

## NJ Information Referral Line

For full details and inquiries, contact Easterseals NJ

INFORMATION REFERRAL LINE:  
Toll Free: 855/215-4541

*\*Services provided and eligibility requirements vary by county and program.*

# SUMMARY OF SERVICES

Backed by more than 65 years of experience, Easterseals New Jersey provides safe, accessible, convenient, and individualized services. With warmth, respect, and expertise we deliver quality services providing opportunities for individuals of all abilities to reach their goals throughout their lifetime.

## LIVE

### Community Living

- People with **developmental disabilities** are able to experience life in the community in a safe, supportive, and nurturing residential group home.
- Outreach programs and residential group homes help people living and coping with the challenges of **mental health** to manage their medications, avoid re-hospitalization, and work toward full independence. Families of loved ones with mental illness also receive education, help from support groups, and other coping resources.
- People who are experiencing **homelessness** are provided with support in accessing housing resources, along with education on mental health and substance abuse, and help in obtaining or maintaining stable living arrangements.

## PLAY

### Recreation

- For over 60 years, children and adults of all ability levels have experienced fun, meaningful, and fully-accessible recreation or travel opportunities at **Camp Merry Heart**. This safe and supportive Camp also offers respite to family caregivers.
- All Easterseals New Jersey programs offer recreation activities for **people with disabilities**. This builds confidence by creating opportunities to conquer fears, promote accomplishment, and relationship-building.

## LEARN

### Community Supports

- Day programs enable adults with all types of **developmental disabilities** to socialize and build relationships, explore their local community, engage in volunteering efforts, and learn the various skills needed to achieve their personal goals.

### Health & Wellness Programs

- Created to address higher rates of chronic medical conditions in people living with **developmental disabilities and mental illnesses**, The Be Well! & Thrive Health and Wellness Program implements nutrition education and safe, ability-appropriate exercise curriculums into all programs. Participants achieve and maintain optimal physical and emotional health increasing longevity.

## WORK

### Employment

- Skills evaluation, training, and supported employment are provided in the community or at an Easterseals employment center for **adults with disabilities or special needs**.
- **Seniors 55+ on a limited income** who are struggling to enter or return to the workforce receive job training and assistance with obtaining employment.



First Job? Pursuing Passion? Helping Others? #lifemoments is all about achieving critical milestones. Learn how Easterseals is making #lifemoments possible throughout New Jersey for people of all abilities.

JOSE



Jose is a very energetic 28-year old, who loves to dance, and is extremely patient and loving. With limited verbalization from his Down Syndrome, Jose uses sign language as a means to communicate. His prior relapse with seizures and depression at age 20 set him back from his usual activities, like playing basketball. Since being cared for in the Easterseals day program in Bergen County for six years, Jose has seen **great progress towards his own independence**. But after being cared for within the Easterseals community, Jose was able to **re-learn basic life skills** and get himself active again, playing fitness games, dancing to Michael Jackson hits, going to the mall and movies, and just being the “entertainer” he always was.

MARY



“

*I wasn't sure where I was going to go. I felt hopeless in my struggles with mental illness and addiction recovery. And then Easterseals came along, picked up me up, and put me on my feet again. The Easterseals staff loved me until I could love myself.*

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“

*Our son used to just sit on the sidelines of activities, but now he participates. He is talking more because the staff at the Easterseals adult day program has helped him with his communication. Easterseals has lifted up my life and has been great for our family.*

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DAVID



JASMINE



When Jasmine doesn't have a smile on her face, you know there's a problem. She is a **welcome addition** to Camp Merry Heart. Though, when it came to participation in camp activities, her smile would fade. Jasmine is non-verbal, making communication a challenge. Through careful observation, the counselors discovered that Jasmine felt that certain activities weren't “for her.” She would opt out of exercises such as basketball, painting, and dancing. After showing her how she could participate she began to open up to the idea. She learned that everything at camp was accessible to her and became **one of the most active campers** on the grounds. Jasmine's smile returned.

# #lifemoments

See our stories, share your own; visit [eastersealsnj.org/lifemoments](http://eastersealsnj.org/lifemoments)