



# PLAN|NJ

Planned Lifetime Assistance Network of New Jersey

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Lifetime Advocacy for People with Disabilities

## Dear friends of PLAN|NJ,

Caring for a child with disabilities can be a lifelong commitment, and the thought of who will care for them after the parents are gone can be a major concern. Many families rely on siblings or extended family to provide support, but for some, there is no one. Here's a story of Brittany and her family that shows how PLAN|NJ's Family Support Program can help in these difficult situations.

**Brittany, age 36**, has multiple significant disabilities and happily lived with her mom. When her mother became seriously ill, she asked a friend to be the guardian for Brittany when she died. The friend loved Brittany but she and her husband had serious medical issues and when the time came she couldn't serve as guardian. As there was no other family to watch over Brittany, she would be alone. The friend wisely made some contacts that brought PLAN|NJ into the picture. On the very day her mom died, PLAN|NJ arranged a live-in home health aide to provide Brittany with consistent support, safety, and companionship. PLAN|NJ also processed an emergency application for services from the New Jersey Division of Developmental Disabilities. The courts soon appointed PLAN|NJ as guardian and our Service Coordinator visited Brittany regularly to insure her needs were being met. We organized regular grocery

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delivery, arranged medical appointments, and enlisted neighbors to help include Brittany in community activities. Our Service Coordinator became a trusted supporter and advocate. She worked with Brittany to transition her into a supportive living apartment with three other housemates who have since become good friends! Brittany also attends a day program where, with friends, she happily participates in a variety of activities.

Despite the challenges she faced, Brittany now lives a full and secure life. She has a team of people at **PLAN|NJ** who care deeply about her and are committed to providing her the support, advocacy and contact she needs to maintain this quality of life. Thanks to contributions from partners like you, **PLAN|NJ** can extend its Family Support Program services to other individuals like Brittany, who may not have a family of their own to care for them.

During this season of giving, please consider an online donation to the **PLAN|NJ** Family Support Program at [www.plannj.org/donate](http://www.plannj.org/donate). Should you prefer to mail a check, please make it payable to "**PLAN|NJ**" and mail it to **PLAN|NJ**, PO Box 547, Somerville, NJ 08876-0547. Please call or email us with any questions or visit our website today.

Gratefully yours,

*Ellen B. Nalven*

Ellen Ball Nalven,  
Executive Director, **PLAN|NJ**

