

Mrs. H. is 87 and suffers from severe osteoarthritis. She uses a walker and is confined to the first floor of her single family home. Her two cats have brightened her somewhat lonely life since her husband died and her two sons moved out of state. Because she has no family or friends to rely upon for day-to-day assistance, she is most grateful for Tina, her volunteer grocery shopper. She says she doesn't know what would happen to her (and the cats) if it weren't for Tina's assistance.

Mr. and Mrs. T were doing fine until Mr. T suffered a stroke and Mrs. T needed a second hip replacement. Although the couple, who are in their eighties, employ a home health aide two hours a day, three times a week, the aide has no time for shopping. Their only son, Tom, was doing the chore every weekend when he visited from his home in Pennsylvania. Now that his parents are matched with a volunteer who can shop for them regularly, Tom can help in other ways and spend more quality time with his folks.

HomeCare Options
Two Market Street
Paterson NJ 07501

House Call Groceries for Seniors



A grocery shopping program serving Passaic County Seniors who are not able to shop for themselves

A volunteer program of

**HomeCare
Options**

Serving Passaic County since 1954

Visit us on line at www.homecareoptions.com

Who is eligible for the service?

√ Any homebound senior who lives in Passaic County is eligible for the program

How often will my volunteer shop?

√ Once a week, if needed, or once every two weeks

√ Shoppers do not take clients shopping, but will come to the home to pick up the grocery list, coupons, and money

√ Shoppers may pick up prescriptions



Is there a fee for this service?

√ No, there is no fee. Donations will gladly be accepted but are not required.

While many senior citizens living in Passaic County lead active and self-sufficient lives, there are those who must depend on their community for some help in doing so. Among these men and women are the disabled and homebound seniors who are unable to shop for themselves.

Across Passaic County there are many older adults who cannot get to the grocery store. They are unable to buy food or basic necessities on their own. As a result, many of these senior citizens are faced with a threat to their well-being and must consider nursing homes or supervised living arrangements. They are at risk of losing their independence, even though they are fully capable of caring for themselves at home.

House Call Groceries for Seniors was developed to help our older neighbors remain living comfortably in their own homes. By matching a senior with a volunteer friend who will do their grocery shopping; Passaic County seniors are better able to continue living their lives with dignity and confidence.



**To be a volunteer shopper
or
To arrange for one to help you
or someone you know**

CALL THE VOLUNTEER COORDINATOR
at

**HomeCare
Options**

(973) 523-1224

or

(973) 839-8950

(UpCounty)



Ask our staff about our other home care programs designed to promote the health and independence of our senior citizens in their own homes.

Visit us on line at www.homecareoptions.com