

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

from the Middlesex County
Office of Aging & Disabled Services

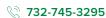


## middlesexcountynj.dailylivingadvice.com

- 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









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