

UNITED WAY OF NORTHERN NEW JERSEY *CAREGIVERS COALITION*



CARING FOR OUR CAREGIVERS

Family, friends, and neighbors act as caregivers for the elderly throughout our communities. Often they work alone and are the only support mechanism available for those most in need. Many do this in addition to multiple other responsibilities – job, family, home, children. Caregivers may provide care full-time, part-time, or long distance.

Caregivers care for others, but who cares for them? While the circumstances around each caregiving situation may differ, all caregivers share the need for support and tools to keep them healthy as they navigate this stage of their lives.



United Way Caregivers Coalition recently launched in North Essex to provide support to senior caregivers in the communities of Caldwell, Cedar Grove, Essex Fells, Fairfield, Glen Ridge, Livingston, Montclair, North Caldwell, Roseland, Verona, and West Caldwell.

Modeled on the successful **United Way Caregivers Coalition** started in 2005 in Morris County, the coalition works to improve the lives of caregivers by helping them access resources, services, education, and other support needed to sustain them in their caregiving role.

Collaborations with local seniors, their caregivers, medical professionals, social service agencies, businesses, faith-based organizations, and other community groups will be built to help determine how support for caregivers can be improved locally.

JOIN US

To be successful, we need everyone's participation. We need to hear from caregivers and seniors in order to understand better how to meet everyone's needs.

For more information or to join the **United Way Caregivers Coalition** in North Essex, contact **Deborah Day** at Deborah.Day@UnitedWayNNJ.org OR 973.746.4040, x209

