

Older Adult Services

Funded by the Essex County Division of Senior Services



**family
connections**

WHERE HOPE MEETS POSSIBILITY

Who We Are

Family Connections' Older Adult Services offer three different programs focusing on older adults, individuals caring for older adults, and older adults who have become legal guardians to their grandchildren. The various programs include assessments, case management, resource sharing, group-based skill-building and counseling.

Program Highlights:

- Increased access and knowledge of services available to older adults and their caregivers
- Increased ability for older adults to advocate for themselves
- Skill development to support taking preventative measures to improve overall health
- Increased knowledge on how to manage health
- Increased desire to make healthy and safe lifestyle changes
- Improved coping skills for caregivers and older adults



What We Do

Older Adults Services are comprised of three programs:

- **Outreach/Care Management** - In-home and community-based care management and linkage to services for older adults in Essex County to help them get the supports they deserve to remain independent.
- **Caregivers Connection** - In home and near-home counseling, advocacy, education, and care management for both caregivers of older adults (60 and above) and older adult caregivers (60 and above) who are legal guardians to their grandchildren throughout Essex County.
- **Health Education** - Evidence-based workshops delivered throughout Essex County to preserve the independence and improve the health and wellbeing of older adults. These workshops include: *Chronic Disease Self-Management*, *Diabetes Self-Management* and *A Matter of Balance* (falls prevention).



Results

Participants in Older Adult Services:

- Develop stronger coping skills to manage life's daily stressors
- Learn new self-care techniques to support mental, emotional, and physical well-being
- Understand how to manage chronic health conditions
- Report a decreased fear of falling
- Have an increased awareness of services available to them
- Feel more hopeful about their future
- Feel more confident in addressing their self-identified goals

What Clients Are Saying:

“ The program staff are always there for me in my time of need.

I can talk about what I need and don't need, and I get answers.

I always learn something about myself and about services that are available to me. And I always leave feeling better.

Attending sessions has provided me with coping skills that have helped with raising my grandson with special needs. I have a better understanding of his disability and I feel encouraged and supported. ”

We Serve

**The Older Adults Services
program is open to all
residents of Essex County
who are age 60 and above.**



For more information, please contact:

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Older Adult Services

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Family Connections is a leading New Jersey non-profit with over 30 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more. **Since 1879**, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

Our vision: We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

Our mission: Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

Our Core Values: We strive every day to be:
Inclusive | Strengths-based | Relationship-driven
Outcome-oriented | Collaborative

For more information about Family Connections' programs, please visit our website at **familyconnections nj.org**.

If you have questions or need assistance, please contact Family Connections at **973-675-3817** or **hope@familyconnections nj.org**.



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