

CAREGIVER  
STATISTICS:

- In New Jersey alone, nearly 1.1 million unpaid caregivers support a family member often from birth through adulthood.
- 30,000 NJ children are primary caregivers for parents, grandparents or siblings.
- Caregivers tend to die 12-15 years before non-caregivers.
- The value of the services family caregivers provide for "free" is estimated to be almost \$300 billion a year.

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# Caregiver Connection

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## Hurricanes Underline Importance of NJ's Special Needs Registry for Disasters

September is National Preparedness Month, a nationwide effort sponsored by the US Department of Homeland Security. It is held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, business, and schools. The goal of the month is to increase public awareness about the importance of preparing for emergencies and to encourage individuals to take action.

New Jersey's Office of Emergency Management has developed "Register Ready", a special needs registry for disasters that

helps first responders identify where there are individuals in the state with special health-care, medical, or transportation needs in the event of an emergency.

The Office of Emergency Management reminds members of the public that they can find additional information about how to prepare for a hurricane or other emergency on their website, [www.Ready.NJ.gov](http://www.Ready.NJ.gov). They also noted that there is a "Register Ready" icon on the NJOEM home page that can be clicked on to sign up for the Special Needs Registry for Disasters.

3 Simple Tips from Colonel Rick Fuentes, Superintendent of the New Jersey State Police and Director of the New Jersey Office of Emergency Management

1. Get a kit of emergency supplies – the items that will help you stay self-sufficient for up to three days
2. Make a plan for what you and your family will do during an emergency – including knowing how to evacuate and shelter-in-place
3. Stay informed of possible threats

## Join us for Caregivers of New Jersey's "Trenton Day" on November 13

Come to room 109 of the State House in Trenton between 9am and 11:30am, November 13 for a "Meet and Greet Lobby Day" with Caregivers of New Jersey and members of the Senate and Assembly.

Since November is National Family Caregivers Month, Caregivers of New Jersey is pulling out all the stops to make sure caregiver awareness is spread throughout the state, including the State House. With a full compliment of

legislators expected at the State House on that Thursday for committee meetings and hearings, you will be sure to shake the hands of some great people.

Please contact Dana Goldberg by email or phone for more information about "Trenton Day" in celebration of National Family Caregivers Month, and be sure to check out our website, [www.njcaregivers.org](http://www.njcaregivers.org) for information about other caregiving events happening in November.

### Information about the Economic Stimulus Act of 2008

As of June, the IRS has identified 5.2 million retirees and veterans' beneficiaries who potentially are eligible for the stimulus payments.

The IRS says that about 74 percent of this group are accounted for among the stimulus payments it is currently sending.

The IRS has issued 76.1 million payments, worth \$63.8 billion, based on 2007 tax returns processed to date. The agency expects to issue 124 million payments to Americans by year's end. Eligible individuals are receiving up to \$600 (\$1,200 for married couples filing joint returns) plus \$300 for eligible children younger than 17.

You have until Oct. 15, 2008 to apply for an economic stimulus payment. Taxpayers who have already filed using a 1040 Form to comply with the April 15 filing deadline do not need to do anything more to receive their one-time economic stimulus payments.

Never pay anyone or go through a third-party intermediary to apply for or speed up the payment process.

Always contact the IRS directly with any questions. To do that, you can call toll free, 800-829-1040 or go to the agency's Web site, [www.irs.gov](http://www.irs.gov).

### UPCOMING EVENTS AND NEWS

Caregivers of New Jersey's Month of Caring is up and running!

Visit [www.njcaregivers.org](http://www.njcaregivers.org) to view what events are going on around New Jersey for the month of November, National Family Caregiver Month. Also, you may post your organization's events, conferences, support groups, etc. for free to expand your advertising.



Don't forget to register for the National Caregivers Conference, October 29, 2008 at the Woodbridge Hotel and Conference Center.

Visit [www.nationalcaregiversconference.org](http://www.nationalcaregiversconference.org) for more information.



To learn more about CNJ contact Dana Goldberg

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## FOLO Magazine Announces "Respite Awareness Campaign"

René Cantwell, Founder and CEO of Families of Loved Ones Magazine (FOLO) announced today the first in FOLO's yearlong series of events to commemorate the upcoming 5<sup>th</sup> Anniversary of the Cantwell Media publication. 'An EVENING You Deserve!' -Caregivers' Night Out, is scheduled for Wednesday, November 19, 2008, 7:00 P. M. at the Classic Quiche Café, 330 Queen Anne Road, Teaneck, NJ 07666.

The evening will host area caregivers and provide entertainment, door prizes and information pertinent to the special role of caregivers. Speakers include Dr. Teena Cahill, author of the book, "The Cahill Factor: Turning Adversity into Advantage".

FOLO's Respite Awareness Campaign is designed to provide caregivers with opportunities for finding resources and helping them learn to better identify their needs. The campaign's motto-- 'Caregivers are our everyday heroes. Help them be strong. Discover Respite.' -- embraces the promotion of awareness and compassion toward caregiving issues at home, work and in daily activities, encourages partnerships among industry, media and the public to endorse strategies and awareness of caregiving and the need for respite and empowers the caregivers you know to seek family, community or professional assistance as caregiving responsibilities mount.

Contact: René Cantwell (201) 694-1860 or [rene@cantwellmedia.com](mailto:rene@cantwellmedia.com).

## Martha Stewart Caring

Martha Stewart headlined a hearing of the Senate's Special Committee on Aging that may set the wheels in motion to expand the recruitment and training of healthcare workers. With 78 million baby boomers about to join the Medicare ranks, Stewart plans to help meet the needs of the 44 million Americans serving as the sole source of care for an older family member or loved one.

The hearing was the first in which Congress reviewed the Institute of Medicine's major recommendations for improving and expanding the skills and preparedness of the healthcare workforce in their report, "Retooling for an Aging America: Building the Healthcare workforce".

Information on the IOM report can be found online at [www.iom.edu/agingamerica](http://www.iom.edu/agingamerica).

## New Free Alzheimer's DVD Program

The Copper Ridge Institute, affiliated with The Johns Hopkins University, is a leading provider of dementia research, care and education. The Institute has developed the first training resource of its kind for caregivers, providing a step-by-step method for caring for loved ones with Alzheimer's disease. Available as a DVD and webcast, the FREE program ([www.alzcast.org](http://www.alzcast.org)) recreates many of the daily situations that caregivers may encounter and provides coaching for each of these activities based on best practices developed by The Copper Ridge Institute.

In the arena of Alzheimer's disease the

overwhelming emphasis has been on finding the cure. Little emphasis has been placed on researching effective care and teaching best practices for persons with memory impairment. The Copper Ridge Institute has taken a leadership role in the care arena. Fourteen years of clinical work and collaboration has enabled The Copper Ridge Institute to establish a program of care and treatment that brings dignity and a quality of life to those persons and families struggling with Alzheimer's disease. *Caring for a Loved One with Alzheimer's Disease* is a breakthrough program that will help many of us faced with the daunting and emotionally charged task of caring for those we love with dementia.

## Study Finds Chilling Hardship Rates Among Families Raising Disabled Children

Newswise—According to a new study from the University of North Carolina at Chapel Hill, financial challenges are now falling on middle-income households, not just on poor families as previous research has found.

These latest findings show that long-held federal standards for identifying the nation's poor are not capturing everyone in need and should be reevaluated, especially for the financial effects on disabled children.

The UNC study found that overall, families across all income levels who are raising disabled children are significantly more challenged by food, housing and health issues compared to families without disabled children. Many also struggled to pay their phone bills.

Most surprisingly, was data indicated that a significant percentage of those struggling are higher-income household. Yet based on federal poverty guidelines, which have remained unchanged since the 1960's and are used to determine eligibility for many income, food, health and disability-related programs, those same households would not be classified as "poor". They would also not qualify for assistance, despite the higher costs of raising children with disabilities. In 2002, the federal poverty level for a family of four was \$18,100.

According to the study, 40 percent of the surveyed families with disabled children who earned between two to three times the federal poverty level (between \$36,200 and \$54,300 for a family of four, for example) experienced at least one food hardship. Fifteen percent of families with incomes

at three or more times the federal poverty level (\$54,300 and up for a family of four) experienced housing instability.

The research results offer a compelling reason to expand eligibility standards for federal programs designed to assist families with disabled children. Though more study is needed to determine how best to assist these families, UNC researchers suggest that increasing the income limits for food stamps, housing assistance and federal Supplemental Security Income, which assists low-income people with disabilities, would probably be a good start. Raising the asset limit for Supplemental Security Income and Medicaid, the federal insurance program for the poor and disabled, so that families are not penalized for saving money in case of a hardship would also help.