

Everyone needs a break. You're no exception.

With self-directed respite care, you can let a trusted family member or friend step in as a government-funded caregiver, so you can recharge, tackle your to-do list, or spend time with family and friends. All at no cost to you.

How it works:



Contact us to confirm your eligibility and apply



Choose a respite provider you're comfortable with. It can be anyone who is over 18 and doesn't live with you."



We'll get your chosen provider approved



Receive a monthly reimbursement check for the hours logged

Now increased to \$16 per hour!



"The best medicine!"

I was very overwhelmed, anxious and depressed. My reserves were low. Then I heard about TeamCare's respite program. It gave me the time and the space to just be. That's really the best medicine for me.

Debra DeOliveira
Mom and TeamCare NJ client



TeamCare

Reach out today!

Call 732-884-2273 | **Email** info@teamcarenj.com
Visit us online www.teamcarenj.com