
DO YOU NEED A BREAK?



If you are taking care of a family member or friend and feel worn out, maybe we can help! You are called a “caregiver” and there is help for caregivers in Camden County.

RESPIRE *means relief* and that is what the Respite Program means for you! It will give you time to take care of your shopping, errands, or just give you time to relax.

RESPIRE provides service for you when you are fatigued and under heavy stress from taking care of an elderly or disabled person.

WHAT SERVICES ARE AVAILABLE?

CARE PLANNING

The Respite Care Program is designed to consider the needs of non-working and working caregivers, as well as the care recipient. It works with you to develop an individual *Care Plan* to address your family situation.

RESPIRE

Service can range from a few hours a week to much more. Evening, weekend, and vacation care coverage may also be scheduled through the program. Help is provided by trained substitute caregivers,

- Homemaker & Home Health Aides
 - Medical Day Care Centers
 - Temporary in-patient care in a licensed nursing home or assisted living facility
 - Adult Family Care Home
- We can also provide:
- Quick response to family emergencies
 - Peer support group referral

CAREGIVER EDUCATION

A personalized Caregiver Education Program is part of the service package offered to program participants. This program offers caregivers one-on-one counseling to improve their effectiveness and well-being in the caregiver role. The program offers:

- Disease Education
 - Nutritional Education
 - Transfer and Lifting Techniques
 - Information on assistive technology
 - Social Work Counseling
 - Stress Reduction Techniques
 - Behavior Modification Techniques
 - And much more!
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DO YOU NEED HELP?

If you can answer “yes” to the following questions, you should call us:

- Are you the primary caregiver for an elderly or disabled person 18 years or older?
- Are you caught between responsibilities at work and at home?
- Are you feeling tired or have too little time to get things done?
- Is the person needing care a resident

CALL US...

RESPIRE care services are generally free to you or at very little cost.

A SCUCS Social Worker will assess your needs and quickly tell you if you qualify. Please call us at (856) 456-1121 and ask for the RESPIRE Program.

Our office is open
Monday through
Friday, 9:00 am to
4:00 pm.





Senior Citizens United
Community Services, Inc.
operates the
Respite Care Program
for Camden County
residents through funds pro-
vided by the:

**Camden County Board
Of Freeholders
Department of Health and
Human Services
Division of Senior
Services—ADRC
Lakeland Board of Managers**



**RESPITE CARE PROGRAM
SENIOR CITIZENS UNITED
COMMUNITY SERVICES, INC.
537 Nicholson Road
Audubon, NJ 08106**

Respite Care



A project of
**SENIOR CITIZENS UNITED
COMMUNITY SERVICES, INC.**

537 Nicholson Road
Audubon, NJ 08106

(856) 456-1121
FAX (856) 547-2685

Email: scucs@scucs.org
Visit us at www.scucs.org
