

# NEW JERSEY STATEWIDE RESPITE CARE PROGRAM

- **If you are the primary caregiver for an individual, you may want to consider applying for respite care.**
- **Are you caring for a frail adult or a loved one with disabilities?**
- **Do you need rest or a break from the challenges of caregiving?**
- **Respite gives caregivers a break, which allows them to have time for themselves. This may help decrease stress put on families while caring for loved one.**



## **There are several ways respite care can help you and your family:**

- Home Care
- Adult Day Care
- Campership Program
- A short stay in a facility
- Caregiver Directed Option, which you can pay for services or items that make caregiving easier, and be reimbursed.



**For more information, please contact the  
Statewide Respite Care Program for Bergen County  
at (201) 336-6511**

**Bergen County Department of Human Services,  
Division of Disability Services  
One Bergen County Plaza, 2nd Floor • Hackensack, NJ 07601**

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