

Caregiver Quick Start Guide

Where do I start?

For individuals with disabilities, their families, and those who care for them, it is not always easy to decide where to start looking for resources. This page offers commonly used programs and initiatives to help guide caregivers in finding the support they need



- Need time for self-care?
See if you are eligible for the [State Respite Care Program](#), which provides caregivers with a break from the daily care they provide.
- Looking for counseling, education and support?
Visit our [Caregiver sub-page](#) for information about support groups and associations that provide peer support, advocacy, and other resources.
- Need legal resources, or to report suspected abuse, neglect, or exploitation?
Visit our [Legal and Advocacy Resources page](#) for information on how to report suspected maltreatment, as well as find legal support.



Trying to find resources to support your mental health?

Contact the [Division of Mental Health and Addiction Services](#) to get connected to community-based mental health services.



Wondering if you qualify for food or cash assistance?

Use the [NJ HELPS](#) tool to determine if you are eligible for programs like the [Supplemental Nutrition Assistance Program](#) and [Work First New Jersey](#)



Having difficulty paying for housing?

Use the Department of Community Affairs [Eligibility Screener](#) to see what housing assistance programs you are eligible for.



Looking for help finding and paying for health insurance?

See if you qualify for financial support and compare health plans at [GetCovered.NJ.gov](#), or learn more about NJ FamilyCare, New Jersey's publicly funded health insurance program.

nj.gov/disabilities



Department of Human Services
Sarah Adelman, Commissioner