



Carmen, 55, is enjoying her new, furnished apartment in Skillman, NJ. She has a certified nursing aide who comes three days a week. Above all, she has her independence after living in a nursing home.



“I found a way out,” she said. “If I’d found it sooner, I’d have left sooner.”

Carmen has vague memories of being ill and hospitalized, and landing in the nursing home. The I Choose Home NJ (ICHNJ) program helped her move back into the community. She credits Kathleen Filippone, a Nurse Liaison for ICHNJ, with helping her. “She got me out of there quick, fast and in a hurry. Kathleen did a great job.”

It’s clear she prizes her independence. “Yes, I can manage on my own. I’m careful,” said Carmen, who uses a wheelchair.

In addition to her aide, her sister and two nieces come by to help her. She also receives visits from a nurse, and transportation services to outside appointments.

Carmen has advice for nursing home residents who would like to move out: “Stay on top of it. If someone tells you no, go to someone else. If you’ve got it in your head that you’ve got to get out of there, there are contacts you can talk to.”

