



ONE CALL. HOME CARE SERVICES 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. The 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 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 you to assess your needs, create an individualized teaching plan and arrange for up to five in-home visits with other VNA professionals.
- Based upon your specific needs, you will receive training from nurses, physical, occupational and speech therapists, registered dietitians and social workers who will answer your questions, address your concerns and strengthen your caregiving skills.

VNA professionals will provide free caregiver training.



Statewide Respite Care Program

The "off duty" time provided under this program can be used for a variety of activities including personal errands, medical care or a vacation. Numerous options are covered including certified home health aide services, limited RN or LPN support, structured social or medical adult day care, short-term live-in service and short-term inpatient care in a licensed nursing home, medical or assisted

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



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 or LPN 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

living facility. A VNA representative can help you determine your eligibility and select the alternative that best suits your needs.

Community Health Aide Program (CHAP)

CHAP provides home health aide assistance on a limited basis for elderly Morris County residents 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.

Private Care Services

The VNA takes the stress out of finding in-home private care for families who aren't eligible for grant-funded assistance or require greater flexibility. We offer private care solutions tailored to meet the needs of clients with diverse lifestyles and resource levels. Whether you're seeking a few hours of respite time each week or full-time, live-in assistance, our Private Care Services team can arrange for a qualified VNA certified home health aide.

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.



Respites help caregivers to remain in good spirits and functioning at their best.

CHAP Accredited by Community Health Accreditation Program

These services are made possible through grants received from the State of New Jersey, Department of Health and Senior Services, County of Morris, Office on Aging and the United Way of Morris County. Eligibility requirements apply. Please call 1-800-WE VISIT (1-800-938-4748) for more information.

The VNA accepts Medicare, Medicaid, private insurance and private pay.

The Visiting Nurse Association of Northern New Jersey (VNA) is a nonprofit organization with a distinguished history that spans more than a century. 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, private care services and Friendship House, a social adult day care program.

The VNA of Northern NJ is licensed by the NJ State Department of Health and Senior Services.

VNA Headquarters in Morristown.



Visiting Nurse Association

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