



Guide to Senior Care Resources



Brought to you by
Right at Home of
Central New Jersey
(732) 253-4346

Central New Jersey Senior Care Resources

Alzheimer's Resources in Central New Jersey

Over 600,000 people in New Jersey are impacted by Alzheimer's

Since 1985, we have been here for New Jersey and we will continue to be here for our community, providing care and support for New Jersey families today and helping to advance research for a cure tomorrow. As Alzheimer's New Jersey® (formerly known as Alzheimer's Association, Greater New Jersey Chapter) our commitment to local programs and services is stronger than ever.

In December 2015, the Board of Directors of the Alzheimer's Association, Greater New Jersey Chapter announced its decision to disaffiliate from the National Alzheimer's Association® in order to maintain our status as an independent, stand-alone non-profit organization committed to serving New Jersey. Our Board made this decision in response to a National Alzheimer's Association vote to end its existing affiliation agreements with all local independent Chapters across the country and merge them into one nation-wide, non-profit organization with national – not local governance – a move that our Board believes would drastically reduce our local programs and services.

Our new name – Alzheimer's New Jersey – reflects our commitment to individuals and families that are impacted by Alzheimer's and dementia right here at home in New Jersey. Our Board, staff and volunteers are excited to now direct 100% of our donors' generosity as well as our time and energy to our local communities.

We have a new name with a dedication to local programs and services that is stronger than ever.

Central Regional Office at East Brunswick
197 Route 18 South
Suite 308 North
East Brunswick, NJ 08816-1440
Phone: 609-275-1180
Fax: 609-275-1182

Central New Jersey Area Agency on Aging

Middlesex County Aging & Disability Resource Connection (ADRC)

The Office of Aging & Disabled Services is the state designated area agency on aging to advocate, plan, coordinate and provide area-wide programs and services for senior citizens and disabled persons residing in the county. The office serves as the connecting link between County government, State Government and local communities in the development of various programs and initiatives.

The office is the recognized lead agency for ADRC (Aging & Disability Resource Connection), the statewide system that coordinates access to services, care management and support services for seniors and the disabled. The office is responsible for taking the lead in providing information, referral and assistance to seniors, the disabled, their caregivers, provider agencies and the general public who need to obtain services in the county.

The office includes the Middlesex County Area Transit (MCAT) program, which provides transportation to seniors (60+), disabled and other transportation dependent residents of the county.

Meals on Wheels Central New Jersey

Senior Meal Program – is available to Middlesex County Seniors aged 60 and older. The program is funded in part by a federal grant and relies on client donations for support. The recommended fair share contribution is \$2.25 for congregate meals. The program has a varied menu of tasty entrees. We also offer a daily vegetarian menu and accommodate specialized diet for diabetics.

Office Of Aging And Disabled Services Middlesex County Administration Building 5th floor

75 Bayard Street
New Brunswick, NJ 08901

Phone (732) 745 - 3295
Fax (732) 246 – 5641

Transportation for Seniors in Central New Jersey

Middlesex County Area Transit (MCAT)

MCAT provides essential transportation services to older adults (60+) and people with disabilities through a reservation-based service. MCAT also provides community-based transportation through fixed route shuttles.

Types of Services:

Demand Response/Reservation – MCAT provides transportation, for a \$3.00 per trip (one way) fee, to seniors 60+ and disabled residents of Middlesex County. The general purpose of the program is to make intermittent transportation available and accessible so that residents may obtain the necessities of life, with priority given to non-emergency medical services. Registration and reservations are required.

If you need assistance or accommodation with any Middlesex County Area Transit services, please call a MCAT representative at 800-221-3520.

NJ Long-Term Care Ombudsman

Ombudsman Protects and Advocates on Behalf of Elderly

As aging occurs, issues often arise that concern the elderly, those who love them and those who provide necessary care. The NJ Long-Term Care Ombudsman (NJLTCO) works to protect the rights and preserve the health, safety, and welfare of New Jersey residents age 60 and older who live in long-term care facilities. All services are free and confidential.

The office serves multiple needs. Staff answer questions and provide information. Officials also review proposals to withhold or withdraw life-sustaining medical treatment in end-of-life situations in long-term care.

The NJLTCO handles complaints concerning residents' rights and welfare as well. Anonymous complaints are accepted. The Office is empowered to conduct public and private hearings, subpoena documents or personal testimony and has full, unrestricted access to elderly residents and long-term care facilities. Every effort

is made to resolve disputes. Complaints received by the Ombudsman's Office are assigned to a Field Investigator who will make an unannounced visit to the facility and conduct a complete review of the facts, obtain records and interview residents and staff.

When necessary, substantiated complaints are referred to the appropriate county prosecutor or state licensing agency. For instance, the Office refers concerns to the state Department of Health, which licenses long-term care facilities. The Office also refers concerns to the Office of Medicaid Fraud in the NJ Department of Law and Public Safety and boards and committees that oversee professional licenses for health care and other professionals.

If you (or someone you know) lives in a long-term care facility and has a problem or concern, contact the NJLTCO at 877.582.6995.

New Jersey Area Agencies on Aging

Office of Area Agency on Aging Administration

This office assists the 21 county Area Agencies on Aging in developing comprehensive, coordinated service systems for adults aged 60 and over. Services funded and available through the Area Agencies on Aging may include information and assistance, outreach, transportation, case management, homemaker, visiting nurse, respite, telephone reassurance, hospice, escorted transportation, adult day care, legal assistance, education, caregiver support, etc. Meals provided in a group setting and delivered to the home are also available through the Area Agencies on Aging.

Alzheimer's Adult Day Services

The program partially subsidizes the purchase of adult day care services for persons with Alzheimer's disease or a related dementia.

Congregate Housing Services Program

This program provides supportive services to individuals who are elderly and disabled residing in selected subsidized housing facilities.

Statewide Respite Care Program

This program provides relief for unpaid caregivers by ensuring their loved ones are cared for while the caregiver takes personal time.

[New Jersey State Strategic Plan on Aging, 2009-2013 \[pdf 1.6mb\]](#)

This U.S. Administration on Aging approved plan establishes priorities for meeting the needs of New Jersey's older adults.

Senior Driving Laws in New Jersey

LICENSE RENEWAL FOR SENIOR DRIVERS

New Jersey drivers of all ages, at the time their current driver license expires, are required to [renew their license](#) in person at a [local MVC office](#). In addition to taking a vision test (see below) which is mandatory for all applicants, you may in certain situations be asked to take a written knowledge test as well. There are no restrictions on senior drivers in New Jersey. In preparation for the test, you can review the [New Jersey Drivers Handbook](#) and take [practice tests](#) before going for your license renewal. For any queries, you can call the MVC at (609) 292-6500 or toll-free in NJ (888) 486-3339 Monday through Friday 8:30 a.m. to 4:15 p.m.

Medicaid Program in New Jersey

NJ Medicaid

Medicaid provides health insurance to parents/caretakers and dependent children, pregnant women, and people who are aged, blind or disabled. These programs pay for hospital services, doctor visits, prescriptions, nursing home care and other healthcare needs, depending on what program a person is eligible for.

To be eligible for New Jersey Medicaid, a person must:

- be a resident of New Jersey
- be a U.S. Citizen or qualified alien (most immigrants who arrive after August 22, 1996 are barred from Medicaid for five years, but could be eligible for [NJ FamilyCare](#) and certain programs for [pregnant women](#))
- meet specific standards for financial income and resources

In addition, a person must fall into one of the following categories:

- [Families with dependent children](#)

- [People who are 65 years of age or older, blind, or permanently disabled](#)
- [Pregnant Women](#)

Within New Jersey Medicaid there are also a number of special programs designed to meet the specific medical needs of certain groups of people who would not otherwise qualify for the program. These include:

- [Medical Emergency Payment Program for Aliens](#)
- Home and Community Based Services Waiver Programs (described below)
- [NJCEED - New Jersey Cancer Education and Early Detection Program](#)
- The Division of Aging Services in the Department of Human Services administers a number of [Home and Community-Based Programs for seniors](#).
- The Division of Disability Services in the Department of Human Services administers [Home and Community-Based Services for people with disabilities](#).

For questions about New Jersey Medicaid, call 1-800-356-1561



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