

# Your Aging & Disability Resource Guide

## 2012

### Our Community Partners

Bridgeport Social Services

Darien Social Services

Greenwich Commission on Aging

Easton Senior Center

Fairfield Senior Center

Monroe Senior Center

New Canaan Dept. of Human Services

Norwalk Senior Center

Stamford Senior Services

Stratford Baldwin Center

Trumbull Senior Center

Westport Dept. of Human Services

Wilton Social Services

Weston Senior Center

Southwestern CT  
**Agency on Aging**  
& Independent Living

**DISABILITY  
RESOURCE  
CENTER**

of Fairfield County, Inc.

**Information & Referral Source for  
Southwestern Connecticut**

**(800) 994-9422**

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Southwestern Connecticut Agency on Aging,  
Board of Directors' Community Investment Fund.

## INTRODUCTION

The Southwestern Connecticut Aging & Disability Resource Network (ADRN) is a collaborative partnership between the Southwestern CT Agency on Aging and the Disability Resource Center of Fairfield County as well as our community focal points in each of our 14 cities and towns across Southwestern Connecticut.

The role of our Aging & Disability Resource Network is to streamline access to long-term care services and supports for older adults, all persons with disabilities, family caregivers and long term service providers.

Our goal is to help individuals and their families to identify their long term support service needs, understand their options and help them develop and activate a long term support services plan. The Southwestern CT Aging & Disability Resource Network provides unbiased information, short term counseling and assistance to empower people to make informed decisions about their long term care needs and help them access public and private programs to meet their needs.

This Resource Guide is intended to be used as a quick desk reference and is not intended to be a comprehensive directory of all programs and services available for older adults and persons with disabilities. For more extensive information please visit the following websites:

### Southwestern CT Agency on Aging:

[www.swcaaa.org](http://www.swcaaa.org)

### Disability Resource Center of Fairfield County:

[www.drcfc.org](http://www.drcfc.org)

### Infoline- 2-1-1:

[www.infoline.org](http://www.infoline.org)

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## ADULT DAY CARE

Adult Day Centers offer a variety of health and social services in a protective group setting. Necessary health, personal care, and social services are provided for adults who do not need the continuous services of a nursing home or institutional setting and are able to leave their homes to come to the center. Families can privately pay for adult day services or they may qualify for a state or federally funded program like the CT Homecare Program for Elders, CT Alzheimer's Respite or National Family Caregiver support Program.

**Baldwin Cares** . . . . . (203) 385-4055  
100 West Broad St., Stratford, CT

**ElderHouse** . . . . . (203) 847-1998  
7 Lewis Street, Norwalk, CT

**Grasmere by the Sea** . . . . . (203) 365-6470  
One Post Road, Fairfield, CT

**Greenwich Adult Day Care** . . . . . (203) 622-0079  
125 River Road, Greenwich, CT

**Park City Adult Day Care** . . . . . (203) 335-1001  
55 - A Chapel Street, Bridgeport, CT

**Remesa Adult Day (Spanish speaking)** . . . . . (203) 380-1228  
720 Barnum Ave. Cut Off, Stratford, CT

**St. Joseph's Adult Day Care** . . . . . (203) 268-6204  
6448 Main Street, Trumbull, CT

**Sunset Shores** . . . . . (203) 380-1228  
720 Barnum Ave. Cut-Off, Stratford, CT

**Wavney Care Center.** . . . . . (203) 594-5200  
3 Farm Road, New Canaan, CT

## ADVOCACY ORGANIZATIONS

### The Center for Medicare Advocacy

A national non-profit, non-partisan organization that provides education, advocacy and legal assistance to older adults and persons with disabilities to obtain rightful coverage through Medicare. Legal assistance is provided free to CT residents who have been wrongfully denied Medicare benefits.  
Center for Medicare Advocacy . . . . . (800) 262-4414

### Office of Healthcare Advocate (OHA)

OHA assists consumers with managed care by providing information, referral and assistance to individuals about obtaining healthcare coverage and services. OHA assists consumers in filing and tracking complaints against managed care plans.  
OHA . . . . . (866) 466-4446

### Office of Protection & Advocacy (OPA)

OPA is an independent state agency providing information, referral, advocacy assistance and limited legal services to individuals with disabilities whose civil rights have been violated.  
OPA . . . . . (800) 842-7303

### Office of Victim Services (OVS)

OVS, CT Judicial branch, is the state's lead agency to provide services to victims of violent crime. OVS offers information, referral, court based advocacy and financial compensation for victims of crime-related expenses to be eligible claimants.  
OVS . . . . . (800) 822-8428

### CT Commission on Human Rights (CHRO)

CHRO is the state's chief civil rights enforcement agency. It receives and investigates complaints alleging discrimination in employment, housing, and credit transactions on the basis of age, race, disability and sexual orientation.  
CHRO . . . . . (800) 477-5737

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## CAREGIVER RESPITE PROGRAMS

The following programs have been designed to assist caregivers by providing some services and support to caregivers to provide them with a break (respite) from their daily caregiving role.

### Alzheimer's State Respite Program

Provides up to \$3,500 in services to caregivers caring for a loved one with Alzheimer's or Dementia. This program can pay for in-home help, adult day care, meals on wheels, in-patient respite to allow the caregiver to take a needed vacation and other services.

### National Family Caregiver Support Program

Provides up to \$3,500 in services to family caregivers caring for a loved one over the age of 60 or to caregivers over the age of 60 caring for a loved one age 18-59 who is NOT the adult child of that caregiver.

To apply for either of these programs visit [www.swcaa.org](http://www.swcaa.org) or call: CHOICES . . . . . (800) 994-9422

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## CHOICES / SENIOR MEDICARE PATROL

CHOICES helps Connecticut's older adults and younger disabled individuals with Medicare understand their Medicare and health care options. Our goal is to help you make informed health insurance decisions and to help prevent, detect and report healthcare fraud and abuse. We provide INFORMATION (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related state & federal programs. We also provide community outreach, information and referral services on a wide variety of topics. CHOICES is funded in part by the Centers for Medicare & Medicaid, the state of CT and Administration on Aging. CHOICES is operated regionally by the Area Agencies on Aging. For more information call:

CHOICES . . . . . (800) 994-9422

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## CT DEPARTMENT OF SOCIAL SERVICES (DSS)

The Department of Social Services provides a broad range of services to the elderly, persons with disabilities, families, and individuals who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living. It administers the Medicaid, SNAP, HUSKY, Charter Oak and many other programs.

### REGIONAL DSS OFFICES:

Bridgeport Office . . . . . (203) 551-2700  
925 Housatonic Avenue

Stamford Sub-Office . . . . . (203) 251-9300  
1642 Bedford Street

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## DISABILITY SERVICES

Programs that provide emotional support, advocacy, and guidance through a variety of modalities for people who have disabilities to help them to cope more effectively with disability and to empower them to make personal choices which will maximize their ability to function independently.

Board of Education & Services for the Blind . . . (860) 602-4000  
184 Windsor Ave., Windsor, CT

Brain Injury Assoc. of CT . . . . . (800) 278-8242  
200 Day Hill Road, Windsor, CT

Bureau of Rehabilitative Services . . . . . (203) 551-5500  
1057 Broad Street, Bridgeport, CT

Bureau of Rehabilitative Services . . . . . (203) 251-9430  
1642 Bedford Street, Stamford, CT

Connecticut Association of Centers  
for Independent Living (CACIL) . . . . . (860) 656-0430  
151 New Park, Hartford, CT

CT Dept. of Developmental Services. . . . . (860) 418-6000  
 460 Capitol Ave., Hartford, CT

Disability Resource Center of Fairfield County . (203) 378-6977  
 80 Ferry Boulevard, Stratford , CT

Disability Resource Network. . . . . (203) 212-3330  
 1720 Capitol Ave. Bridgeport, CT

FSW Services for the Deaf & Hard of Hearing . (888) 676-8554  
 475 Clinton Ave, Bridgeport, CT

Kennedy Center, Inc. . . . . (203) 365-8522  
 2440 Reservoir Ave., Trumbull, CT

Muscular Dystrophy Association. . . . . (860) 633-4466

National MS Society , CT Chapter . . . . . (860) 913-2550

National Spinal Cord Injury Assoc. of CT . . . . . (203) 284-1045

New England Assistive Technology (NEAT) . . . . (866) 526-4492  
 Provides consumers with gently used and re-conditioned durable medical equipment and assistive technology devices.

Office of Person with Disabilities . . . . . (203) 576-8301  
 752 East Main Street, Room 120, Bridgeport, CT  
 Towns served: Bridgeport only

Office of Protections & Advocacy . . . . . (800) 842-7303  
 OPA is an independent state agency providing information, referral, advocacy assistance and limited legal services to individuals with disabilities whose civil rights have been violated.

Voluntary Services for the Blind . . . . . (203) 324-6611  
 945 Summer Street, Stamford, CT

## **ELDER ABUSE / DOMESTIC VIOLENCE SHELTERS & SERVICES**

### **CT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)**

This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services.

### **To report cases of suspected abuse, neglect or exploitation, call :**

In State referral line . . . . . (888) 385-4225  
 Bridgeport Office . . . . . (203) 551-2701  
 Stamford Office . . . . . (203) 251-9392  
 Out of State call infoline . . . . . (800) 203-1234

### **After Hours Elder Abuse Emergencies call:**

In State call Infoline . . . . . 211  
 Out of State call Infoline . . . . . (800) 203-1234

State of CT, Office of Protection & Advocacy  
 for People with Disabilities . . . . . (860) 297-4300  
 60 B Weston Street, Hartford, CT

### **EMERGENCY SHELTERING**

Center for Elder Abuse Prevention . . . . . (203) 396-1097

### **DOMESTIC VIOLENCE HOTLINES**

Statewide 24 Hour Hotline . . . . . (888) 774-2900  
 Norwalk 24 Hour Hotline . . . . . (203) 852-1980  
 Stamford 24 Hour Hotline . . . . . (203) 588-9096

Center for Women & Families of Eastern CT  
 Bridgeport, CT 24 Hour Hotline . . . . . (203) 384-9559

## **CT LONG TERM CARE OMBUDSMAN**

The Connecticut Long Term Care Ombudsman Program is mandated by the Older Americans Act to protect the health, safety, welfare and rights of residents and applicants of nursing homes, residential care homes and assisted living communities. The Ombudsmen investigate complaints from residents and family members and is responsible for monitoring state and federal laws and regulations affecting the lives of long term care residents and making recommendations for improvements. All Ombudsman activity is performed on behalf of and at the direction of these residents. Communication with residents, their family members or legal guardians is held in strict confidence.

Connecticut Long Term Care Ombudsman ... (860) 424-5200  
or (866) 388-1888

SW CT Regional Long Term Care Ombudsman. . (203) 551-5531

## **ENERGY ASSISTANCE PROGRAM**

Program that assists low-income homeowners and renters with their primary heating bills. It makes payments directly to vendors for heating costs of eligible participants. Filing period runs from October 15th through April 15th. For further information about this program, please contact:

### **BRIDGEPORT**

Action for Bridgeport Community Development  
(ABCD) Inc. .... (203) 384-6904  
Towns served: Bridgeport, Trumbull, Stratford, Monroe, Fairfield

### **NORWALK**

Norwalk Economic Opportunity (NEON) ..... (203) 899-2483  
Towns served: Norwalk, Darien, Westport, Wilton, Weston, Easton

### **STAMFORD**

CTE, Inc ..... (203) 352-4846  
Towns served: Greenwich, Stamford

## **FOOD PANTRIES**

### **BRIDGEPORT**

Angel Food Ministries ..... (203) 579-1579  
United Kingdom Ministries, 1589 Stratford Avenue  
Family Resource Center ..... (203) 330-8181

680 Park Avenue  
The Salvation Army ..... (203) 334-0995  
30 Elm Street

St. Ambrose Parish ..... (203) 333-1336  
1596 Boston Avenue

St. Charles Food Pantry ..... (203) 367-1489  
1279 Main Street

Thomas Merton House ..... (203) 367-9036  
43 Madison Avenue

### **GREENWICH**

Neighbor to Neighbor ..... (203) 622-9208  
248 E. Putnam Avenue

### **FAIRFIELD**

CT Food Bank ..... (203) 256-1935  
74 Linwood Avenue  
Operation Hope ..... (203) 292-5588  
636 Old Post Road

### **MONROE**

Monroe Social Services ..... (203) 452-3770  
7 Fan Hill Road

### **NORWALK**

Christian Community Action ..... (203) 899-2485  
98 South Main St.  
Manna House ..... (203) 866-1057  
4 Merritt Street

The Salvation Army ..... (203) 866-2125  
14 Byington Place

**STAMFORD**

Food Bank of Lower Fairfield Cty ..... (203) 358-8898  
 461 Glenbrook Road, Stamford  
 (servcs Darien, New Canaan, Wilton, Stamford)  
 Jewish Family Services ..... (203) 921-4161  
 733 Summer Street  
 New Covenant House ..... (203) 964-8228  
 90 Fairfield Avenue  
 Salvation Army of Stamford ..... (203) 359-2320  
 432 Fairfield Avenue  
 Zion Lutheran Church ..... (203) 327-7751  
 132 Glenbrook Road

**STRATFORD**

Sterling House Community Center ..... (203) 378-2606  
 2283 Main Street  
 ext. 110  
 South End Community Center ..... (203) 377-0689  
 19 Bates Street

**TRUMBULL**

Trumbull Social Services Food Pantry ..... (203) 452-5198  
 23 Priscilla Place

**WESTON**

Weston Social Services Food Pantry ..... (203) 222-2663  
 24 School Road

**WESTPORT**

Gillespie Center Food Pantry ..... (203) 226-1191  
 45 Jessup Road

**GERIATRIC ASSESSMENT CENTERS**

A Geriatric assessment is a comprehensive evaluation of an older adult's physical, mental and emotional state, designed to improve their quality of life, reduce the need for hospitalization or premature institutionalization and empower them to live independently for as long as possible.

**GERIATRIC ASSESSMENT CENTERS**

Bridgeport Hospital ..... (203) 384-3388  
 95 Armory Road, Stratford, CT  
 Greenwich Hospital ..... (203) 863-4373  
 5 Perryridge Road, Greenwich, CT  
 Jewish Home for the Elderly ..... (203) 396-1240  
 175 Jefferson St., Fairfield, CT  
 St. Vincent's Medical Center ..... (203) 576-5710  
 762 Lindley Street, Bridgeport, CT  
 Waveny Care Center ..... (203) 594-5311  
 3 Farm Road, New Canaan, CT

**HOMECARE SERVICES**

Homecare services can consist of home health aids, homemakers, companions, visiting nurses, PT or OT personal care attendants and chore services. For a list of homecare agencies, please visit [www.swcaaa.org](http://www.swcaaa.org) or call:  
 CHOICES ..... 800-994-9422

**HOSPITALS**

Bridgeport Hospital ..... (203) 384-3000  
 267 Grant Street, Bridgeport, CT  
 Greenwich Hospital ..... (203) 863-3000  
 5 Perryridge Road, Greenwich, CT  
 Griffin Hospital ..... (203) 735-7421  
 130 Division Street, Derby, CT  
 Milford Hospital ..... (203) 876-4000  
 300 Seaside Ave., Milford, CT  
 Norwalk Hospital ..... (203) 852-2000  
 34 Maple Street, Norwalk, CT  
 St. Vincent's Medical Center ..... (203) 576-6000  
 2800 Main Street, Bridgeport, CT  
 Stamford Hospital ..... (203) 276-1000  
 30 Shelburne Road, Stamford, CT

## **OUTPATIENT CLINICS**

### **BRIDGEPORT**

Americares Clinic ..... (203) 333-9175  
115 Highland Avenue  
Bridgeport Community Health Center ..... (203) 333-6864  
471 Barnum Avenue  
Chase Wellness Center ..... (203) 330-2783  
1071 East Main Street  
Hollow Community Health Center ..... (203) 576-3881  
82 George Street  
Optimus Health Care ..... (203) 696-3260  
982 East Main Street  
Park City Primary Care Center ..... (203) 579-5000  
64 Black Rock Avenue  
Ralphola Taylor Community Health ..... (203) 332-4567  
790 Central Avenue  
Southwest Community Health Center ..... (203) 330-6000  
361 Bird Street  
743 South Avenue  
510 Clinton Avenue (Women's health only)

### **FAIRFIELD**

Bridgeport Hospital Urgent Care Center ..... (203) 331-1924  
309 Stillson Road  
St. Vincent's Immediate Care Center ..... (203) 259-3440  
1055 Post Road

### **MONROE**

Bridgeport Hospital Urgent Care Center ..... (203) 459-0191  
388 Main Street  
St. Vincent's Immediate Medical Care ..... (203) 268-2501  
401 Monroe Turnpike

### **NORWALK**

Americares Clinic ..... (203) 899-2493  
98 South Main Street  
Community Health Center ..... (203) 854-9292  
49 Day Street  
Norwalk Community Health Center ..... (203) 899-1770  
120 Connecticut Avenue

### **STAMFORD**

Community Health Center ..... (203) 969-0802  
141 Franklin Street  
Optimus Health Care  
805 Atlantic Street ..... (203) 327-5111  
1351 Washington Blvd. .... (203) 621-3700

### **STRATFORD**

Stratford Community Health Center ..... (203) 375-7242  
727 Honeyspot Road

## **DENTAL CLINICS**

### **BRIDGEPORT**

Fones School of Dental Hygiene ..... (203) 576-4137  
60 Lafayette Street  
Optimus Dental Clinic ..... (203) 696-3260  
982 East Main Street  
Southwest Community Health Center ..... (203) 330-6000  
361 Bird Street  
968 Fairfield Avenue

### **NORWALK**

Norwalk Hospital Dental Clinic ..... (203) 852-2146  
34 Maple Street  
Smiles Dental Center ..... (203) 854-9292  
49 Day Street

### **STAMFORD**

Dental Care of Stamford ..... (203) 969-0802  
141 Franklin Street

### **STRATFORD**

Optimus Dental Clinic ..... (203) 380-5283  
727 Honeyspot Road



**HOME DELIVERED MEALS**

Programs that prepare and deliver meals to one's home for those who are unable to prepare and/or shop for their own meals or unable to travel to a congregate meal site. Costs and eligibility criteria may vary from program to program.

- FSW ..... (203) 368-5592  
475 Clinton Avenue, Bridgeport, CT  
Towns served: Trumbull, Bridgeport, Easton, Monroe, Southport, Stratford, Fairfield
- Lina Home Delivered Meals ..... (203) 288-4505  
119 Sanford Street, Hamden, CT 06514  
Towns served: Bridgeport, Fairfield, Norwalk, Stamford, Stratford, Trumbull

- Meals-On-Wheels of Greenwich ..... (203) 869-1312  
89 Maple Avenue, Greenwich, CT 06830  
Towns served: Greenwich Only
- Meals-On-Wheels of New Canaan ..... (203) 594-5318  
P.O. Box 231 New Canaan, CT  
Town Served: New Canaan Only

- Norwalk Meals on Wheels ..... (203) 847-3115  
11 Allen Road, Norwalk CT (Town Served: Norwalk Only)
- Catholic Charities: Senior Nutrition Program ... (203) 324-6175  
30 Myano Lane, Stamford, CT  
Towns served: Norwalk, Stamford, Darien, Westport, New Canaan  
Latino and Russian meals available

- Weston Social Services ..... (203) 222-2663  
Town Hall, 56 Northfield Road, Weston, CT  
Town Served: Weston Only
- Westport Senior Center ..... (203) 341-5099  
21 Imperial Avenue, Westport, CT  
Town Served: Westport Only

Wilton Meals-On-Wheels ..... (203) 762-0566  
439 Danbury Road, Wilton, CT  
Town Served: Wilton Only

**CONGREGATE MEAL SITES -  
COMMUNITY CAFES**

Congregate meal sites are community sites at places like senior centers or senior housing complexes that provide a hot nutritious meal for those 60 and older or younger individuals with a disability. A suggested donation is requested for the meal but no one is turned away if they are unable to make the suggested donation. For a complete list of Congregate meal sites visit [www.swcaaa.org](http://www.swcaaa.org) or call: CHOICES ..... 800-994-9422

**HOMELESS SHELTERS**

**BRIDGEPORT**

- Bridgeport Rescue Mission ..... (203) 333-4087  
1088 Fairfield Avenue
- Brooks Street Shelter ..... (203) 367-5830  
309 Brooks Street
- Domestic Violence & Crisis Shelter for Women . (203) 384-9559  
753 Fairfield Avenue
- Families in Transition ..... (203) 367-5830  
11 Clinton Avenue
- Prospect House ..... (203) 576-9041  
392 Prospect Street

**FAIRFIELD**

- Operation Hope of Fairfield ..... (203) 254-2935  
50 Nichols Street

**NORWALK**

- Malta House Women's Shelter ..... (203) 857-0088  
5 Prowitt Street
- Norwalk Emergency Shelter ..... (203) 866-1057  
4 Merritt Street

## STAMFORD

Shelter for Homeless –Pacific House . . . . . (203) 348-2792  
597 Pacific Street  
St. Lukes Life work Women's Shelter . . . . . (203) 388-0170  
8 Woodland Place

## WESTPORT

Interfaith Housing Association . . . . . (203) 226-1661  
45 Jesup Road

## HOUSING

There are several types of senior/ disabled housing available in Southwestern CT. Housing includes Assisted Living facilities, Congregate Housing, Subsidized senior housing, retirement communities, residential care homes. For a complete list and explanation of the various types of housing visit [www.swcaa.org](http://www.swcaa.org) or call:

CHOICES . . . . . 800-994-9422

## IN-HOME ASSISTANCE

In-Home assistance can consist of home delivered meals programs, chore, companion, homemaking, home health aides, visiting nurse, and PT/OT. There are many homecare providers offering both skilled and non-skilled services to help individuals remain at home. For a complete list and explanation of the various types of in-home care, please visit [www.swcaa.org](http://www.swcaa.org).

## LEGAL ASSISTANCE

The following are legal services offered either at no cost or a reduced cost to low income seniors and/or persons with disabilities. Also listed below are Attorney referral services.

Lawyer Referral Services . . . . . (203) 335-4116  
For civil and criminal cases or for legal advice or help with wills.  
Greater Bridgeport Bar Association . . . . . (203) 384-9346

Consumer Elder Law Project . . . . . (800) 296-1467  
Provides free legal assistance to seniors with consumer legal issues through a statewide phone hotline.  
Available Monday – Friday from 9:00 a.m. to 5:00 p.m.

## CT STATEWIDE LEGAL SERVICES

Provides free legal assistance on a variety of civil matters including housing issues, public benefit problems, family problems, consumer issues and bankruptcy.  
Bridgeport Office . . . . . (203) 336-3851  
211 State Street  
Stamford Office . . . . . (203) 348-9216  
20 Summer Street

## AIDS LEGAL NETWORK FOR CT (ALN)

ALN is a collaborative project of the legal services programs in CT that responds to the legal needs of people living with HIV/AIDS.  
Toll Free Statewide . . . . . (888) 380-3646

## CT FAIR HOUSING CENTER

A statewide organization dedicated to enforcing housing laws. The Center provides advocacy, attorney referrals and information in relation to housing discrimination complaints.  
Call . . . . . (860) 247-4400

## MEDICARE

Medicare is the national health insurance for people 65 or older and people with certain disabilities. Medicare is administered by the Centers for Medicare & Medicaid Services (CMS) and helps pay for hospital, physician, limited nursing home, home health care, durable medical equipment and prescription drugs. Medicare has several parts including Parts A, B and Part D as well as Medicare Advantage Plans. To apply for Medicare you must call or visit your local Social Security Administration. For more information on Medicare and understanding all the various options call:

CHOICES . . . . . (800) 994-9422  
MEDICARE . . . . . (800) 633-4227  
Or visit . . . . . [www.swcaa.org](http://www.swcaa.org) or [www.medicare.gov](http://www.medicare.gov)

**MEDICAID (Title XIX)**

A state and federally funded needs based program that provides health coverage for low income seniors and disabled individuals. Strict income and asset limits apply. Medicaid is administered by the CT Dept. of Social Services. For more information and to apply contact:

**CHOICES** ..... (800) 994-9422

**MEDICAID FOR LOW INCOME ADULTS (MLNA)**

Open to CT residents age 19 through 64 who do NOT receive federal supplemental security income or Medicare and who are NOT pregnant. Strict income limits apply. For more information or to apply contact your regional DSS office or call:

**CHOICES** ..... (800) 994-9422

**MEDICARE SAVINGS PROGRAMS (MSP)**

MSP are a group of programs that provide financial assistance in paying Medicare premiums and in some cases co-pays and deductibles. There are three MSP programs each with their own income guidelines. The programs are QMB, SLMB, ALMB. For more information and to apply contact:

**CHOICES** ..... (800) 994-9422

You can download applications for the above programs at [www.swcaa.org](http://www.swcaa.org) and click on Benefits.

**THE MEDICAID WAIVERS**

CT has seven Medicaid waivers also known as 1915 (c) waivers. These are individual service packages that allow individuals who are at a skilled nursing home level of care to receive their long term care services in the community with home and community based services. Although all waivers have the same income and asset qualifications, they don't all have the same functional and diagnostic criteria in order to qualify. Extensive waiting lists apply for many of the waivers except the CT Home care Program for Elders and WISE program.

**ACQUIRED BRAIN INJURY WAIVER (ABI)**

For individuals between the ages of 18-64 who have a traumatic brain injury and require assistance with at least three ADLs. To obtain an application call:

**DSS Social Work Services**  
**Bridgeport Office** ..... (203) 551-2706  
**Stamford Office** ..... (203) 251-9392

**CT HOMECARE PROGRAM FOR ELDER (CHCPE)**

For individuals over the age of 65 who require assistance with at least three activities of daily living. To make a referral call: The Alternate Care Unit at DSS..... (860) 424-4904

**DEPARTMENT OF DEVELOPMENTAL DISABILITIES (DDS)**

For individuals with developmental disabilities who either are living in group homes or living with family. To make a referral call: **DDS Eligibility Unit**..... (866) 433-8192

**KATIE BECKETT WAIVER**

For individuals with severe disability. There is no age limit however, most participants are children. The program provides case management and in-home services. Extensive waiting list exists for this waiver. For more information or to apply call: **Dept. of Social Services** ..... (800) 445-5394

**PERSONAL CARE ATTENDANT WAIVER (PCA)**

For individuals between the ages of 18 - 64 who have physical disabilities and require assistance with at least two activities of daily living, individual must be able to self direct or have someone that can direct their care. To apply call:

**DSS Social Work Services**  
**Bridgeport Office** ..... (203) 551-2706  
**Stamford Office** ..... (203) 251-9392

**WISE PROGRAM**

Operated by the Dept. of Mental Health & Addiction Services. For people with serious & persistent mental illness who meet additional eligibility criteria. To apply call:

**DHMAS** ..... (866) 548-0265

## **MONEY FOLLOWS THE PERSON**

A Federally funded initiative that gives individuals residing in institutions such as skilled nursing facilities and chronic disease hospitals, the option of returning to the community to live with home and community based services. No age limit applies however, an individual must be institutionalized for at least three months and must be on or eligible for Medicaid. To apply call: MFP Unit at DSS . . . . . (888) 992-8637

## **MENTAL HEALTH HOTLINES & SERVICES**

Southwestern Connecticut 24-Hour  
Crisis Intervention Line . . . . . (800) 586-9903  
DuBois Center Crisis Hotline . . . . . (203) 358-8500

### **ADULT MENTAL HEALTH SERVICES**

Greater Bridgeport Community Health Center . (800) 586-9903  
Bridgeport (Inpatient, Outpatient)  
Bridgeport Hospital REACH Program . . . . . (203) 384-3377  
Bridgeport (Inpatient, Outpatient)  
Catholic Charities of Fairfield County . . . . . (203) 416-1318  
Bridgeport (Outpatient)  
CT Self Help Network. . . . . (203) 789-7645  
The Consultation Center, Whitney Ave., New Haven  
Fairfield Counseling Center . . . . . (203) 255-5777  
Fairfield (Outpatient)  
Family Services of Woodfield . . . . . (203) 368-4291  
Bridgeport (Outpatient)  
Laurel House . . . . . (203) 324-1816  
Stamford  
St. Vincent's Behavioral Health/ Hall Brooke . . . (203) 227-1251  
Westport (Inpatient, Outpatient)  
Jewish Family Services . . . . . (203) 366-5438  
Bridgeport (Outpatient)

National Alliance on Mental Illness (NAMI - CT) . . . . . (800) 215-3021  
241 Main Street, 5th Floor, Hartford, CT

Optimus Behavioral Health . . . . . (203) 333-6864  
Bridgeport (Outpatient)

Trumbull Counseling Services . . . . . (203) 261-5110  
Trumbull (Outpatient)

Silver Hill Hospital . . . . . (866) 542-4455  
New Canaan (Inpatient)

Southwest Community Health Center . . . . . (203) 330-6000  
Bridgeport (Outpatient)

## **SKILLED NURSING FACILITIES**

For a complete list visit the online directory at [www.swcaa.org](http://www.swcaa.org).  
For ratings of nursing homes, visit [www.medicare.gov](http://www.medicare.gov).

## **SUBSTANCE ABUSE PROGRAMS**

Chemical Abuse Service Agency . . . . . (203) 339-4112  
Bridgeport  
CT Renaissance, Inc. . . . . (203) 367-6827  
Bridgeport  
St. Vincent's Behavioral Health/ Hall Brooke . . (203) 227-1251  
Westport  
Helping Hand Center . . . . . (203) 336-4745  
Bridgeport  
Liberation Programs . . . . . (203) 384-9301  
Bridgeport  
Positive Directions . . . . . (203) 227-7644  
Westport  
Regional Counseling Services . . . . . (203) 366-5817  
Bridgeport  
Regional Network of Programs Shelton . . . . . (203) 929-1954  
Silver Hill Hospital . . . . . (866) 542-4455  
New Canaan

## SELF HELP GROUPS

Alcoholics Anonymous..... (866) 783-7712  
Cocaine Anonymous ..... (800) 347-8998  
Narcotics Anonymous ..... (800) 627-3543  
Gamblers Anonymous ..... (800) 346-6238

## MUNICIPAL AGENTS FOR THE ELDERLY

Every Connecticut city and town has a Municipal Agent for the Elderly who assists town residents ages 60+ by providing information and referrals to local, state, and federal services and benefit programs and applications for the renter's Rebate Program as well as Other entitlement programs.

Bridgeport – Rose Marie Hoyt ..... (203) 576-7989  
Darien – Olive Hauser..... (203) 656-7329  
Easton – Katy Tressler..... (203) 268-1137  
Fairfield – Claire Grace..... (203) 256-3166  
Greenwich – Rick Weiner..... (203) 622-3719  
Monroe – Barbara Yeager..... (203) 452-3771  
New Canaan – Melba Neville..... (203) 597-3077  
Norwalk – Laura Epstein..... (203) 847-2830  
Stamford – vacant..... (203) 977-4747  
Stratford – Lisa Stone..... (203) 385-4055  
Trumbull – Jean Foreira..... (203) 452-5199  
Weston – Charlene Chang-Hillman..... (203) 222-2663  
Westport – Susanne Lebrija..... (203) 341-1071  
Wilton – Cathy Pierce..... (203) 834-6238

## OUTREACH & COMMUNITY SOCIAL SERVICES

Bridgeport Social Services ..... (203) 576-7471  
752 East Main Street, Bridgeport (Hispanic outreach)  
Darien Social Services ..... (203) 656-7321  
2 Renshaw Road, Darien  
Fairfield Social Services ..... (203) 256-3166  
100 Mona Terrace, Fairfield  
Greenwich Social Services ..... (203) 622-3800  
101 Field Point Road, Greenwich

Monroe Social Services ..... (203) 452-3771  
235 Cutlers Farm Road, Monroe  
Norwalk Senior Services ..... (203) 847-2830  
11 Allen Road, Norwalk  
Stamford Social Services ..... (203) 977-4747  
888 Washington Blvd. Stamford

Senior Services of Stamford ..... (203) 324-6584  
945 Summer Street, Stamford  
Catholic Charities ..... (203) 253-1340  
30 Myano Lane, Stamford  
Hispanic Outreach  
Trumbull Social Services..... (203) 377-6832  
23 Priscilla Drive, Trumbull  
Weston Social Services..... (203) 222-2663  
56 Norfield Road, Weston  
Westport Human Services ..... (203) 341-1067  
110 Myrtle Ave., Westport  
Wilton Social Services ..... (203) 834-6238  
180 School Road, Wilton

## PROBATE COURTS

CT Probate Courts oversee decedents' estates and trusts, as well as handle a wide range of issues affecting children, the elderly and persons with disabilities.

Bridgeport Probate Court ..... (203) 576-3945  
202 State Street, Bridgeport  
Darien Probate Court (covers New Canaan) ... (203) 656-7342  
2 Resnshaw Road, Darien  
Fairfield Probate Court..... (203) 256-3041  
725 Old Post Road, Fairfield  
Greenwich Probate Court ..... (203) 622-7879  
101 Field Point Road, Greenwich  
Norwalk Probate Court (covers Wilton) ..... (203) 854-7137  
125 East Avenue, Norwalk

**Trumbull Probate Court**  
 (covers Easton & Monroe) ..... (203) 452-5068  
 5866 Main Street, Trumbull  
**Stamford Probate Court.** ..... (203) 323-2149  
 888 Washington Blvd., Stamford  
**Stratford Probate Court.** ..... (203) 385-4023  
 468 Birdseye Street, Stratford  
**Westport Probate Court.** ..... (203) 341-1100  
 110 Myrtle Ave., Westport

**RENTER'S REBATE**

The Renter's Rebate Program is a state funded program administered by the Office of Policy Management. It provides low income renters in CT a rebate on a portion of the rent they paid in the previous calendar year. Income limits apply, however there are no asset limits.  
**Application period runs from May 15th to September 15th of every year.** Applications are taken by Municipal agents and/or your local Human or Social Services Dept. (See page 26 for your local Municipal Agent's number).

**PROPERTY TAX RELIEF**

State law provides a property tax credit program for Connecticut homeowners, who are elderly (65 and over) or totally disabled, and whose annual incomes do not exceed certain limits. The credit amount is calculated by the local assessor and applied by the tax collector to the applicant's real property tax bill. The amount of the credit that may be granted is up to \$1,250 for married couples and \$1,000 for single persons. Credit amounts are based on a graduated income scale. Application may be made with your local Tax Assessor's Office between February 1 and May 15th.

**TAX ASSESSOR OFFICES BY TOWN**  
 Bridgeport. .... (203) 576-7421  
 Darien ..... (203) 656-7314  
 Easton ..... (203) 268-6291

Fairfield ..... (203) 256-3110  
 Greenwich ..... (203) 622-7885  
 Monroe ..... (203) 452-2804  
 New Canaan ..... (203) 594-3005  
 Norwalk ..... (203) 854-7888  
 Stamford ..... (203) 977-5888  
 Stratford ..... (203) 385-4025  
 Trumbull ..... (203) 452-5016  
 Weston ..... (203) 222-2607  
 Westport ..... (203) 341-1070  
 Wilton ..... (203) 563-0125

**SENIOR CENTERS**

Black Rock Senior Center ..... (203) 576-7528  
 2676 Fairfield Ave., Bridgeport, CT  
 East Side Senior Center ..... (203) 576-7212  
 1057 East Main Street, Bridgeport, CT (Spanish speaking)  
 Ella Jackson Senior Center ..... (203) 345-2028  
 52 George Pipin Way, Bridgeport, CT  
 Eisenhower Senior Center ..... (203) 576-7993  
 263 Golden Hill St., Bridgeport, CT  
 North End Bethany Center ..... (203) 576-7730  
 20 Thorne Street, Bridgeport, CT  
 Park Ave. Senior Center ..... (203) 334-0092  
 2540 Park Ave. Bridgeport, CT  
 Darien Senior Center ..... (203) 656-7455  
 30 Edgerton Street, Darien, CT  
 Easton Senior Center ..... (203) 268-1145  
 650 Morehouse Road, Easton, CT  
 Fairfield Senior Center ..... (203) 256-3166  
 100 Mona Terrace, Fairfield, CT  
 Greenwich Senior Center ..... (203) 622-3990  
 299 Greenwich Ave, Greenwich, CT  
 Monroe Senior Center ..... (203) 452-3771  
 235 Cutlers Farm Road, Monroe, CT

New Canaan Senior Center ..... (203) 594-3620  
 663 South Ave., New Canaan, CT

Norwalk Senior Center ..... (203) 847-3115  
 11 Ailen Road, Norwalk, CT

Norwalk Senior Center South ..... (203) 299-1500  
 92 Cedar Street, Norwalk, CT (Spanish speaking)

Stamford Senior Center ..... (203) 977-5151  
 888 Washington Blvd., Stamford, CT

Over 60 Club ..... (203) 348-1228  
 945 Summer Street, Stamford, CT

Senior Neighborhood Support ..... (203) 324-2404  
 18 Quintard Terrace, Stamford, CT

Baldwin Center ..... (203) 385-4050  
 1000 West Broad Street, Stratford, CT

Trumbull Senior Center ..... (203) 452-5199  
 23 Priscilla Place, Trumbull, CT

Weston Senior Center ..... (203) 222-2608  
 9 School Road, Weston, CT

Westport Senior Center ..... (203) 341-5099  
 21 Imperial Ave., Westport, CT

Wilton Senior Center ..... (203) 834-6240  
 180 School Road, Wilton, CT

### **SOCIAL SECURITY ADMINISTRATION**

The Social Security Administration administers Social Security retirement benefits, disability benefits, SSI, Survivor's benefits and Enrollment for Medicare Parts A & B. You can apply for most of these benefits online including requesting a replacement Medicare card. You can also visit your regional office.

Bridgeport Office ..... (866) 331-6399  
 3885 Main Street, 3rd Floor

Norwalk Office ..... (877) 376-9854  
 24 Belden Ave., 5th Floor

Stamford Office ..... (866) 770-1881  
 Suite 105, Two Landmark Square

### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM**

SNAP, formerly known as Food stamps helps low income individuals and families buy food. Applications can be made at your regional DSS office or by downloading application from [www.swcaa.org](http://www.swcaa.org).

### **STAY AT HOME PROGRAMS**

Local community organizations that help senior residents remain in their homes with a variety of services and care coordination.

Aging in Place Darien ..... (203) 585-4094

At Home in Greenwich ..... (203) 422-2342

Links Connections Westport/Weston ..... (203) 349-5333

Staying Put in New Canaan ..... (203) 966-7762

Stay at Home Wilton ..... (203) 423-3225

### **TRANSPORTATION**

The following provide door to door transportation for older adults and persons with disabilities for the purposes of non-emergency medical appointments, shopping and/or other errands. These services are for individuals who need special accommodations and are unable to use public transportation.

Logisticare ..... (888) 248-9895  
 Only for Medicaid clients to use for medical appointments

Greater Bridgeport Transit Access (GBTA) ..... (203) 579-7777

Gallivant Program ..... (203) 656-2227  
 Darien residents only

Dial-a-Ride of Greenwich ..... (203) 661-6633

Red Cross Motor Service ..... (203) 869-8444

Transportation Association of Greenwich ..... (203) 637-4345  
 Greenwich residents only for the above three listings

- ITN Coastal CT ..... (203) 858-2001  
Serves residents of Easton, Fairfield, Norwalk, Weston,  
Westport, Wilton
- Fairfield Senior Center ..... (203) 256-3166  
Serves residents of Fairfield only
- Getabout ..... (203) 972-7433
- New Canaan Red Cross ..... (203) 966-1663  
The above two listings serve residents of New Canaan only
- Norwalk Dispatch a Ride ..... (203) 852-0000
- Easy Access (Town to Town) ..... (203) 299-5180
- FISH of Norwalk ..... (203) 229-9727  
Serves residents of Norwalk only
- Stamford Senior Services ..... (203) 324-6611  
Serves Stamford residents only
- Stratford Senior Transportation ..... (203) 385-4051  
Serves Stratford residents only
- Trumbull Senior Transportation ..... (203) 452-5137  
Serves residents of Trumbull only
- Weston Dial-a-Ride ..... (203) 222-2576  
Serves Weston residents only
- Social Services Wilton ..... (203) 834-6234  
Serves resident of Wilton only

**VETERANS PROGRAMS & SERVICES**

- CT Dept. of Veteran Affairs ..... (203) 336-2570  
75 Middle Street, Bridgeport
- U.S. Dept. of Veterans Affairs ..... (203) 931-0460

**VETERANS ADMINISTRATION MEDICAL CENTERS**

- V. A. Outpatient Clinic ..... (203) 325-0649  
1275 Summer Street, Suite 102, Stamford
- V. A. Medical Center ..... (203) 932-5711  
950 Campbell Ave., West Haven
- V. A. Home & Hospital ..... (860) 529-2571  
287 West Street, Rocky Hill

**VETERANS AID & ATTENDANCE PENSION PROGRAM**

The Aid & Attendance Pension provides benefits to veterans or their surviving spouse who require regular attendance of another person to assist in their activities of daily living. The financial pension received through this program must be used to pay for care received in the home or in a assisted living. For more information and to apply call the U.S. Dept. of Veterans Affairs or visit [www.veteranaid.org](http://www.veteranaid.org).

**VETERANS CAREGIVERS SUPPORT PROGRAM**

Each V. A. Medical Center has a Caregiver Support Coordinator who is a local resource for veterans and their caregivers. They can help provide assistance regarding durable medical equipment, hearing aides, prosthetics, home modifications and other services.

V. A. Medical Center ..... (203) 932-5711 ext. 2266

**SOILDERS, SAILORS & MARINES FUND**

A state agency that assists veterans and their families with financial and medical issues and concerns.

Soldiers, Sailors & Marines Office ..... (203) 331-8876  
350 Fairfield Ave. Bridgeport

**TRICARE FOR LIFE (TFL)**

Provides expanded medical coverage for Medicare eligible retirees, including retired guard members, reservists, Medicare eligible family members and widows/ widowers.

TRICARE for Life ..... (888) 363-5433