

Crisis & Emergency Support

When urgent situations arise, knowing where to turn can make all the difference. These trusted resources provide immediate assistance for mental health crises, emergencies, abuse reporting, disaster preparedness, and connections to essential community services throughout New Jersey.

911 Emergency Services

If someone is experiencing a life-threatening emergency, is seriously injured, or is in immediate danger, call **911** immediately.

Phone: 911

Website: <https://www.911.gov>

988 Suicide & Crisis Lifeline

The 988 Suicide & Crisis Lifeline provides free, confidential, 24/7 support for anyone experiencing emotional distress, suicidal thoughts, mental health concerns, or substance use crises. Trained crisis counselors are available by phone, text, or online chat.

Call: 988

Text: 988

Chat: <https://988lifeline.org/chat>

Website: <https://988lifeline.org>

NJ 2-1-1 Resource Hotline

NJ 2-1-1 is a free statewide information and referral service that connects individuals and families with food assistance, housing, utility assistance, healthcare, transportation, legal aid, disability services, and many other community programs.

Call: 211

Text: Your ZIP Code to **898-211**

Website: <https://www.nj211.org>

DDD Crisis Assistance

The New Jersey Division of Developmental Disabilities (DDD) provides crisis assistance resources for eligible individuals experiencing behavioral or environmental crises. Families can learn about available crisis supports and how to access emergency assistance through DDD.

Website: <https://www.nj.gov/humanservices/ddd/individuals/crisis-assistance/index.shtml>

Hotline: 1-888-393-3007 available 24/7

Report Abuse, Neglect & Exploitation

If you suspect abuse, neglect, or exploitation of an adult receiving DDD services, it is important to report your concerns immediately. The Division of Developmental Disabilities provides information on how to report incidents and protect vulnerable adults.

Website: <https://www.nj.gov/humanservices/ddd/report-abuse/index.shtml>

Hotline: 1-800-832-9173 (then press 1) available 24/7

NJ Register Ready

Register Ready is New Jersey's voluntary Special Needs Registry for Disasters. Individuals with disabilities, access and functional needs, or medical conditions can voluntarily register so emergency responders have important information available during disasters or large-scale emergencies.

Website: <https://www.registerready.nj.gov>

Mental Health & Behavioral Health Services

Mental health is an important part of overall well-being. Whether you're looking for counseling, peer support, behavioral health services, or educational resources, these

organizations can help connect individuals and families with the support they need throughout New Jersey.

NJ Mental Health Cares

NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Behavioral health specialists help connect individuals and families with mental health providers, counseling services, substance use treatment, housing resources, employment supports, and other community-based services.

Phone: 1-866-202-HELP (4357)

TTY: 1-877-294-4356

Hours: Daily, 8:00 AM – 8:00 PM

Website: <https://www.njmentalhealthcares.org> (NJ.gov)

Mental Health Association in New Jersey (MHA NJ)

The Mental Health Association in New Jersey promotes mental wellness through education, advocacy, peer support, and recovery-focused programs. Their website offers valuable information, educational materials, and links to additional statewide behavioral health resources.

Website: <https://www.mhanj.org> (New Jersey Division of Consumer Affairs)

New Jersey Self-Help Group Clearinghouse

The New Jersey Self-Help Group Clearinghouse helps individuals locate peer-led support groups throughout New Jersey. Groups are available for mental health, grief, caregiving, developmental disabilities, addiction recovery, chronic illness, and many other life experiences.

Phone: 1-800-367-6274

Website: <https://www.njgroups.org> (NJ.gov)

Mom2Mom Peer Support Helpline

Mom2Mom is a free, confidential peer support program for mothers and caregivers of children and adults with special needs. Trained peer counselors who have lived experience provide emotional support, resource referrals, support groups, and live chat.

Phone: 1-877-914-6662

Website: <https://www.mom2mom.us.com> ([PerformCare NJ](#))

The Boggs Center on Developmental Disabilities

The Boggs Center at Rutgers University is a nationally recognized resource providing education, training, and information on developmental disabilities. Families can access resources on transition planning, healthcare, mental wellness, self-advocacy, family supports, and community inclusion.

Website: <https://boggscenter.rwjms.rutgers.edu> ([The Boggs Center](#))

Division of Mental Health and Addiction Services (DMHAS)

The Division of Mental Health and Addiction Services oversees New Jersey's publicly funded adult behavioral health system. Their website includes a searchable directory of community mental health providers, outpatient treatment programs, psychiatric services, substance use treatment, and emergency screening centers.

Website: <https://www.nj.gov/humanservices/dmhas/help/mental/> ([NJ.gov](#))

PerformCare (Children & Young Adults)

PerformCare is the single point of entry for New Jersey's Children's System of Care (CSOC), connecting children and young adults up to age 21 with behavioral health services, developmental disability services, and substance use treatment. This resource is especially valuable for families transitioning into adult services.

Phone: 1-877-652-7624 (24/7)

Website: <https://www.performcarenj.org> ([PerformCare](#))

Partial Care Programs

Partial Care Programs provide structured, community-based mental health treatment for adults living with serious mental illness. These programs offer therapeutic services, psychiatric support, medication monitoring, life skills development, and recovery-focused activities during the day while allowing individuals to return home each evening.

Website:

https://www.nj.gov/humanservices/dmhas/resources/services/treatment/mental_health/Partial_Care.pdf

Partial Hospitalization Programs (PHP)

Partial Hospitalization Programs (PHP) provide intensive outpatient mental health treatment for individuals who require more support than traditional outpatient therapy but do not need 24-hour inpatient hospitalization. Services typically include psychiatric evaluation, medication management, individual therapy, group therapy, and recovery planning.

Website:

https://www.nj.gov/humanservices/dmhas/resources/services/treatment/mental_health/Partial_Care.pdf

Housing Resources

Finding and maintaining safe, affordable housing can be challenging. These trusted resources provide information on affordable housing, rental assistance, supportive housing, homelessness prevention, accessibility, and other housing-related services available throughout New Jersey.

New Jersey Housing Resource Center (NJHRC)

The New Jersey Housing Resource Center is the State's official online housing search tool. Individuals can search thousands of affordable, subsidized, accessible, supportive, and market-rate housing opportunities throughout New Jersey. The website also provides information on rental assistance, homelessness prevention, fair housing, and energy assistance.

Phone: 1-877-428-8844

Website: <https://www.nj.gov/njhrc/> ([NJ.gov](https://www.nj.gov/))

New Jersey Housing and Mortgage Finance Agency (NJHMFA)

NJHMFA administers affordable housing programs, supportive housing initiatives, down payment assistance programs, and rental resources throughout New Jersey. Families can also access housing counseling services and information on affordable housing opportunities.

Website: <https://www.nj.gov/dca/hmfa/> (NJ.gov)

DDD Housing Assistance

The Division of Developmental Disabilities (DDD) provides information about housing options and rental subsidies available to eligible individuals receiving DDD services. Families can also learn about the Supportive Housing Connection and other housing initiatives available through DDD.

Website: <https://www.nj.gov/humanservices/ddd/> (NJ.gov)

Supportive Housing Connection

The Supportive Housing Connection assists eligible individuals with developmental disabilities in applying for DDD-funded rental subsidies. The program helps increase access to safe, affordable housing while promoting greater independence within the community.

Website: <https://www.nj.gov/humanservices/ddd/individuals/housing-assistance/> (NJ.gov)

Housing Support – New Jersey Disability Information Hub

The New Jersey Disability Information Hub provides a centralized location for housing-related resources, including affordable housing, rental assistance, eviction prevention, utility assistance, and accessibility resources specifically for individuals with disabilities.

Website: <https://www.nj.gov/disabilities/essential-needs/housing-support/> (NJ.gov)

Department of Community Affairs (DCA) Housing & Community Resources

The New Jersey Department of Community Affairs provides information about affordable housing, homelessness prevention, emergency housing assistance, community development programs, housing navigators, and energy assistance programs.

Website: <https://www.nj.gov/dca/dhcr/> (NJ.gov)

NJ 2-1-1 Housing Search

NJ 2-1-1 offers a searchable directory of emergency shelters, transitional housing, permanent housing, homelessness prevention programs, rental assistance, and housing-related community resources throughout New Jersey.

Website: <https://search.nj211.org/> (NJ211 Search)

HUD New Jersey Housing Resources

The U.S. Department of Housing and Urban Development (HUD) provides information on fair housing rights, affordable housing, homelessness resources, housing counseling, rental assistance, and housing discrimination protections.

Website: <https://www.hud.gov/states/new-jersey> (HUD)

How to Find Housing Guide (NJ DDD)

Created by the New Jersey Division of Developmental Disabilities, this guide provides practical tips for locating rental housing, using housing search websites, applying for housing assistance programs, and identifying additional community resources that may help individuals secure and maintain housing.

Website:
<https://www.nj.gov/humanservices/ddd/assets/documents/individuals/how-to-find-housing-guide.pdf> (NJ.gov)

Food & Nutrition

Access to nutritious food is essential for health and well-being. These resources connect individuals and families with food assistance programs, food pantries, nutrition education, and other services designed to help meet everyday nutritional needs throughout New Jersey.

NJ SNAP (Supplemental Nutrition Assistance Program)

New Jersey SNAP helps eligible individuals and families purchase groceries through a monthly electronic benefit (EBT) card accepted at most grocery stores, farmers markets, and participating online retailers. The website also provides information about eligibility, applications, county social service agencies, and additional nutrition resources. ([NJ.gov](https://www.nj.gov))

Phone: 1-800-792-9773

Website: <https://www.nj.gov/humanservices/njsnap/>

NJHelps

NJHelps is New Jersey's official online screening tool that helps residents determine their eligibility for SNAP, NJ FamilyCare, Work First New Jersey, child care assistance, and other public assistance programs. Individuals can also apply for many benefits directly through the website. ([NJ Helps](https://www.njhelps.gov))

Website: <https://www.njhelps.gov>

Community FoodBank of New Jersey

The Community FoodBank of New Jersey helps individuals locate food pantries, soup kitchens, mobile food distributions, and other free food resources throughout the state. The website also provides assistance with applying for SNAP, WIC, and other nutrition programs. ([CFBNJ](https://cfbnj.org))

Website: <https://cfbnj.org>

Ending Hunger NJ

Ending Hunger NJ is a statewide initiative that helps individuals locate food pantries, meal programs, and nutrition assistance resources throughout New Jersey. The website also provides information on SNAP, WIC, and other food security programs. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/foodsecurity/get-help/>

Meals on Wheels America

Meals on Wheels helps eligible older adults and individuals with disabilities receive nutritious meals delivered directly to their homes. The national website includes a search tool to locate local Meals on Wheels providers serving communities throughout New Jersey.

Website: <https://www.mealsonwheelsamerica.org>

NJ SNAP Additional Food Resources

The New Jersey Department of Human Services provides a comprehensive list of additional nutrition programs including school breakfast and lunch programs, senior farmers market nutrition, the Commodity Supplemental Food Program, Child and Adult Care Food Program (CACFP), and other federal nutrition assistance programs. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/humanservices/njsnap/resources/>

Healthcare

Access to quality healthcare is essential for living a healthy, independent life. These resources provide information on health insurance, medical care, prescription assistance, community health centers, and low-cost healthcare services available throughout New Jersey.

NJ FamilyCare (New Jersey Medicaid)

NJ FamilyCare is New Jersey's publicly funded health insurance program providing comprehensive medical coverage for eligible children, adults, seniors, and individuals with disabilities. Covered services include primary care, specialists, hospital care, behavioral health, dental, vision, prescriptions, therapies, transportation, and much more. ([NJ.gov](https://www.njfamilycare.org))

Phone: 1-800-701-0710

TTY: 711

Website: <https://www.njfamilycare.org>

NJHelps

NJHelps is New Jersey's official online eligibility screening tool. Individuals can determine whether they qualify for NJ FamilyCare, SNAP, Work First New Jersey, child care assistance, and several other state assistance programs before applying.

Website: <https://www.njhelps.gov>

Division of Disability Services (DDS)

The Division of Disability Services serves as New Jersey's central resource for disability-related information and referrals. Individuals and families can learn about healthcare services, benefits, assistive technology, independent living resources, personal assistance services, and many other disability programs. ([NJ.gov](https://www.nj.gov))

Phone: 1-888-285-3036

Website: <https://www.nj.gov/humanservices/dds/>

Federally Qualified Health Centers (FQHCs)

Federally Qualified Health Centers provide affordable primary care, dental care, behavioral health services, preventive screenings, prescriptions, and other healthcare services regardless of insurance status or ability to pay. Individuals can locate a Community Health Center anywhere in New Jersey through the state's healthcare resource directory. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/disabilities/healthcare-medical-assistance/free-or-low-cost.shtml>

NJ Charity Care Program

The New Jersey Hospital Care Payment Assistance Program (Charity Care) helps eligible uninsured and underinsured individuals receive medically necessary hospital services at reduced cost or no cost. Information about eligibility and applications is available through participating hospitals. ([NJ.gov](https://www.nj.gov))

Phone: 1-866-588-5696

Website: <https://www.nj.gov/health/charitycare/>

NJ Prescription Assistance Programs

The Division of Aging Services provides information about prescription assistance programs that help eligible New Jersey residents reduce the cost of prescription medications, including PAAD and Senior Gold.

Website: <https://www.nj.gov/humanservices/doas/services/paad/>

Pharmaceutical Assistance to the Aged & Disabled (PAAD)

PAAD helps eligible seniors and individuals with disabilities reduce the cost of prescription medications through New Jersey's prescription assistance program. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/humanservices/doas/services/p-a/paad/>

Senior Gold Prescription Discount Program

Senior Gold helps eligible New Jersey seniors reduce out-of-pocket prescription medication costs when they exceed PAAD income limits. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/humanservices/doas/services/p-a/seniorgold/>

Find a Community Health Center

Need a doctor, dentist, or behavioral healthcare provider? Use New Jersey's Community Health Center directory to locate affordable healthcare providers near you offering comprehensive medical services regardless of your ability to pay. ([NJ.gov](https://www.nj.gov))

Website: <https://findahealthcenter.hrsa.gov>

Employment & Day Services

Employment and meaningful daily activities help individuals build independence, confidence, and community connections. These resources provide career planning, vocational rehabilitation, supported employment, day services, and other opportunities that promote personal growth and community inclusion throughout New Jersey.

DDD Employment & Daily Life

The New Jersey Division of Developmental Disabilities (DDD) follows an **Employment First** philosophy, meaning competitive, integrated employment is the preferred outcome for individuals with disabilities. This resource explains employment planning, day habilitation, community inclusion, career planning, supported employment, and other DDD-funded day services available to eligible individuals. ([NJ.gov](https://www.nj.gov/humanservices/ddd/individuals/access-services/employment/))

Website: <https://www.nj.gov/humanservices/ddd/individuals/access-services/employment/>

Division of Vocational Rehabilitation Services (DVRS)

DVRS helps eligible individuals with disabilities prepare for, obtain, and maintain employment. Services may include vocational counseling, career planning, job coaching, resume development, interview preparation, training, assistive technology, and job placement assistance. Referral from a Support Coordinator is not required to apply. ([NJ.gov](https://www.nj.gov/labor/career-services/special-services/individuals-with-disabilities/))

Phone: 1-866-871-7867

Website: <https://www.nj.gov/labor/career-services/special-services/individuals-with-disabilities/>

New Jersey Career Connections

New Jersey Career Connections provides career exploration tools, resume assistance, job search resources, interview preparation, career assessments, and workforce development information to help individuals achieve their employment goals. ([NJ.gov](https://careerconnections.nj.gov))

Website: <https://careerconnections.nj.gov>

One-Stop Career Centers

New Jersey's One-Stop Career Centers offer free employment services including job search assistance, career counseling, resume development, skills training, workshops, and employment opportunities. Individuals with disabilities can also receive specialized employment supports through these centers. ([NJ.gov](https://www.nj.gov/labor/career-services/))

Phone: 1-877-872-5627

Website: <https://www.nj.gov/labor/career-services/>

Commission for the Blind & Visually Impaired (CBVI)

CBVI provides vocational rehabilitation and employment services for individuals who are blind or visually impaired. Services include career counseling, job training, assistive technology, education, and job placement assistance. ([NJ.gov](https://www.nj.gov/humanservices/cbvi/))

Phone: 973-648-3333

Website: <https://www.nj.gov/humanservices/cbvi/>

NJ WorkAbility

NJ WorkAbility allows eligible individuals with disabilities to continue working while maintaining important Medicaid health benefits. The program helps remove barriers to employment by allowing participants to earn income without immediately losing healthcare coverage. ([NJ.gov](https://www.nj.gov/humanservices/dds/services/workability/))

Website: <https://www.nj.gov/humanservices/dds/services/workability/>

Ticket to Work Program

The Social Security Administration's Ticket to Work Program helps SSI and SSDI beneficiaries access employment services, vocational rehabilitation, career counseling, and job placement resources while working toward greater financial independence. ([NJ.gov](https://choosework.ssa.gov))

Website: <https://choosework.ssa.gov>

Adult Medical Day Care

Adult Medical Day Care programs provide medically supervised daytime healthcare services for adults with chronic medical conditions or disabilities who require nursing care, rehabilitation services, medication management, therapeutic activities, and socialization while continuing to live in their homes. These programs also provide respite for family caregivers.

Website: <https://www.nj.gov/health/healthfacilities/about-us/facility-types/>

Perfect. I also think this section is one of the most important because transportation is one of the biggest barriers to independence.

Here's the **developer-ready** version.

Transportation

Reliable transportation helps individuals access healthcare, employment, education, shopping, and community activities. These resources provide accessible transportation options for individuals with disabilities, older adults, and NJ FamilyCare members throughout New Jersey.

NJ TRANSIT Access Link

Access Link is New Jersey's ADA paratransit service for individuals whose disabilities prevent them from using the regular NJ TRANSIT bus or light rail system. Eligible riders can schedule shared-ride transportation for work, medical appointments, shopping, recreation, education, and other community activities. Drivers may provide additional assistance when requested during scheduling. ([NJ.gov](https://www.nj.gov))

Phone: 973-491-4224 (Press 1 to begin the eligibility process)

Website: <https://www.njtransit.com/access-link>

County Paratransit Transportation Services

Every New Jersey county offers transportation services for older adults and individuals with disabilities. Programs may provide curb-to-curb, door-to-door, or shared transportation for medical appointments, grocery shopping, senior centers, employment, and other essential destinations. Eligibility, reservation requirements, and service areas vary by county. ([NJ.gov](https://www.nj.gov))

Website:

<https://www.nj.gov/disabilities/employment-independent-living/transportation/request-a-ride.shtml>

Modivcare – NJ FamilyCare Medical Transportation

NJ FamilyCare members may qualify for free non-emergency medical transportation through Modivcare. Transportation is available for covered medical appointments anywhere in New

Jersey. Rides should generally be scheduled at least two business days before the appointment. ([NJ.gov](#))

Transportation Scheduling: 1-866-527-9933

Website: <https://member.modivcare.com>

NJ TRANSIT Reduced Fare Program

Individuals with disabilities and adults age 62 and older may qualify for reduced fares on NJ TRANSIT buses, trains, and light rail. Personal Care Assistants (PCAs) ride free when accompanying an eligible passenger. ([NJ.gov](#))

Phone: 973-491-7112

Website: <https://www.njtransit.com/reduced-fare-program>

NJ Find A Ride

NJ Find A Ride is New Jersey's searchable transportation directory. Users can search for accessible transportation programs based on where they live, the type of transportation needed, eligibility requirements, and destination. It's an excellent starting point for individuals unsure which transportation option best meets their needs. ([NJ.gov](#))

Website: <https://www.njfindaride.org>

Transportation Management Associations (TMAs)

Transportation Management Associations (TMAs) are regional nonprofit organizations that help individuals find transportation solutions including community shuttles, rideshare programs, travel training, vanpools, and commuter assistance. Every county in New Jersey is served by a TMA. ([NJ.gov](#))

Website: <https://www.nj.gov/transportation/commuter/rideshare/tma.shtm>

Financial Assistance

Financial challenges can affect every aspect of daily life. These trusted resources help individuals and families access income supports, utility assistance, prescription savings, tax credits, and other programs designed to improve financial stability throughout New Jersey.

NJHelps

NJHelps is New Jersey's official benefits screening and application website. Individuals can determine their eligibility and apply for programs including SNAP, Work First New Jersey, General Assistance, child care assistance, and other state benefit programs.

Website: <https://www.njhelps.gov> (DCAid)

Work First New Jersey (WFNJ) – Temporary Assistance for Needy Families (TANF)

Work First New Jersey provides temporary cash assistance, employment services, child care assistance, and supportive services to eligible families with dependent children while they work toward financial independence.

Website: <https://www.nj.gov/humanservices/dfd/programs/workfirstnj/> (DCAid)

Work First New Jersey – General Assistance (GA)

General Assistance provides temporary monthly cash benefits and supportive services to eligible adults without dependent children who are experiencing financial hardship.

Website: <https://www.nj.gov/humanservices/dfd/programs/workfirstnj/> (DCAid)

Social Security Administration (SSI & SSDI)

The Social Security Administration administers Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) for individuals with disabilities who meet medical and financial eligibility requirements.

Phone: 1-800-772-1213

Website: <https://www.ssa.gov>

Universal Service Fund (USF)

The Universal Service Fund helps income-eligible households lower their monthly natural gas and electric bills. Many applicants are surprised to learn they qualify, and applications are submitted through the same process as LIHEAP. ([NJ.gov](#))

Website: <https://www.nj.gov/bpu/assistance/programs/>

Low Income Home Energy Assistance Program (LIHEAP)

LIHEAP helps eligible households pay heating costs, medically necessary cooling expenses, emergency utility bills, and in some cases heating equipment repairs or replacement. Renters whose utilities are included in their rent may also qualify.

Website: <https://dcaid.dca.nj.gov>

Payment Assistance for Gas & Electric (PAGE)

PAGE provides additional financial assistance for gas and electric bills to low- and moderate-income New Jersey households who continue to experience hardship after applying for USF and LIHEAP. ([NJ.gov](#))

Website: <https://www.nj.gov/bpu/assistance/programs/>

Fresh Start Program

Fresh Start is an energy debt forgiveness program for eligible USF customers. Participants who make their current utility payments on time for 12 months may have eligible past-due utility balances forgiven. Enrollment is automatic for qualifying customers. ([NJ.gov](#))

Website: <https://www.nj.gov/bpu/assistance/programs/>

Lifeline Utility Assistance

Lifeline provides an annual utility benefit to eligible seniors and individuals with disabilities who qualify through PAAD or receive SSI. Benefits are available to homeowners and renters, including those whose utility costs are included in their rent. ([NJ.gov](https://www.nj.gov/humanservices/doas/services/l-p/lifeline-utility/))

Phone: 1-800-792-9745

Website: <https://www.nj.gov/humanservices/doas/services/l-p/lifeline-utility/>

Weatherization Assistance Program (WAP)

The Weatherization Assistance Program helps eligible households improve energy efficiency through services such as insulation, air sealing, and heating system improvements, helping reduce future utility costs. ([DCAid](https://dcaid.dca.nj.gov))

Website: <https://dcaid.dca.nj.gov>

Division of Developmental Disabilities (DDD) Resources

Navigating New Jersey's Division of Developmental Disabilities (DDD) can feel overwhelming. These official resources provide information about eligibility, available services, self-direction, housing, employment, provider selection, and educational materials to help individuals and families better understand the DDD system. ([NJ.gov](https://www.nj.gov/humanservices/ddd/))

Apply for DDD Services

Adults with intellectual and developmental disabilities can apply for DDD services beginning at age 18. While most services begin at age 21, applying early can help ensure eligibility is determined before transitioning into adulthood. This page explains eligibility requirements, the application process, and required documentation. ([NJ.gov](https://www.nj.gov/humanservices/ddd/individuals/apply-for-services/))

Website: <https://www.nj.gov/humanservices/ddd/individuals/apply-for-services/>

Quick Guide to DDD Services

The Quick Guide to DDD Services provides an easy-to-understand overview of the programs and supports available through DDD. It is an excellent starting point for individuals and families who are new to the DDD system and want to better understand available services.

PDF: <https://nj.gov/humanservices/ddd/assets/documents/quick-guide-for-families-english.pdf>

Support Coordination

Support Coordination is a required DDD service that helps eligible individuals identify goals, develop a person-centered service plan, coordinate supports, monitor services, and connect with community resources that promote independence and quality of life.

Website: <https://nj.gov/humanservices/ddd/individuals/access-services/care-management/>

Self-Directed Services

Self-Directed Services give individuals greater choice and control over the supports they receive. Families can learn about hiring their own staff, working with a fiscal intermediary, managing budgets, and directing services based on their individual needs and preferences. The website also includes recorded webinars, networking opportunities, and educational materials.

Website: <https://www.nj.gov/humanservices/ddd/individuals/access-services/self-direction/>

Employment & Daily Life

DDD follows an Employment First philosophy and offers resources related to supported employment, career planning, day habilitation, and community-based day services. Families can learn about opportunities that promote meaningful employment and community inclusion. ([NJ.gov](https://www.nj.gov))

Website: <https://www.nj.gov/humanservices/ddd/individuals/access-services/employment/>

Find a DDD Provider

Search for approved DDD providers throughout New Jersey by county, service type, language, setting, or provider name. This searchable directory helps individuals and families locate providers that best meet their needs.

Website: <https://irecord.dhs.state.nj.us/providersearch>

DDD Monthly Public Update Webinars

Stay informed about policy updates, new initiatives, program changes, and important announcements by attending or viewing DDD's monthly public update webinars. These webinars are an excellent way to stay current on changes affecting DDD services.

Website: <https://nj.gov/humanservices/ddd/news/events/public-update/index.shtml>

Caregiver Resources

DDD's Caregiver Resources page offers educational materials, planning guides, support services, and helpful information for families caring for individuals with intellectual and developmental disabilities.

Website: <https://www.nj.gov/humanservices/ddd/individuals/caregiver-resources/>

Guardianship & Alternatives

Learn about guardianship, supported decision-making, powers of attorney, and other legal decision-making options available to adults with intellectual and developmental disabilities.

Website: <https://www.nj.gov/humanservices/ddd/individuals/guardianship-and-alternatives/>

Forms & Documents

Access commonly used applications, forms, manuals, and official documents from New Jersey's Division of Developmental Disabilities (DDD). These resources can help individuals apply for services, select a Support Coordination agency, understand DDD programs, and navigate the service system.

DDD Application for Services

The official application used to determine eligibility for services through the New Jersey Division of Developmental Disabilities.

Website: <https://www.nj.gov/humanservices/ddd/individuals/apply-for-services/index.shtml>

Support Coordination Agency Selection Form

This form allows individuals who are eligible for DDD services to select the Support Coordination agency they wish to work with.

Website:

[https://www.nj.gov/humanservices/ddd/assets/documents/individuals/sca-change-form\(fillable\).docx](https://www.nj.gov/humanservices/ddd/assets/documents/individuals/sca-change-form(fillable).docx)

Community Care Program (CCP) Policy Manual

The official policy manual outlining eligibility, covered services, participant rights, provider requirements, and program policies for the Community Care Program.

Website:

<https://www.nj.gov/humanservices/ddd/assets/documents/community-care-program-policy-manual.pdf>

Supports Program Policy Manual

The official policy manual for New Jersey's Supports Program, including service definitions, budgets, eligibility requirements, and participant responsibilities.

Website:

<https://www.nj.gov/humanservices/ddd/assets/documents/supports-program-policy-manual.pdf>

NJCAT Information & Resources

Learn about the New Jersey Comprehensive Assessment Tool (NJCAT), which is used to assess support needs and help determine an individual's service budget.

Website: <https://www.nj.gov/humanservices/ddd/individuals/access-services/njcat/>

Community Care Program (CCP) Waitlist

The Community Care Program (CCP) Waitlist provides information about how New Jersey prioritizes enrollment into the Community Care Program waiver. Learn how the waitlist works, priority categories, and what to expect while waiting for services.

Website: <https://www.nj.gov/humanservices/ddd/individuals/apply-for-services/index.shtml>

Caregiver Resources

Caring for a loved one is rewarding, but it can also be emotionally, physically, and financially demanding. These trusted resources provide caregivers with education, respite services, peer support, advocacy, and practical tools to help them care for both their loved ones and themselves.

NJ Caregiver Support Hub

The New Jersey Caregiver Support Hub is the State's central resource for caregivers. Families can access caregiver education, training, financial resources, wellness tools, respite information, county-based services, and a comprehensive library of caregiving resources.

Phone: 1-877-222-3737

Website: <https://www.nj.gov/caregivers/caregiver.html> (NJ.gov)

DDD Caregiver Resources

The New Jersey Division of Developmental Disabilities (DDD) Caregiver Resources page is a centralized hub for caregivers supporting adults with intellectual and developmental disabilities. It includes information on caregiver well-being, respite services, peer support, mental health

resources, educational materials, and community organizations that support both paid and unpaid caregivers.

Website: <https://www.nj.gov/humanservices/ddd/individuals/caregiver-resources/>

Statewide Respite Care Program (SRCP)

The Statewide Respite Care Program provides temporary relief for unpaid caregivers by helping cover services such as in-home care, adult day services, companion care, camp, or short-term facility stays. The program helps caregivers take time to rest, attend appointments, or simply recharge.

Website: <https://www.nj.gov/humanservices/doas/services/q-z/srcp/> ([NJ.gov](https://www.nj.gov))

Absolutely. For your website, the blurbs should be **2–3 sentences max** so they're easy to scan.

Here's how I'd write them:

Personal Preference Program (PPP)

The Personal Preference Program (PPP) allows eligible NJ FamilyCare members to self-direct their Personal Care Assistant (PCA) services instead of using a traditional home health agency. Participants have greater choice and flexibility in selecting, scheduling, and managing their caregivers.

Website: <https://www.nj.gov/humanservices/dmahs/individuals-families/njppp.shtml>

Personal Care Assistant (PCA) Services

Personal Care Assistant (PCA) services help eligible NJ FamilyCare members with activities of daily living such as bathing, dressing, grooming, meal preparation, and mobility. Services are designed to help individuals remain safely in their homes and communities.

Website: <https://www.nj.gov/humanservices/dds/hottopics/personalcare/>

Personal Assistance Services Program (PASP)

The Personal Assistance Services Program (PASP) provides personal assistance services to eligible adults with permanent physical disabilities who are working, attending school, or volunteering. The program helps individuals maintain independence while remaining active in their communities.

Website: <https://www.nj.gov/humanservices/dds/programs/personalassistance/>

Aging & Disability Resource Connection (ADRC)

The Aging & Disability Resource Connection (ADRC) serves as a single point of entry for information on long-term services and supports. Caregivers can receive assistance with benefits counseling, respite resources, transportation, long-term care planning, and connections to local county services.

Phone: 1-877-222-3737

Website: <https://www.nj.gov/humanservices/doas/services/adrc/> ([NJ.gov](https://www.nj.gov))

Care2Caregivers

Care2Caregivers is a free, confidential peer support program for anyone caring for a loved one with memory loss, dementia, or other long-term health conditions. Trained peer counselors with lived caregiving experience provide emotional support, education, referrals, and practical guidance.

Phone: 1-800-424-2494

Website: <https://www.nj.gov/caregivers/caregiver.html> ([NJ.gov](https://www.nj.gov))

The Arc of New Jersey

The Arc of New Jersey provides advocacy, education, family support, webinars, and training for individuals with intellectual and developmental disabilities and their families. Local county chapters also offer educational programs and family support opportunities.

Website: <https://www.arcnj.org> ([NJ.gov](https://www.nj.gov))

Caregivers of New Jersey (Family Resource Network)

Caregivers of New Jersey, a program of the Family Resource Network, connects caregivers with local support networks, respite coalitions, educational programs, caregiver resources, and county-based caregiver initiatives throughout New Jersey.

Phone: 1-800-372-6510

Website: <https://www.familyresourcenetwork.org/caregivers-of-new-jersey/> ([Family Resource Network](#))

SPAN Parent Advocacy Network

SPAN empowers families through education, advocacy, and training. Their programs help families navigate disability services, transition planning, healthcare, education, and community resources while promoting family engagement and self-advocacy.

Website: <https://spanadvocacy.org>

Caregiver Action Network

The Caregiver Action Network is a national nonprofit organization dedicated to supporting family caregivers through free educational resources, peer support, planning tools, webinars, and practical caregiving guidance.

Website: <https://www.caregiveraction.org>

This is probably the **last major category** I'd include. I also think this one should focus on **protecting rights**, not just finding a lawyer.

Legal Services & Advocacy

Understanding your legal rights is an important part of living independently and accessing the services you deserve. These organizations provide legal assistance, disability advocacy, civil rights protection, benefits counseling, and support for individuals with disabilities and their families throughout New Jersey.

Disability Rights New Jersey (DRNJ)

Disability Rights New Jersey is the state's federally designated Protection and Advocacy organization. DRNJ provides free legal representation, advocacy, education, and self-advocacy resources to individuals with disabilities whose rights have been violated.

Phone: 1-800-922-7233

Website: <https://disabilityrightsnj.org> ([Disability Rights New Jersey](https://disabilityrightsnj.org))

Community Health Law Project (CHLP)

The Community Health Law Project provides free legal and advocacy services to qualifying individuals with disabilities, chronic health conditions, and older adults. Attorneys assist with Social Security benefits, Medicaid, Medicare, housing, discrimination, guardianship, consumer issues, healthcare access, and other civil legal matters.

Phone: 973-275-1175

Website: <https://www.chlp.org> ([Community Health Law Project](https://www.chlp.org))

Legal Services of New Jersey (LSNJ)

Legal Services of New Jersey provides free civil legal assistance to eligible low-income residents. Services include help with housing, public benefits, healthcare access, family law, consumer issues, employment, and other civil legal matters.

Hotline: 1-888-576-5529

Website: <https://www.lsnj.org> ([NJ.gov](https://www.lsnj.org))

Office of the Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families

The Office of the Ombudsman helps individuals with intellectual and developmental disabilities and their families navigate state systems, resolve concerns, understand their rights, and connect with appropriate state agencies and resources. The office also provides educational information on disability rights and available legal protections.

Phone: 1-609-984-7764

Website: <https://www.nj.gov/treasury/njombudsman/> ([NJ.gov](https://www.nj.gov/treasury/njombudsman/))

New Jersey Division on Civil Rights (DCR)

The Division on Civil Rights enforces New Jersey's anti-discrimination laws. Individuals may file complaints involving discrimination based on disability in employment, housing, public accommodations, and other protected settings.

Phone: 1-833-653-2748

Website: <https://www.njoag.gov/about/divisions-and-offices/division-on-civil-rights-home/> (NJ.gov)

New Jersey Council on Developmental Disabilities (NJCDD)

The New Jersey Council on Developmental Disabilities works to improve policies, promote self-advocacy, and expand opportunities for individuals with developmental disabilities. The Council also funds leadership initiatives, educational programs, and community advocacy projects.

Website: <https://www.njcdd.org> (NJ.gov)

Centers for Independent Living (CILs)

Centers for Independent Living are community-based organizations operated by and for people with disabilities. They provide independent living skills training, peer mentoring, advocacy, information and referral, transition services, and support for community inclusion.

Website: <https://www.njsilc.org/centers-for-independent-living> (NJ.gov)

I think this is an excellent addition, and I'd actually make it its own subsection called **Legal Planning** within the Legal & Advocacy page. These are some of the most common questions families have as their loved one approaches adulthood.

I would add these resources:

Adult Guardianship – New Jersey Courts

The New Jersey Courts provide step-by-step information on the adult guardianship process, including eligibility, required forms, court procedures, training requirements, and reporting responsibilities. Families can also access self-help guides and court forms. ([New Jersey Courts](#))

Website: <https://www.njcourts.gov/self-help>

Guardianship & Alternatives – New Jersey DDD

Before pursuing guardianship, it's important to understand all available options. This DDD resource explains guardianship, supported decision-making, advance directives, and other alternatives that may allow an individual to retain decision-making rights while receiving appropriate support. Guardianship should be considered a last resort. ([NJ.gov](#))

Website: <https://www.nj.gov/humanservices/ddd/individuals/guardianship/>

Advance Directives

An Advance Directive allows an individual to document their healthcare wishes and appoint someone they trust to make medical decisions if they become unable to do so. New Jersey recognizes both a **Proxy Directive (Durable Power of Attorney for Healthcare)** and an **Instruction Directive (Living Will)**. ([NJ.gov](#))

Website: <https://www.nj.gov/health/advancedirective/ad/what-is/>

Power of Attorney

A Power of Attorney (POA) is a legal document that allows a person to authorize someone they trust to make financial and/or legal decisions on their behalf. Because POA documents can have significant legal consequences, individuals should carefully review their options and consult an attorney if they have questions. The New Jersey State Bar Association offers a lawyer referral service to help connect individuals with qualified attorneys.

Website: <https://njsba.com>

County Surrogate's Offices

Each New Jersey county has a Surrogate's Office that assists with guardianship filings, probate matters, estates, and other legal proceedings. Families pursuing guardianship will typically

begin the legal process through their county Surrogate's Office before the matter proceeds through the Superior Court. ([NJ.gov](https://www.nj.gov))

Website: <https://www.njcourts.gov/public/directories/court-services>

Statewide Disability Resources

New Jersey offers a variety of programs and services to support individuals with disabilities beyond DDD. These statewide resources provide information, advocacy, financial planning, independent living supports, assistive technology, and other programs that promote independence, inclusion, and quality of life.

Division of Disability Services (DDS)

The Division of Disability Services (DDS) serves as New Jersey's central point of entry for disability-related information and referrals. DDS helps individuals with disabilities and their families connect with programs, benefits, and community resources while promoting independence and community inclusion.

Phone: 1-888-285-3036

Website: <https://www.nj.gov/humanservices/dds/>

Disability Information Hub

The Disability Information Hub is New Jersey's comprehensive online resource for individuals with disabilities and the people who support them. The Hub provides information on healthcare, housing, employment, financial assistance, transportation, education, independent living, and many other disability-related services.

Website: <https://www.nj.gov/disabilities/>

NJ ABLE

NJ ABLE allows eligible individuals with disabilities to save and invest money for qualified disability-related expenses without jeopardizing eligibility for certain means-tested public

benefits. Funds may be used for housing, education, healthcare, transportation, assistive technology, and many other expenses.

Website: <https://www.njable.gov>

NJ WorkAbility

NJ WorkAbility enables eligible individuals with disabilities who are employed to maintain their Medicaid coverage while earning income. The program encourages employment by removing barriers that often discourage individuals from entering or remaining in the workforce.

Website: <https://www.nj.gov/humanservices/dds/services/workability/>

NJ Resources Guide

Published by the Division of Disability Services, the NJ Resources Guide is one of the most comprehensive disability resource guides available in New Jersey. It includes information on state programs, healthcare, housing, transportation, employment, financial assistance, education, caregiver resources, and much more. The guide is available in both English and Spanish.

Website: <https://www.nj.gov/humanservices/dds/resources/>

Centers for Independent Living (CILs)

Centers for Independent Living are community-based organizations operated by and for people with disabilities. They provide independent living skills training, peer mentoring, advocacy, information and referral, transition services, and assistance with community integration. A statewide directory is available through the Division of Disability Services.

Website: <https://www.nj.gov/humanservices/dds/resources/centersforlivingindex.shtml>

New Jersey Council on Developmental Disabilities (NJCDD)

The New Jersey Council on Developmental Disabilities works to improve policies, strengthen advocacy, and promote opportunities for individuals with developmental disabilities. The Council also funds community initiatives, leadership development, self-advocacy programs, and educational projects throughout the state.

Website: <https://www.njcdd.org>

NJDB101

NJDB101 helps individuals understand how employment may affect disability benefits. Users can learn about Social Security, Medicaid, Medicare, work incentives, and use planning tools to make informed decisions about employment and financial independence.

Website: <https://nj.db101.org>
