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Essex County Resources for Seniors

A practical guide for older adults caregivers and families

Essex County New Jersey

START HERE
Essex County Division of Senior Services and ADRC: 973-395-8375
NJ 211: Dial 2-1-1 for food, housing, utilities, transportation and community help.

Emergency: 911 | Crisis and Suicide Lifeline: 988 | NJ Poison Control: 1-800-222-1222

Comprehensive edition | September 2026

Programs change. Confirm hours, eligibility, service areas and application requirements before traveling or sharing personal information.

How to Use This Guide

This guide combines trusted starting points, practical checklists and space for personal notes. It is not a guarantee of eligibility or availability. Begin with the county ADRC when you are unsure which program fits your situation.

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Quick Help and Who to Call

Situation	Best starting point
Immediate danger, fire or medical emergency	911
Emotional crisis or suicide concern	Call or text 988
Food, shelter, utility or urgent community need	NJ 211 - dial 2-1-1
Unsure which senior program to use	Essex County ADRC - 973-395-8375
Medicare coverage or plan question	NJ SHIP - 1-800-792-8820
Suspected abuse, neglect or exploitation	Adult Protective Services - 973-624-2528; call 911 for immediate danger
Nursing-home resident rights concern	Long-Term Care Ombudsman - 1-877-582-6995
Poisoning or medication exposure	NJ Poison Control - 1-800-222-1222

If one office cannot help, ask: Who is the correct agency for my ZIP code, and can you provide a warm transfer?

Countywide Help and Benefits

Essex County Senior Services and ADRC	**Phone:** 973-395-8375 **Web:** essexcountynj.org County entry point for aging and disability services, benefits navigation, nutrition, caregiver support and long-term services.
NJ EASE	**Phone:** 1-877-222-3737 **Web:** nj.gov/humanservices/doas Statewide access line for older adults and people with disabilities.
NJ 211	**Phone:** Dial 2-1-1 **Web:** nj211.org 24/7 referrals for food, housing, utilities, health, transportation and emergency assistance.
Social Security	**Phone:** 1-800-772-1213 **Web:** ssa.gov Retirement, disability, SSI, Medicare enrollment coordination and replacement Social Security cards.

Benefits to Screen For

- SNAP food assistance
- NJ FamilyCare or Medicaid

- Medicare Savings Programs
- Extra Help with Medicare prescription costs
- PAAD or Senior Gold prescription assistance
- LIHEAP and Universal Service Fund utility assistance
- Senior Freeze property-tax reimbursement
- Affordable housing and rental assistance
- Veterans benefits and Aid and Attendance
- Telephone, internet or assistive-technology support currently available

Eligibility rules change. Ask the ADRC or NJ SHIP for a complete benefits screening rather than assuming your income is too high.

Health Medicare and Prescriptions

Medicare	**Phone:** 1-800-633-4227 **Web:** medicare.gov Official enrollment, coverage, plan comparison and claims information.
NJ SHIP	**Phone:** 1-800-792-8820 **Web:** nj.gov/humanservices/doas/services/ship Free, unbiased Medicare counseling for beneficiaries and caregivers.
NJ FamilyCare	**Phone:** 1-800-701-0710 **Web:** njfamilycare.org Publicly funded health coverage including Medicaid; eligibility depends on current rules.
PAAD and Senior Gold	**Phone:** 1-800-792-9745 **Web:** nj.gov/humanservices/doas/services/paad Prescription assistance for eligible older adults and people with disabilities.
Essex County Division of Community Health	**Phone:** 973-857-4680 **Web:** essexcountynj.org Starting point for county public-health information and services; confirm the appropriate program before visiting.

NJ Mental Health Cares	**Phone:** 1-866-202-HELP (4357) **Web:** njmentalhealthcares.org Behavioral-health information and referral; call or text 988 for a crisis.

Food and Nutrition

Essex County Senior Nutrition	**Phone:** 973-395-8375 **Web:** essexcountynj.org Ask about congregate meals, nutrition sites and home-delivered meals.
NJ SNAP	**Phone:** 1-800-687-9512 **Web:** njhelps.gov Food assistance screening and application information.
Community FoodBank of New Jersey	**Phone:** 908-355-3663 **Web:** cfbnj.org Search for partner food pantries and community food resources.
NJ 211	**Phone:** Dial 2-1-1 **Web:** nj211.org Ask for nearby pantries, meal programs and urgent food help by ZIP code.

Transportation

Essex County ADRC	**Phone:** 973-395-8375 **Web:** essexcountynj.org Ask about county or municipal senior transportation and medical-trip options.
NJ TRANSIT Access Link	**Phone:** 973-491-4224 **Web:** njtransit.com/accessibility/access-link-ada-paratransit ADA paratransit for eligible riders unable to use local fixed-route service.
NJ TRANSIT Reduced Fare	**Phone:** 973-491-7112 **Web:** njtransit.com/senior-discount Reduced-fare information for qualifying older adults and riders with disabilities.
Modivcare NJ	**Phone:** 1-866-527-9933 **Web:** modivcare.com Non-emergency medical transportation for eligible NJ FamilyCare members; confirm benefit and reservation rules.

Housing Utilities and Home Safety

NJ Housing Resource Center	**Phone:** 1-877-428-8844 **Web:** nj.gov/njhrc Search affordable and accessible rentals and housing resources.
NJ Department of Community Affairs	**Phone:** 609-292-4080 **Web:** nj.gov/dca Housing assistance, community services and program information.
LIHEAP and USF	**Phone:** 1-800-510-3102 **Web:** nj.gov/dca/dhcr/offices/hea.shtml Energy-bill assistance information and local application agencies.
NJ Comfort Partners	**Phone:** 1-888-773-8326 **Web:** njcleanenergy.com Energy-saving measures and education for qualifying utility customers.
NJ 211	**Phone:** Dial 2-1-1 **Web:** nj211.org Housing crisis, shelter, utility shutoff and emergency referral by ZIP code.

Home Safety Checklist

- ■ Working smoke and carbon-monoxide alarms
- ■ Clear walking paths and secure rugs
- ■ Bright lighting at entries, stairs and hallways
- ■ Grab bars and nonslip surfaces in the bathroom
- ■ Handrails on both sides of stairs where possible
- ■ Emergency numbers visible near the telephone
- ■ Medication list and emergency plan easy to find
- ■ Licensed and insured contractors verified independently

Legal Financial and Consumer Help

Legal Services of New Jersey	**Phone:** 1-888-576-5529 **Web:** lsnjlawhotline.org Statewide civil legal information and possible help for eligible residents.
Essex-Newark Legal Services	**Phone:** 973-624-4500 **Web:** essexnewarklegalservices.org Civil legal services for eligible Essex County residents; confirm intake areas.
NJ Senior Freeze	**Phone:** 1-800-882-6597 **Web:** nj.gov/treasury/taxation/ptr Property Tax Reimbursement information, eligibility rules and deadlines.
NJ Consumer Affairs	**Phone:** 1-800-242-5846 **Web:** njconsumeraffairs.gov Consumer complaints, fraud information and professional-license lookup.
FTC Fraud Reporting	**Phone:** 1-877-382-4357 **Web:** reportfraud.ftc.gov Report fraud, scams and deceptive business practices.

Caregiving Home Care and Long Term Care

Essex County ADRC	**Phone:** 973-395-8375 **Web:** essexcountynj.org Caregiver support, respite options, home- and community-based services and long-term-care choices.
NJ Long-Term Care Ombudsman	**Phone:** 1-877-582-6995 **Web:** nj.gov/ooie Independent advocacy and complaint investigation for residents of long-term-care facilities.
Alzheimer's Association 24/7 Helpline	**Phone:** 1-800-272-3900 **Web:** alz.org Information, care consultation and local referrals for dementia and caregiving.
AARP Family Caregiving	**Phone:** 1-877-333-5885 **Web:** aarp.org/caregiving Planning tools and practical caregiving guides; many resources do not require membership.

Understanding Levels of Support

Companion or homemaker help	Meals, errands, light housekeeping and supervision; generally not skilled medical care.
Home health care	Skilled nursing or therapy ordered when medically appropriate; coverage rules apply.
Adult day services	Structured daytime supervision, activities and sometimes health services.
Assisted living	Housing with personal-care support; services and payment arrangements vary.
Nursing facility	24-hour nursing and personal care for people with substantial needs.
Palliative care and hospice	Symptom relief and support for serious illness; hospice has specific eligibility and goals.

Questions Before Hiring Help

■ Is the agency licensed or otherwise authorized for the services offered?

■ Are workers screened, trained, insured and supervised?

■ Who handles schedule changes and emergencies?

■ What is included in the written service plan and hourly rate?

■ How are complaints, injuries and suspected abuse reported?

■ What happens if the usual caregiver is unavailable?

Safety Abuse Fraud and Emergencies

Emergency Services	**Phone:** 911 **Web:** usa.gov/emergencies Call for police, fire or medical emergencies.
988 Suicide and Crisis Lifeline	**Phone:** Call or text 988 **Web:** 988lifeline.org 24/7 crisis support for emotional distress and suicide-related concerns.
Adult Protective Services - Essex	**Phone:** 973-624-2528 **Web:** nj.gov/humanservices/doas/services/aps Reports of suspected abuse, neglect or exploitation of vulnerable adults in the community.
NJ Consumer Affairs	**Phone:** 1-800-242-5846 **Web:** njconsumeraffairs.gov Consumer scams, complaints and license information.
IdentityTheft.gov	**Phone:** Online **Web:** identitytheft.gov Federal recovery plans and reporting for identity theft.

STOP BEFORE YOU PAY
Do not send gift cards, cryptocurrency, cash or banking information because of an unexpected call, text or email. Hang up and independently call the organization using a number from an official statement, card or website.

Common Warning Signs

■ Pressure to act immediately or keep the request secret

■ Threats of arrest, benefit cancellation or utility shutoff

■ A caller asking for Medicare, Social Security or bank information

■ A supposed relative requesting emergency money

■ A contractor demanding a large cash deposit

■ A new online acquaintance requesting money or investments

Veterans Disability and Community Support

NJ Department of Military and Veterans Affairs	**Phone:** 1-888-865-8387 **Web:** nj.gov/military/veterans Veterans benefits, service officers and state programs.
VA New Jersey Health Care System	**Phone:** 973-676-1000 **Web:** va.gov/new-jersey-health-care VA health care information and services.
NJ Division of Disability Services	**Phone:** 1-888-285-3036 **Web:** nj.gov/humanservices/dds Information and referral for disability-related programs and services.
NJ Relay	**Phone:** Dial 711 **Web:** njrelay.com Telephone relay for people who are deaf, hard of hearing, deaf-blind or have a speech disability.
Disability Rights New Jersey	**Phone:** 1-800-922-7233 **Web:** disabilityrightsnj.org Protection and advocacy information for people with disabilities.

NJ Division on Civil Rights	**Phone:** 1-833-653-2748 **Web:** njcivilrights.gov Information and complaints involving discrimination under state civil-rights law.

Municipal Directory

Local governments may operate senior centers, transportation, recreation, health clinics, property-tax assistance events or social-service offices. Use the official municipal website below and ask for senior services, health, recreation or social services. If you cannot reach the right office, call the Essex County ADRC at 973-395-8375.

Municipality	Official website	Ask for
Belleville	bellevillenj.org	Senior center; transportation; recreation; health or social services
Bloomfield	bloomfieldtwpnj.com	Senior center; transportation; recreation; health or social services
Caldwell	caldwell-nj.com	Senior center; transportation; recreation; health or social services
Cedar Grove	cedargrovenj.org	Senior center; transportation; recreation; health or social services
East Orange	eastorange-nj.gov	Senior center; transportation; recreation; health or social services
Essex Fells	essexfellsboro.com	Senior center; transportation; recreation; health or social services
Fairfield	fairfieldnj.org	Senior center; transportation; recreation; health or social services
Glen Ridge	glenridgenj.org	Senior center; transportation; recreation; health or social services

Municipality	Official website	Ask for
Irvington	irvingtonnj.gov	Senior center; transportation; recreation; health or social services
Livingston	livingstonnj.org	Senior center; transportation; recreation; health or social services
Maplewood	maplewoodnj.gov	Senior center; transportation; recreation; health or social services
Millburn	twp.millburn.nj.us	Senior center; transportation; recreation; health or social services
Montclair	montclairnjusa.org	Senior center; transportation; recreation; health or social services
Newark	newarknj.gov	Senior center; transportation; recreation; health or social services
North Caldwell	northcaldwell.org	Senior center; transportation; recreation; health or social services
Nutley	nutleynj.org	Senior center; transportation; recreation; health or social services
Orange	orangenj.gov	Senior center; transportation; recreation; health or social services
Roseland	roselandnj.org	Senior center; transportation; recreation; health or social services
South Orange	southorange.org	Senior center; transportation; recreation; health or social services
Verona	veronanj.org	Senior center; transportation; recreation; health or social services
West Caldwell	westcaldwell.com	Senior center; transportation; recreation; health or social services
West Orange	westorange.org	Senior center; transportation; recreation; health or social services

Additional Support Categories

Use these prompts when speaking with the ADRC, NJ 211, a health-care provider or your municipality. Ask for current local programs that meet your language, mobility, income and insurance needs.

Health and Daily Living

- Low-cost dental, vision and hearing services
- Mental-health and substance-use treatment
- Memory assessment and dementia services
- Medical equipment and assistive technology
- Fall prevention and home accessibility modifications
- Hospice, palliative care and bereavement support

Family and Community

- LGBTQ+ older-adult programs
- Language interpretation and immigrant services
- Grandparents or relatives raising children
- Pet food, veterinary or temporary pet-care help

- Volunteer, recreation, education and social-connection programs
- Employment and training for older workers

Housing and Stability

- Homelessness prevention and emergency shelter
- Tenant counseling and eviction prevention
- Home repairs and weatherization
- Accessible or supportive housing
- Emergency cooling and warming centers

Application Preparation Checklist

A program may request some of the following. Ask what is required before sending documents, and share sensitive information only through a verified process.

- ■ Photo identification
- ■ Social Security and Medicare cards
- ■ Proof of Essex County address
- ■ Birth date and household-member information
- ■ Recent income statements or benefit letters
- ■ Recent bank or asset statements, if required
- ■ Health-insurance cards and prescription list
- ■ Rent, mortgage, property-tax and utility bills
- ■ Immigration or citizenship documents only when legally required for that program
- ■ Power of attorney, guardianship or authorized-representative documents

■ Copies of prior applications, notices and denial letters

Call and Application Log

Date and agency _____

_____

Person and phone _____

_____

Result or next step _____

_____

Date and agency _____

_____

Person and phone _____

_____

Result or next step _____

_____

Date and agency _____

_____

Person and phone _____

_____

Result or next step _____

_____

Date and agency _____

_____

Person and phone _____

_____

Result or next step _____

_____

Personal Health and Emergency Information

Full name _____

_____

Address _____

_____

Date of birth _____

_____

Primary doctor _____

_____

Specialists _____

_____

Pharmacy _____

_____

Preferred hospital _____

_____

Emergency contact _____

_____

Insurance and Medicare plan _____

_____

____

Allergies _____

_____

Medical conditions _____

_____

Mobility or communication needs _____

_____

_____

Current Medications

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Medication _____ Dose _____ When taken _____

Keep this page where it can be found in an emergency, but protect Social Security, Medicare, financial-account and other sensitive numbers.

Caregiver Planning Worksheet

Person receiving care _____

_____

Primary caregiver _____

_____

Backup caregiver _____

_____

Doctor and pharmacy _____

_____

Daily help needed _____

_____

Medication help needed _____

_____

Transportation plan _____

_____

Meal plan _____

_____

Emergency plan _____

_____

Legal documents location _____

_____

_

Insurance information location _____

_____

_____

Respite or backup-care plan _____

_____

____

Questions for the Next Care Meeting

- _____

_____

- _____

_____

- _____

_____

- _____

_____

- _____

_____

Spanish Quick Help

Ayuda rápida para residentes mayores y sus familias

Emergencia médica, incendio o peligro inmediato: Llame al 911.

Crisis emocional o riesgo de suicidio: Llame o envíe un mensaje de texto al 988.

Comida, vivienda, servicios públicos u otros recursos comunitarios: Marque 2-1-1 para NJ 211.

Servicios para personas mayores del Condado de Essex: Llame al 973-395-8375 y solicite ayuda de ADRC.

Preguntas sobre Medicare: Llame a NJ SHIP al 1-800-792-8820.

Sospecha de abuso, negligencia o explotación: Llame a Servicios de Protección para Adultos al 973-624-2528. Si existe peligro inmediato, llame al 911.

Puede pedir un intérprete. Diga: Necesito ayuda en español. Confirme los requisitos, horarios y documentos antes de visitar una oficina.

This page is a brief access aid, not a complete Spanish translation. A separately reviewed Spanish edition is recommended for distribution.

Important Numbers at a Glance

Emergency	911
Suicide and Crisis Lifeline	988
NJ 211	211
Essex County ADRC	973-395-8375
NJ EASE	1-877-222-3737
Medicare	1-800-633-4227
NJ SHIP	1-800-792-8820
Social Security	1-800-772-1213
NJ FamilyCare	1-800-701-0710
PAAD and Senior Gold	1-800-792-9745
Legal Services of New Jersey	1-888-576-5529
Long-Term Care Ombudsman	1-877-582-6995
Alzheimer's Association	1-800-272-3900
NJ Poison Control	1-800-222-1222

Before You Call

- Have your ZIP code and date of birth available.
- Ask what eligibility rules and documents apply.

■ Write down the representative's name, date and confirmation number.

■ Do not give personal or financial information to an unsolicited caller.

Resource Index

Abuse or neglect	Safety Abuse Fraud and Emergencies
Benefits	Countywide Help and Benefits
Caregiving	Caregiving Home Care and Long Term Care
Dementia	Caregiving; Additional Support Categories
Disability	Veterans Disability and Community Support
Food	Food and Nutrition
Fraud and scams	Safety Abuse Fraud and Emergencies
Health insurance	Health Medicare and Prescriptions
Home care	Caregiving Home Care and Long Term Care
Housing	Housing Utilities and Home Safety
Legal help	Legal Financial and Consumer Help
Medicare	Health Medicare and Prescriptions
Municipal programs	Municipal Directory
Prescriptions	Health Medicare and Prescriptions
Tax assistance	Legal Financial and Consumer Help
Transportation	Transportation
Utilities	Housing Utilities and Home Safety
Veterans	Veterans Disability and Community Support

Verification and Updates

Core listings were assembled from official county, New Jersey, federal and program websites available in September 2026. Program names, phone numbers, URLs, funding and eligibility can change. Verify details before printing large quantities.

To suggest a correction or a new resource, contact Healthyseventy.com and include the program name, official source and date verified.