



**The Gloucester County
Board of Chosen Freeholders**

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Department of Health and Human Services

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Division of Senior Services

Leona G. Mather, Executive Director

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of race, religion, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operations of its programs, services, or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at 856-384-6842/New Jersey Relay Service 711 or the EEO office at 856-384-6903.



**GLOUCESTER COUNTY DEPARTMENT
OF HEALTH and HUMAN SERVICES**

**DIVISION OF SENIOR
SERVICES**

115 Budd Blvd.

West Deptford, NJ 08096

Phone (856) 384-6900

Toll Free 1 (877) 222-3737

Fax (856) 686-8343

Programs and Services

DIVISION OF SENIOR SERVICES

The Gloucester County Division of Senior Services provides information and assistance to aid residents of Gloucester County 60 years of age or older, their caregivers and their families.

Our mission is to enhance the quality of life, improve the level of care, and to protect and preserve the human dignity of elderly persons who reside in Gloucester County.



We offer this guide of home and community based services to assist our senior residents to make informed choices that will assist them in attaining optimal health and independence.

FREE SIMPLE WILLS PROGRAM

The Gloucester County Division of Senior Services Administers a program providing simple wills, without cost, for senior citizens over the age of 60.



**For information on the Free Wills Program
please call the Coordinator at**

(856) 686-8330

VOLUNTEERS NEEDED

WE NEED YOUR HELP FOR OUR SERV-A-TRAY PROGRAM!

IF YOU HAVE SOME EXTRA TIME EACH WEEK AND ARE INTERESTED IN HELPING DELIVER MEALS TO HOME BOUND SENIORS, PLEASE CALL US!

GET INVOLVED
Be a volunteer and reap the rewards

For information on becoming a
SERV-A-TRAY Volunteer please call
(856) 686-8327



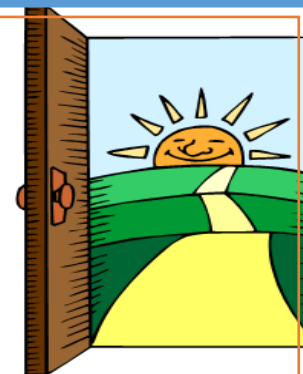
Gloucester County's Division of Senior Services is an Aging and Disability Resource Connection (ADRC) Agency where older adults, individuals with disabilities, and caregivers can get information, advice, options counseling and other services to help them make informed decisions about both public and private long term supports and services.

The Division of Senior Services is a one-stop, single point of entry that opens doors into the long term care system of home and community services available to New Jersey seniors.

ADRC has a toll free number to put you in touch with a representative to help you learn about and apply for important programs and benefits.

ADRC

Aging & Disability Resource Connection
Toll Free- 1-877-222-3737 or (856) 384-6900



INFORMATION AND ASSISTANCE

Our Information and Assistance staff are here to answer or connect you to those entities that can address your questions and needs.

- **We explain the eligibility process for home and community services that includes benefit screening and an in-home assessment**
- **Caregiver Support and Assistance**
- **Care Planning and Care Coordination**
- **Outreach to the Elderly**
- **Short-term Home Care**
- **Serv-A-Tray home delivered meals and weekend meals**
- **Guidance Assistance for Long Term Care**
- **Senior Photo ID**
- **Social Activities**
- **Free Will Program**
- **Health Promotion**



SENIOR CORPS/RSVP & SHIP

Senior Corps is a voluntary placement program that connects today's senior over the age of 55 with organizations that need them most. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests and availability.

Senior Corps/RSVP has a direct service program called State Health Insurance Program or SHIP that offers Medicare Counseling services for residents on Medicare due to age or disability. Program counselors are trained and certified by Medicare to counsel on issues such as billing, insurance choices, appeals, prescription company selections, supplemental and Advantage Plans.

Sponsored by Rowan College at Gloucester County, Senior Corps/RSVP is now located with Senior Services at Budd Blvd. to assist seniors more readily.

For information on Senior Corp/RSVP or SHIP

Please call (856) 468-1742

ELDER ABUSE, NEGLECT AND FINANCIAL EXPLOITATION

Older adults can be vulnerable and at risk for abuse, neglect or financial exploitation if they become unable to fully protect or care for themselves. Vulnerable elderly persons can be found living alone or with others. Sometimes a family member may be the source of abuse or neglect of a vulnerable senior.

These individuals are subject to harm as they cannot protect themselves and their basic needs may not be provided for adequately. Sometimes the adult is vulnerable due to self-neglect.

Adult Protective Services receives funding through the Older American's Act and receives and investigates reports of suspected abuse, neglect or exploitation.

If you are aware of, or suspect abuse of any kind,

Please call Adult Protective Services

(856) 256-2101

INFORMATION AND ASSISTANCE

- **Farmer's Market Voucher Annual Distribution**
- **Emergency Assistance - food and transportation vouchers, utility assistance, fans, heaters, etc.**
- **Help with Completing Applications**
- **Information about Adult Protective Services (elder abuse, neglect & financial exploitation)**
- **Volunteer Opportunities**



Call (856) 384-6900 with any questions or concerns you have and our I&A Unit will help guide you to the services you may need.

CAREGIVER SUPPORT PROGRAM

The Gloucester County Caregiver Support Program provides support and assistance to CAREGIVERS and assists them in accessing services to help maintain individual caregiving needs.

SERVICES

- Information, assistance and guidance to navigate through the system of available in-home support services for the caregiver's loved ones
- Access to supplemental services to ease the strain on the caregiver
- Individual counseling and support
- Monthly Support Group - "Circle of Caring"



For information on the Caregiver Support Program please call the Caregiver Specialist at
(856) 686-8338

HEALTH PROMOTION

The Gloucester County Department of Health offers many programs for senior residents:

- **Senior Health Promotion** - a community outreach program offers health screening for blood pressure, glucose and cholesterol.
- **Step By Step Walking Program** - designed for the elderly, this is a one hour per week program lasting for six weeks.
- **Tai Chi** - this six week program is designed for seniors and focuses on teaching mobility, breathing and relaxation techniques with slow movements that provide a continual challenge. The program goals are improved balance and flexibility in order to reduce the risk of falls.
- **Sunrise Yoga** - this is a very gentle form of yoga designed to help you relax and improve your well-being. Classes are held one hour a week for six weeks.

For information on the programs above
Please call **(856) 218-4106**

HEALTH PROMOTION

Active Aging

Staying active changes the way we age within all areas of life; physical, emotional, intellectual, vocational and social. The programs listed here are some of the ways to remain active and healthy.

Glassboro Senior Center offers physical activities and socialization made possible by funding through our Area Plan Grant and the Older American's Act. Activities are available to seniors from any Gloucester County Municipality. **Please call (856) 881-8504 Ext, 3 for more information.**

Stress-Busting Program for Family Caregivers™ designed for family caregivers of persons with Alzheimers's Disease and Dementia. If you care for a loved one, this program will teach stress management, relaxation and coping strategies.

For information on the Stress– Busting Program please call (856) 686-8338

CAREGIVER SUPPORT PROGRAM

Below are programs and services which benefit caregivers. These programs are subject to clinical and financial eligibility.

- **Managed Long Term Services and Supports (MLTSS):** provides in-home services to seniors at risk of placement in a nursing home.
- **Jersey Assistance to Community Caregivers (JACC):** provides in-home services to seniors at risk of placement in a nursing home.
- **Statewide Respite:** provides respite care for elderly and functionally impaired persons age 18 and older to relieve their unpaid caregivers of stress arising from the responsibility of providing daily care.
- **Adult Day Services Program:** offers assistance to caregivers of people with Alzheimer's Disease or related disorders by providing subsidized adult day services.

**For information please call
(856) 686-8338**

NUTRITION PROGRAM

Six nutrition sites operate Monday through Friday serving hot, well-balanced, nutritious lunch time meals as well as activities and socialization.

Site #1:

Mantua Community Center

111 East Mercer Ave

Mantua, NJ 08051 Serving Time 1:00 PM

Site #2:

Glassboro Senior Center

152 South Delsea Drive

Glassboro, NJ 08028 Serving Time 11:30AM

Site #3

Thorofare Fire Hall

1 Firehouse Rd.

Thorofare, NJ 08086 Serving Time 11:30AM

ARE YOU PREPARED AND READY TO RESPOND IN AN EMERGENCY SITUATION?

The Division of Senior Services is a resource agency for our senior community members who may need extra support during an emergency or natural disaster. Our mission is to ensure that everyone can access mass care shelters, understand emergency information, evacuate safely and receive recovery information.

The State of New Jersey has developed a state-wide registry known as "**Register Ready**"; it is voluntary and free of charge to all State residents. The Registry will help emergency responders in locating residents that may need assistance in evacuating in an emergency and who lack adequate assistance from families and caregivers. You should register if you may find it difficult to get to safety with family or friends or to a public shelter during an emergency evacuation.

Remember, your priority should be to relocate with a family member or friend first.

**For information on how to register and prepare for an emergency please call
(856) 686-8330**

PLACEMENT SERVICES

This program provides information and assistance for Gloucester County residents seeking personal placement or placement of a loved one in an Assisted Living facility or Skilled Nursing Home facility. Interested participants and family members have the opportunity to meet with Aging and Disability Resource Connection (ADRC) staff in the comfort of their own home throughout the decision making process.

SERVICES

- Guidance on when to consider long term care placement in assisted living or nursing home facility and advice on when to visit and what to observe
- Access to websites that provide “report cards” for Gloucester County skilled nursing facilities
- Lists of Skilled Nursing and Assisted Living facilities throughout the state

**For information on Placement Services
please call (856) 686-8338**

NUTRITION PROGRAM

Site #4

Pfeiffer Community Center

301 Blue Bell Street

Williamstown, NJ 08094 Serving Time 11:30AM

Site #5

Franklin Community Center

1584 Coles Mill Road

Franklinville, NJ 08322 Serving Time 11:30AM

Site #6

Second Baptist Church

1534 Pine Street

Paulsboro, NJ 08066 Serving Time 11:30AM

A \$1.25 donation is requested for each meal, however, there is no obligation to contribute, and your contribution, or lack of, will not affect your service requests. Confidentiality will be maintained in respect to contribution or lack of. Contributions will be used to expand the Nutrition Program and will be accepted daily, weekly or monthly.

**If interested in attending or for more
information please call (856) 686-8327**

OUTREACH TO THE ELDERLY

Provides in-home and alternate site assistance and screening to individuals who are homebound and unable to actively seek help for themselves. Home or other location site visits offer seniors access to information and assistance, care management, and linkages to other services to enhance their quality of life.

SERVICES

- Information and Assistance - homebound seniors will gain knowledge of available services and resources
- Help with completing applications for entitlements such as Lifeline, PAAD, Low Income Energy Assistance, SNAP Food Benefits, Housing Authority
- Emergency assistance - addresses seniors in need of emergency food, utilities, fuel, clothing, and life sustaining prescriptions

**For information on the Outreach Program
please call (856) 686-8338**

SERV-A-TRAY

If you are disabled, homebound or temporarily recuperating from illness, SERV-A-TRAY can help. SERV-A-TRAY delivers hot, nutritious lunch time meals to eligible county residents with the help of many volunteers. These hot meals are prepared and delivered Monday through Friday, including holidays. Weekend meals are frozen and are delivered on Friday.

More than 105 dedicated **Volunteers** help deliver meals each weekday.

Program Requirements

- Gloucester County Seniors 60 & over
- Homebound
- Must be on a Regular Diet

A \$1.25 donation is requested for each meal, however, there is no obligation to contribute, and your contribution, or lack of, will not affect your service requests. Confidentiality will be maintained in respect to contribution or lack of. Contributions will be used to expand the Nutrition Program and will be accepted daily, weekly or monthly.

**For information on SERV-A-TRAY please call
(856) 686-8327**