



Your Aging & Disability Resource Guide

2013

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

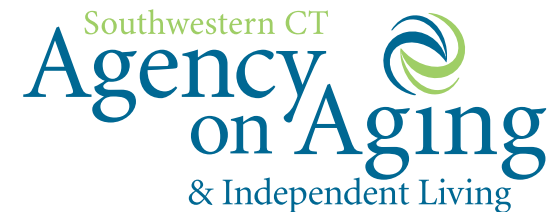
Stratford Baldwin Center

Trumbull Senior Center

Westport Dept. of Human Services

Wilton Social Services

Weston Senior Center



**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:
10 Middle Street, Bridgeport, CT 06604
(203) 333-9288 • www.swcaa.org

Disability Resource Center of Fairfield County:
80 Ferry Blvd., Stratford, CT 06614
(203) 378-6977 • www.drcfc.org

Infoline- 2-1-1:
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
1000 West Broad St., Stratford, CT or 4050

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 Extension, 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

Waveny 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

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 or call:
CHOICES (800) 994-9422

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

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 (877) 551-2700
925 Housatonic Avenue

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

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) 284-2910
- 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 180, 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
299 Greenwich Avenue, Greenwich, 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 :

- 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 Hotline** (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

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, New Canaan, 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) 939-1649
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 County (203) 358-8898
461 Glenbrook Road, Stamford (serves Darien, New Canaan,
Wilton, Stamford, Norwalk, Greenwich)

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
198 Selleck Street

Zion Lutheran Church (203) 327-7751
132 Glenbrook Road

Faith Tabernacle Church (203) 348-8755
29 Grove Street ext. 14

STRATFORD

Sterling House Community Center (203) 378-2606
2283 Main Street

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) 226-1661
45 Jessup Road or 1191

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.swcaa.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 Free Clinic of Bridgeport** (203) 333-9175
115 Highland Avenue
- Optimus Health Center** (203) 333-6864
471 Barnum Avenue
- Optimus Health Care** (203) 330-3030
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)
968 Fairfield Avenue

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

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

NORWALK

- Americares Free Clinic of Norwalk** (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) 576-4220
60 Lafayette Street
- Optimus Dental Clinic** (203) 696-3270
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
11 Maple Street
- Smiles Dental Center** (203) 854-9292
49 Day Street

STAMFORD

- Dental Care of Stamford** (203) 969-0802
141 Franklin Street, Community Health Center
- Optimus Dental Clinic** (203) 621-3700
1351 Washington Boulevard

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.

CW Resources (203) 332-3264
Towns served: Trumbull, Bridgeport, or (800) 852-0384
Easton, Monroe, Southport, Stratford, Fairfield ext. 298

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) 341-5097
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.swcaa.org or call:

CHOICES 800-994-9422

HOMELESS SHELTERS

BRIDGEPORT

Bridgeport Rescue Mission (203) 333-4087
1088 Fairfield Avenue

Brooks Street Shelter (families only) (203) 367-5830
309 Brooks Street

Domestic Violence & Crisis Shelter for Women . (203) 384-9559
753 Fairfield Avenue

Families in Transition (families only). (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 Open Door Shelter (203) 866-1057
4 Merritt Street

STAMFORD

Shelter for Homeless–Pacific House (men only) . . (203) 348-2792
597 Pacific Street

Inspirica Housing Program (203) 388-0170
8 Woodland Place

WESTPORT

Gillespie Center (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 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**.

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** or **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 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 ELDERS (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 (203) 551-7507
Crisis Intervention Line or (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 Mutual Support Network (203) 789-7645
The Consultation Center, 389 Whitney Ave., New Haven

Fairfield Counseling Services 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); Norwalk, Bridgeport (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) 333-3030
Bridgeport (Outpatient)

Trumbull Counseling Center (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.
For ratings of nursing homes, visit 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

CASA Recovery House (203) 336-4745
Bridgeport

Liberation Programs. (203) 384-9301
Bridgeport

Positive Directions (203) 227-7644
Westport

Recovery Counseling Services (203) 366-5817
Bridgeport

Recovery 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 – George O'Loughlin	(203) 622-3800
Monroe – Barbara Yeager	(203) 452-3771
New Canaan – Melba Neville	(203) 594-3077
Norwalk – Laura Epstein	(203) 847-2830
Stamford – vacant	(203) 977-4747
Stratford – Lisa Stone	(203) 385-4055
Trumbull – Jean Ferreira	(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
2009 Summer Street, Suite 301, Stamford	
Catholic Charities	(203) 323-1105
30 Myano Lane, Stamford	
Hispanic Outreach ext. 16	
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
999 Broad Street, Bridgeport	
Darien Probate Court (covers New Canaan) . . .	(203) 656-7342
2 Renshaw 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) 854-7737
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 1st 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 Pipkin’s 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 Cente	(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 Allen 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 at St. John's Episcopal Church** . . . (203) 705-8679
628 Main 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
- 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.

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) 655-2227
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 (for medical appointments)
- Stamford Senior Services** (203) 324-6584
Serves Stamford residents only (for medical appointments)
- 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
- Wilton Dial-a-Ride** (203) 834-6234
Serves resident of Wilton only

VETERANS PROGRAMS & SERVICES

- CT Dept. of Veteran Affairs** (203) 336-2570
752 East Main Street, Bridgeport
- U.S. Dept. of Veterans Affairs** (203) 874-6711

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.

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. 2297

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 (866) 773-0404