



## **CAREGIVER EDUCATION AND SUPPORT PROGRAM**

The In-Home Caregiver Education & Support Program is designed for people currently caring for loved ones or friends in Bergen County.

The caregiver (spouse, adult child, grandchild, other relative or friend) must be unpaid and eighteen years of age or older. He/she must be actively engaged in the recipient's care. The care recipient must be a Bergen County resident, eighteen years of age or older and diagnosed with a chronic disease or disability that requires the assistance of a primary caregiver to adequately perform activities of daily living.

This is a convenient, free service with no income eligibility requirements for caregivers in our county that will enable them to improve their ability and effectiveness in the home setting.

A Registered Nurse first meets with the caregiver in the home to conduct an initial assessment. Based on the assessment, a teaching plan is prepared. The plan identifies the needs of the caregiver and will enable caregivers to identify and develop goals for learning skills necessary to provide care.

Examples of these skills include the following: Lifting, Transferring, Bathing, Personal Care, Dietary Management, Disease Education, Accessing Community Resources, and Rehabilitation Exercises.

Through this free program, the caregiver can receive a limited number of home visits from an occupational, physical and speech therapist, as well as a registered nurse and dietician. A Licensed Clinical Social Worker is also available to offer short-term counseling to the caregiver for stress management.

For further information, please contact Anika Davis, Program Manager.