



Get Free Personalized Information For Health, Independence, And Aging-In-Place

from the Middlesex County
Office of Aging & Disabled Services



middlesexcountynj.dailylivingadvice.com

- Find “Age-In-Place” Guides to keep one safe, independent, and in their own home.
- Find QuickCare Tips that offer no or low-cost ideas to support functional skills for self-care and maintaining independence.
- Explore the CareGuide Library which offers help handling hundreds of common caregiver situations and concerns.
- Sign up for the senior health and family caregiver newsletters which contain personalized and professionally created health and care-giving content.

Contact

Office of Aging & Disabled Services

 732-745-3295

 www.middlesexcountynj.gov



 **MIDDLESEX**

C O U N T Y • N J

Sponsored by the Middlesex County Board of County Commissioners and the Middlesex County Office of Aging & Disabled Services.