

## Mercer County Library System

# Helpful Information For Caregivers

### COMPREHENSIVE WEBSITES

**AARP Caregiver Resource Center** (*legal, financial, and local resources*)

<https://www.aarp.org/caregiving>

**AARP Prepare to Care: a planning guide for families**

<https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>

**Caring.com**

<https://www.caring.com/caregiving-resources>

**Mercer County Office on Aging**

<http://www.mercercounty.org/departments/human-services/aging-disability-resource-connection/office-on-aging>

**National Alliance for Caregiving**

<https://www.caregiving.org/resources/general-caregiving/>

### LEGAL & FINANCIAL

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**Central Jersey Legal Services**

<https://www.lsnj.org/cjls/>

Central Jersey Legal Services is a nonprofit law firm offering free legal help in civil (non-criminal) cases for low-income residents of Mercer, Middlesex and Union Counties.

**Law Points for Senior Citizens**

(3rd edition, 2014, New Jersey State Bar Association)

<https://njsbf.org/wp-content/uploads/2017/03/LawPoints-2014.pdf>

Includes chapters on nursing homes/assisted living, wills, and advance healthcare directives.

**NJ Department of Banking & Insurance - Long Term Care Information**

[https://www.state.nj.us/dobi/ins\\_ombudsman/lcguide.htm](https://www.state.nj.us/dobi/ins_ombudsman/lcguide.htm)

What You Should Know About Long-Term Care.

**NJHA Advanced Care Planning**

<http://www.njha.com/quality-patient-safety/advanced-care-planning/>

Links to guidelines, forms for DNR, Advanced Directives, and POLST.

### NUTRITION

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**Meals on Wheels**

<http://www.mealsonwheelsmercer.org/>

Meals on Wheels of Mercer County is a comprehensive nutrition program committed to providing nutritious meals and related services which are designed to promote the independence, dignity, health and wellbeing of our homebound participants.

**Mercer County Nutrition Project for the Elderly**

<http://www.mercercounty.org/departments/human-services/aging-disability-resource-connection/office-on-aging/nutrition-project-for-the-elderly>

The Mercer County Nutrition Project for Older Adults offers appetizing meals served in settings that bring people together for activities and social interaction. A caterer prepares a complete lunch each day which includes an appetizer, main entree, vegetables, bread, beverage, and dessert. This federally funded program encourages participants to make a suggested donation of \$1 for their daily meal.

### TRANSPORTATION

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**Ride Provide**

<http://www.rideprovide.org/>

Greater Mercer RideProvide is a community based non-profit transportation service for seniors 65 and over and visually impaired adults residing in Mercer County, Plainsboro and the southern portion of Montgomery NJ. RideProvide helps members maintain their independence and reduces isolation by providing a safe, reliable transportation option.

**T.R.A.D.E. - Transportation Resources to Aid the Disadvantaged and Elderly**

<http://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e>

The County of Mercer through TRADE provides non-emergency transportation to residents of Mercer County who are elderly and to people with disabilities. It is the mission of TRADE to provide a safe, efficient and economical paratransit service to all eligible Mercer County residents by trained staff dedicated to the passengers' special needs.