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Expo Offers Support Resources for Caregivers

[**Newton, NJ**] The Sussex County Department of Health and Human Services, Division of Senior Services recognizes the need for supports and services for caregivers. Caregivers are individuals who help an elderly or disabled family member or friend with tasks such as shopping or getting to the doctor. Caregivers also assist with personal care, housekeeping, nutritional needs, legal and financial matters, transportation, coordination of medical care, and more. Assistance may be provided for as little as a few hours a week or many hours a day. Providing these services on a continual basis can present multiple challenges for caregivers. In most instances, the caregiver does not know what they need until they need it and are unaware of the local services and supports available to them.

The 2024 Caregiver Expo, sponsored by the Sussex County Division of Senior Services, provides caregivers the opportunity to learn about the many resources available in the county to support them as they strive to enable seniors to remain as independent as possible in their homes and communities. This event will take place on Thursday, October 24, 2024, from 3:30 p.m. to 6:30 p.m., at the Farmstead Golf and Country Club located at 88 Lawrence Road in Lafayette, NJ.

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Caregivers will be given an opportunity to obtain valuable information and resources that will assist them in specialized care, self-care, and planning for future eventualities. These will include home care services, transportation, nutrition programs, medical equipment, social services, legal services, respite services, support groups, and much more.

The program will include a short overview of the services provided by each agency in attendance, allowing the caregiver to discover the depth of supports available. Complimentary hors d'oeuvres will be provided.

Admission is **free**, but pre-registration is required. Register today by contacting the Sussex County Division of Senior Services at 973-579-0555, ext. 1277, by fax at 973-579-0550, or by email at seniorservices@sussex.nj.us.

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