

# *Helping Caregivers Find Answers*

Call your local  
Area Office on Aging, Disabilities,  
and Veteran Services  
to discuss these  
and other issues.

*We are happy to help!*

Monday through Friday  
8:30 to 4:30  
732-431-7450



# CAREGIVING



## **Monmouth County Board of County Commissioners**

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# *Helping Caregivers Find Answers*

**Monmouth County  
Department of Human Services  
Division on Aging, Disabilities, &  
Veteran Services**

**3000 Kozloski Road  
Freehold NJ, 07728  
732-431-7450**

# How Do I....

... find information about the disease my loved one has?

... Get emotional support

- warm lines
- support groups
- friendly visits/phone calls
- counseling

... Get financial help

- state home care programs
- paid caregiver option

... Get physical help

- grocery shopping
- home delivered meals
- rides to doctor appointments
- chore services
- adult day care
- institutional respite
- help with personal care
- project lifesaver tracking device



## Are You

- providing care for a parent spouse, partner, friend, neighbor, adult child?
- Unsure if there is help available?

The best thing a caregiver can do for their loved one is to take care of themselves.

When did you last have a medical checkup?

When did you last get together with family and friends?

Have you recently engaged in a fun activity or hobby?

