

ARE YOU A CAREGIVER?

If you are taking care of a family member or friend and feel worn out, we may be able to help you through the Respite Care Program. RESPITE *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. RESPITE provides service for you when you are fatigued and under heavy stress from taking care of an elderly or disabled person.

SERVICES 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 individual situation.

RESPITE

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 such as:

- 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!

DO YOU NEED HELP?

If you 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 of Camden County or Gloucester County?

CALL US...

RESPITE care services are generally provided free to you or at very little cost based on your income.

A SCUCS Social Worker will assess your needs and quickly tell you if you qualify.

Call us at (856) 456-1121 and ask for the RESPITE 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
provided by the:

**Camden County Board
Of Chosen Freeholders**

Department of Human Services

**Division of Senior
Services—ADRC**



and

Gloucester County
residents through funds
provided by the:

**Gloucester County Board
Of Freeholders**

OTHER SCUCS SERVICES INCLUDE:

- ◇ Adult Family Care
- ◇ Caregiver Training
- ◇ Case Management
- ◇ DDD Support Coordination
- ◇ Emergency Services
 - Central Air Conditioning Repairs
 - Central Air Conditioning Replacement
 - Food Bags
 - Fuel Assistance
 - Heater Repairs
 - Heater Replacement
 - Minor Core Repairs
 - Rental Assistance
 - Utility Bill Assistance
- ◇ HECM Counseling
- ◇ Home Delivered Meals
- ◇ Housing Counseling
- ◇ Medical Appliance Lending Closet
- ◇ Personal Care
- ◇ Recreational Trips
- ◇ Senior Shared Housing
- ◇ Shut-in Shopping
- ◇ Telephone Reassurance
- ◇ Transportation
 - Dialysis Rides
 - Employment Rides
 - Municipal Shopping Rides
 - Non-emergency Medical Rides
 - Personal Business Rides
 - Sheltered Workshops
 - Special Event Transportation

Caregiver Respite



A project of

**SENIOR CITIZENS UNITED
COMMUNITY SERVICES, INC.**



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