

# Ways NJACIL Can Help You Transition Successfully

- Developing a Peer Network
- Getting Started on Transitioning
- Preparing You for the Unexpected
- Housing Preparation/Planning
- Connecting You with Helpful Agencies or Services
- Providing Planning Tools
- Recreational Opportunities
- Money Management
- Support Groups
- Assistance in Finding Personal Care/Assistant Services
- Assistance in Finding Legal Help
- Helping You Navigate Your Independent Life
- Assisting in Transportation/Mobility Issues
- Meal Planning
- Career/Volunteer Advice
- Getting Back to Life On Your Own

New Jersey Association of  
Centers for Independent Living  
P.O. Box 1206  
Burlington, NJ 08016  
[www.nursingfacilitytransition.org](http://www.nursingfacilitytransition.org)

# Choices



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# You Do have... Choices



A GUIDE TO  
NURSING  
FACILITY  
TRANSITION  
AND  
INDEPENDENT  
LIVING  
CENTERS



## There are **Options!**

Right now there are thousands of people, under the age of 65 with disabilities or long-term illnesses living in Nursing Facilities, and are unaware of the **CHOICES** available to them.



**A more independent life is possible**

For many of these men and women, a more independent life IS possible, when the proper services and resources are utilized. The goal of the Nursing Facility Transition (NFT) program is to ensure that people with disabilities are aware of their **OPTIONS**.

*To find out more information about your choices, please call:*  
**1-800-530-1466**



## What Are **Centers for Independent Living?**

Centers for Independent Living (CILs) are consumer-driven organizations, owned and operated by individuals with disabilities. New Jersey has a network of 12 CILs that provide the core services of Information and Referral, Peer Support, Independent Living Skills Training, and Advocacy.



**CILs promote self: choice, direction & reliance**

These services are offered to people with a wide range of disabilities with the goal of promoting self-choice, self-direction, and self-reliance in an inclusive society that offers equal rights to all.



## The Nursing Facility **Transition Program**

CILs across New Jersey have partnered with the NJ Department of Health and Senior Services (DHSS) to transition people with physical, psychiatric, and developmental disabilities from Nursing Facilities into the Community. Our goal is to give individuals the tools they need to choose the lifestyle they wish for themselves.



To Get More Info About **The Nursing Facility Transition Program:**

Call:  
Toll Free: 1-800-530-1466  
TTY: 609-747-1875  
Fax: 609-747-1870

Or Write to:  
NJACIL  
P.O. Box 1206  
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