



# Where are you on your journey? Resources for Caregivers

## PART 1: ORGANIZATIONS, SOCIAL MEDIA, AND APPS

### SUPPORT

**Mom2Mom** – Mothers of disabled children and adults provide counseling, support, and advice to other mothers of disabled individuals.

<https://mom2mom.us.com> Phone: 1-877-914-6662. Email form available on website.

**New Jersey Autism Warriors (Facebook Group)** – Parents and caregivers of disabled children and adults provide support to each other and share information. NJAW is affiliated with POAC Autism Services.

**New Jersey Parents of Developmentally Disabled Adults (Facebook Group)**

**Parents of Autistic Adults (Facebook Group)**

### INFORMATION AND REFERRAL

**Autism New Jersey** – Contains general information about autism, as well as a hotline in which callers can be referred to appropriate services.

[www.autismnj.org](http://www.autismnj.org) Phone: 1-800-428-8476. Email form available on website.

**New Jersey Office of the Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families** – Works with disabled individuals and their caregivers to obtain services.

<https://www.nj.gov/treasury/njombudsman> Phone: 1-609-984-7764.

Email form available on website.

## **INFORMATION AND SUPPORT**

**Autism Parenting Magazine** – Publishes information about autism-related topics, events, developments, treatments, and news stories.

<https://www.autismparentingmagazine.com>. Also available as an app through the App Store or Google Play. *There is a cost involved; see website for details.*

**SPAN Parent Advocacy Network** – Information and referral, caregiver support, and resource center.

<https://spanadvocacy.org> Phone: 1-800-654-7726. Email: [info@spanadvocacy.org](mailto:info@spanadvocacy.org)

## **INFORMATION - EDUCATION**

**New Jersey Department of Education – Office of the Special Education Ombudsman** – Provides information and support to students, caregivers, and educators regarding special education rights and services.

<https://www.nj.gov/education/specialed/parents> Contact: Cynthia Hoenes-Saindon, Special Education Ombudsman. Phone: 1-609-376-9060.

Email: [specedombudsman@doe.nj.gov](mailto:specedombudsman@doe.nj.gov)

## **INFORMATION - FINANCIAL**

**New Jersey ABLE** – ABLE accounts allow disabled individuals and their caregivers to save private funds to supplement benefits provided through Social Security and Medicaid.

<https://savewithable.com/nj/home.html> Phone: 1-888-609-8869.

Email: [nj.clientservice@savewithable.com](mailto:nj.clientservice@savewithable.com)

## INFORMATION - GENERAL

**Ocean County Library's Autism Resources Center** – Contains lists of providers in New Jersey, autism-related community events, suggestions for places to visit, and more.

[www.theoceancountylibrary.org/autism](http://www.theoceancountylibrary.org/autism)

## SERVICES AND SUPPORT FOR CHILDREN UNDER 3

**New Jersey Early Intervention Services** – For concerns about the development of a child who is under the age of 3.

<https://www.nj.gov/health/fhs/eis> Phone: 1-888-653-4463

## SERVICES AND SUPPORT FOR CHILDREN AGES 3 - 21

**PerformCare (The Children's System of Care)** – Behavior therapy, respite, summer camp, and assistive technology for those ages 3 - 21.

<https://www.performcarenj.org> Phone: 1-877-652-7624

Email: [solutions@performcare.com](mailto:solutions@performcare.com)

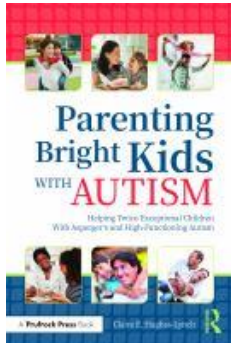
## SERVICES AND SUPPORT FOR INDIVIDUALS AGES 21 AND OVER

**New Jersey Division of Developmental Disabilities** – Home and community-based services for those ages 21 and over. Caregivers select a “support coordination agency,” which assists in planning housing, employment, day programs, and other services.

<https://www.nj.gov/humanservices/ddd> Phone: 1-800-832-9173.

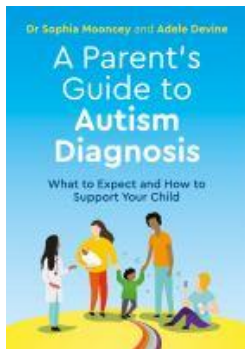
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## PART 2: BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY



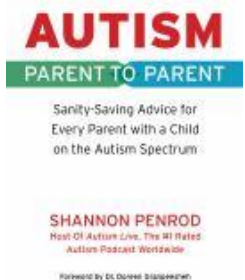
**Parenting Bright Kids with Autism: Helping Twice-Exceptional Children with Asperger's and High-Functioning Autism** by *Claire Hughes-Lynch*. 616.85882 Hugh.

This book discusses the frustrations, the diagnoses, the challenges, and the joys as parents help their gifted children with autism thrive in school and at home.



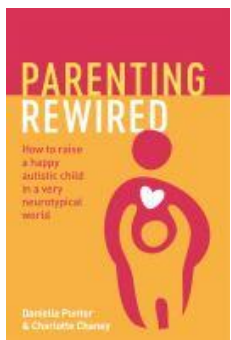
**A Parent's Guide to Autism Diagnosis: What to Expect and How to Support Your Child** by *Sophia Mooncey*. 616.85882 Moon.

Autism diagnosis can be an overwhelming time for many families. This is an accessible, easy to navigate guide for parents, answering the questions they may have before, during and after diagnosis.



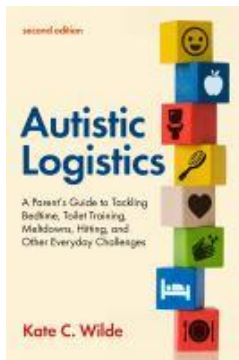
**Autism: Parent to Parent: Sanity-Saving Advice for Every Parent with a Child on the Autism Spectrum** by *Shannon Penrod*. 618.9285 Penr.

This book covers all a parent of an individual with ASD needs to know, with honesty, humor and humility while empowering you to rise to meet all the challenges and triumphs on your journey.



**Parenting Rewired: How to Raise a Happy Autistic Child in a Very Neurotypical World** by *Danielle Punter*. 618.92858 Punt.

Parenting an autistic child as a neurotypical adult can be challenging but it doesn't need to feel impossible! This book challenges the common misunderstandings surrounding autistic behavior. It gives you all the tools you need to not only parent your autistic child, but also to understand them.



**Autistic Logistics: A Parent's Guide to Tackling Bedtime, Toilet Training, Meltdowns, Hitting, and Other Everyday Challenges**  
by *Kate Wilde*. 616.85882 Wild.

Tackling day-to-day issues and more, the book offers tried-and-tested techniques to help you transform the challenges of home life and create harmony. Catering to all age ranges and points on the spectrum, this book will be invaluable to parents, caregivers, teachers and teaching assistants.