

Caregiver Quick Start Guide

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.

Where
do I start?

SELF-CARE RESOURCES



See if you are eligible for the [State Respite Care Program](#), which provides caregivers with a break from the daily care they provide.

LEGAL ADVOCACY



Visit our [Legal and Advocacy Resources page](#) for information on how to report suspected maltreatment, as well as find legal support.

MENTAL HEALTH



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

HOUSING



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

PEER SUPPORT



Visit our [Caregiver sub-page](#) for information about support groups and associations that provide peer support, advocacy, and other resources.

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](#).

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