary daily care;
- Live in the community and not in an assisted living, nursing home, or residential care facility;
- Not participate in other services that provide this care, such as Jersey Assistance for Community Caregiving (JACC), Alzheimer's Adult Day Services Program, or Managed Long Term Services and Supports (MLTSS); and
- Meet financial guidelines for income and assets. There may be a copay based on income.



What Else Should I Know?

This program is designed to give short-term, intermittent relief to the caregiver. It's not for ongoing, routine care. For example, if you are having surgery or become injured and can't provide your regular care, the Statewide Respite Care Program may be able to arrange home care, adult day care, or inpatient care at an assisted living or other facility while you recuperate. Maybe you need a break to take a vacation with your family or a weekend to settle a child into college. Perhaps you are taking a caregiving class for six weeks and need someone to stay with the person you care for during class times.

If you need regular, long-term care for the person you care for, then the **Statewide Respite Care Program** may not be for you. Contact the **Aging and Disabilities Resource Connection (1-877-222-3737)** and explore other options, such as MLTSS, the Alzheimer's Adult Day Services Program, or JACC.

For Statewide Respite and more:
www.nj.gov/humanservices/doas/services/q-z/srcp/

Or call the Aging and Disability Resource Connection
1-877-222-3737

Other Assistance for Caregivers

The State of New Jersey also provides and funds other services to assist caregivers.

Direct Care:

- Jersey Assistance for Community Caregivers (JACC)
- Managed Long-Term Services and Supports (MLTSS), a NJ FamilyCare Program

Support For You:

- National Family Caregiver Support Program (Title III-E), a federal matching program
- Care2Caregivers Peer Support (1-800-424-2494)
- Women's Caregiver Retreat

Information and Assistance:

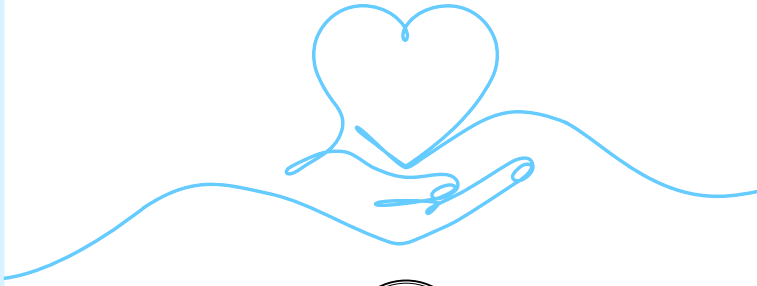
- County Area Agencies on Aging (Offices on Aging) and Aging & Disability Resources Connection

For these or any other service, please contact **1-877-222-3737**

ADRC

Additional Information About the Program

The **Statewide Respite Care Program** was created by legislative action in 1987 specifically to provide support and relief to family or other uncompensated caregivers in meeting the demands of the daily care of frail elderly and other functionally impaired persons.



State of New Jersey
Mikie Sherrill, *Governor*
Dr. Dale G. Caldwell, *Lt. Governor*

NEW JERSEY HUMAN SERVICES
HUMAN SERVICES
DoAS
Division of Aging Services

Department of Human Services
Dr. Stephen Cha, *Commissioner*

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