



**COUNTY OF BERGEN  
DEPARTMENT OF HUMAN SERVICES  
DIVISION OF SENIOR SERVICES**

One Bergen County Plaza • 2nd Floor • Hackensack, NJ 07601-7076  
(201) 336-7400 • Fax (201) 336-7424

James J. Tedesco III  
Bergen County Executive

Jane C. Linter  
Department Director

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Division Director

## **SUPPORT SERVICES & GROUPS FOR CAREGIVERS**

### **Caregivers' Services**

**201-336-7427**

#### **Division of Senior Services**

#### **Advisory Council's Education Committee**

**One Bergen County Plaza, 2<sup>nd</sup> Fl.**

**Hackensack, NJ 07601**

Programs include the "Caregiver Chronicles" (newsletter), "The Challenge of Caregiving" (a panel of formal and informal caregivers), and "Caregivers Corner" (a compassionate ear).

### **Family Caregivers Online**

Education modules for role of family caregiver, behavior & emotion, caring for caregiver and sandwich generation/working caregiver

**Website: [www.familycaregiversonline.com](http://www.familycaregiversonline.com)**

### **National Organization for Empowering Caregivers (NOFEC)**

**212-807-1204**

Empowering caregivers with resources, private counseling and healing circle.

**Website: [www.care-givers.com](http://www.care-givers.com)**

### **Family Caregiver Alliance**

**800-445-8106**

National center on caregiving providing education information with fact sheets for caregiving & depression, dementia behavior and caregiving planning, etc.

**website: [www.caregiver.org](http://www.caregiver.org)**

### **Alzheimer Disease Education Center**

**800-436-4380**

Comprehensive Alzheimer disease information and resources including caregiver's skills for behavioral problems and all other information

**Website: [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)**

### **Dynamic Living**

**888-940-0605**

Special information and products for various impairments with living aids for promoting convenient, comfortable and safe home environments for aged. Also mobility & transferring **Website: [www.dynamic-living.com](http://www.dynamic-living.com)**

### **CAPS (Children of Aging Parents)**

**800-227-7294**

**P.O. Box 167, Richboro, PA 18954**

Information and Referrals Support Groups, Educational Outreach Speakers Bureau

**Website: [www.caps4caregivers.org](http://www.caps4caregivers.org)**

### **Holy Name Hospital, Caregiver Support Group**

**201-833-3757**

**Holy Name Hospital Day Away Center**

**725 Teaneck Road, Teaneck, NJ 07666**

### **Adult Children of Aging Parents Program**

**201-833-1850**

**Holy Name Hospital, Community Health Services Dept.**

<b><u>Caregivers to the Elderly Self-Help Group</u></b>	<b>201-837-0171</b>
Senior Services Center of Teaneck 250 Colonial Court, Teaneck, NJ 07666 Offering educational physical fitness and social recreational program for active adults ages 55 and over.	
<b><u>COPSA – Institute for Alzheimer’s Disease and Related Disorders</u></b>	<b>800-424-2494</b>
(Alzheimer’s Resource Center Hotline) 100 Metroplex Dr., Suite 200, Edison, NJ 08817 Support groups for spouses, general caregiver support groups and other specific support groups.	
<b><u>Care One at the Cupola, Caregiver Support Group</u></b>	<b>201-444-8200</b>
W. 100 Ridgewood Avenue, Paramus, NJ 07652 1 <sup>st</sup> Wednesday of the Month at 5:30 pm	
<b><u>Sunrise Assisted Living of Paramus, Caregiver Support Group</u></b>	<b>201-493-9889</b>
567 Paramus Road, Paramus, NJ 07652 1 <sup>st</sup> Wednesday of the Month at 7:00 pm	
<b><u>Sunrise Assisted Living of Basking Ridge</u></b>	<b>908-542-9000</b>
404 King George Road, Basking Ridge, NJ 07920 3 <sup>rd</sup> Wednesday of the Month at 7:00 pm	
<b><u>Sunrise Assisted Living of Wayne</u></b>	<b>973-628-4900</b>
184 Berdan Ave., Wayne, NJ 07470	
<b><u>Bergen County Adult Day Care Center, Caregiver Support Group</u></b>	<b>201-634-2820</b>
327 East Ridgewood Avenue, Paramus, NJ 07652 For people taking care of a loved one with dementia, Alzheimer’s, etc. <i>Group meets on the 3<sup>rd</sup> Thursday of the Month.</i>	
<b><u>Vantage Health System, Inc.</u></b>	<b>201-385-4400</b>
2 Park Avenue, Dumont, NJ 07629 Spouse Caregivers Support Group: Meets twice-monthly. Spouse caregivers dine and discuss caregivers issues & spouse care recipients are supervised with therapeutic activities & dinner.	
<b><u>American Self-Help Group Clearinghouse</u></b>	<b>800-367-6274</b>
<b>Saint Clare’s Health Services</b>	<b>973-989-1122</b>
375 E. McFarlan St., Dover, NJ 07801 A guide to community and on-line support groups in NJ. <b>Website:</b> <a href="http://www.njgroups.org">www.njgroups.org</a>	
<b><u>The Caregiver Initiative</u></b>	
A website containing information and support for caregivers. Website: <a href="http://www.strengthforcaring.com">www.strengthforcaring.com</a>	
<b><u>Caregivers Handling Crisis: Adult Protective Service</u></b>	<b>201-368-4300</b>
Subjected to abuse, neglect or exploitation, or unable care themselves	
<b><u>Psychiatric Emergency Screening Program (PESP)</u></b>	<b>201-262-4357</b>
Care Plus NJ, Inc. 610 Valley Health Plaza, Paramus, NU 07652 A Division of Care Plus NJ, Inc. is the designated screening center for Bergen County. Services are available 24 hours per day, 365 days per year.	
<b><u>American Red Cross – Bergen Hudson Chapter</u></b>	<b>201-652-3210</b>
74 Godwin Avenue Ridgewood, NJ 07450	
<b><u>Parkinson’s Support Group- Greater Ridgewood Area</u></b>	<b>973-420-5716</b>
Cedar Hill Christian Reformed Church 422 Cedar Hill Avenue, Wyckoff Support group meetings 1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month from 7pm – 8:30 pm	