

# Community Programs Funded by Southwestern CT Agency on Aging

The following agencies receive grants through Federal Older Americans Act Title III funding and provide services for individuals 60 years of age or older. Services through Older Americans Act funded programs are provided free of charge.

## Title III B- Supportive Services

### **Legal Services for Elderly CT Legal Services**

Legal assistance in addressing complex legal issues that impact income, shelter and health care for low-income seniors.

### **Center for Elder Abuse Prevention Jewish Senior Services**

Community educational events on elder abuse prevention.

### **Personal Alert**

#### **Family & Children's Agency**

Assists in providing personal emergency response service to low-income seniors.

### **Elderly Hispanic Program Bridgeport Health & Social Services**

Outreach to Spanish-speaking seniors in Bridgeport; information about and assistance accessing services.

### **Senior Center Recreation Bridgeport Department on Aging**

Recreational activities including Tai Chi, line dancing, painting classes held at various senior centers in Bridgeport.

### **Senior Center Use & Transportation Hall Senior Center**

Transportation and programming at a senior center serving mostly African-American and Hispanic seniors. Center is a congregate meal site.

### **VNS of Connecticut**

#### **Home-Based Case Management**

Provide senior home health clients with an assessment and assistance accessing needed community services.

### **Stratford Senior Outreach Town of Stratford Senior Services**

Outreach to Stratford seniors, information and assistance accessing

services. Center is a congregate meal site.

### **Monroe Senior Transportation Town of Monroe**

Supplements local senior transportation for medical, personal, nutritional and recreational activities.

### **Grasmere on Park Adult Day Program**

#### **Jewish Senior Services**

Assists in providing Adult Day Care for low-income participants.

### **Norwalk Senior Center South Norwalk Senior Center**

Senior Center including bi-lingual programming, transportation, social support & translation services for low-income & minority seniors.

### **ElderHouse Adult Day Program ElderHouse, Inc.**

Assists in providing Adult Day Care for low-income participants.

### **Assisted Transportation Family & Children's Agency**

Escorted door-to-door transportation for medical appointments & shopping.

### **Chore/Homemaker Family & Children's Agency**

Assistance with housekeeping and chores to enable low-income and frail seniors to remain safely in their homes.

### **Dental Services for the Elderly Community Health Center**

Full-service dental program for low-income seniors at Norwalk Smiles and the Dental Center of Stamford.

### **Elderly Hispanic Outreach Stamford Senior Center**

Programming and assistance accessing services provided in Spanish at the

Stamford Senior Center. Center is a congregate meal site.

### **Senior Neighborhood Outreach Silver Source**

Outreach with low-income and minority community seniors through peer-to-peer group discussions and assistance identifying and accessing services.

### **Over 60 Senior Neighborhood Over 60 Club**

Support for transportation and exercise classes at a senior center. Center is a congregate meal site.

### **Friendly Connections Family Centers**

Friendly visitors for isolated seniors in senior housing and group activities for the seniors and visitors to share.

### **River House Adult Day Center**

Assists in providing Adult Day Care for low-income participants.

## Title III D-Health Promotion Disease Prevention

### **Health Promotion: Fall Prevention Fairfield University School of Nursing**

Nursing students provide evidence-based "Matter of Balance" fall prevention workshops for community seniors.

### **Tai Chi Moving for Better Balance Enhance Fitness Norwalk Senior Center**

Evidence-based health promotion fitness classes held at two Norwalk Senior Center locations. One center is a congregate meal site.

## **Title III E- National Family Caregiver Support Program**

### ***Family Caregiver Support Hall Senior Center***

Caregiver services and support group at a senior center serving mostly African-American and Hispanic seniors. Center is a congregate meal site.

### ***Caregiver Connection Family & Children's Agency***

Support and information & assistance for family caregivers caring for seniors.

### ***Family & Caregiver Information & Assistance***

#### ***Family & Children's Agency***

Assistance for caregivers as they navigate complex systems and provide resources & referrals.

### ***Caregiver Support for New Early Memory Loss Program***

#### ***Jewish Senior Services***

Assistance for caregivers in determining resources to "bridge the gap" for Early Memory Loss and services for fully diagnosed dementia.

### ***Down Syndrome and Alzheimer's Disease Forum***

#### ***The Kennedy Center***

A community forum providing education on a range of services and supports available for people with Down syndrome and people with Alzheimer's.

### ***Caregiver Education & Support Westport Center for Senior Activities***

Group counseling, benefits education, caregiver support and caregiver training for caregivers caring for seniors afflicted with Parkinson's or other chronic diseases.

### ***Caregiver Support Initiative Town of Trumbull***

Caregiver counseling, education, outreach and information and assistance for seniors and caregivers in distress.

### ***Caregiver Assistance Program Town of Monroe***

Increase caregivers' awareness and support through caregiver counseling, support group, caregiver training, information assistance, outreach and education.

### ***Caregiver's Support Program Fairfield Social Services***

A one-stop resource to assist caregivers in finding services and supports for themselves and their loved ones including education, training, and financial assistance for respite care.

### ***SilverSource Caregiver Assistance SilverSource Inc.,***

Assist caregivers in the care of elders by providing homecare assistance and valuable respite for caregivers.

### ***Care For Me Too Norwalk Senior Center***

Caregiver support group and training provided for caregivers who are overwhelmed by the day to day needs of elders.

### ***Supporting Caregivers in Lower Fairfield County***

#### ***Waveny LifeCare Network***

Providing resource and support for caregivers of elders who suffer from memory loss through counseling, educational programs, and support groups.

### ***Stamford Caregiver Support Program***

#### ***Stamford Senior Center***

Caregiver counseling, caregiver training, educational events, personal care workers, and information and assistance catered to recipients caring for elders.

### ***Public Education for Caregivers Fairfield County House***

Identifying and reducing personal stress of caregivers through public education.

### ***Respite Services for Low Income Caregivers***

#### ***ElderHouse***

Assists in meeting the needs of family caregivers by providing quality adult day and respite care services in lower Fairfield County.

## **Title III C-Congregate & Home Delivered Meal Nutrition Services**

### ***Congregate & Home Delivered Meals CW Resources***

Meals served at 7 community sites and delivered to homebound seniors.

### ***Congregate & Home Delivered Meals Catholic Charities of Fairfield County***

Meals served at 8 community sites and delivered to homebound seniors.

**See next page for complete listing of meal site locations and contact information.**

# Title III Congregate and Home Delivered Meals

## GREATER BRIDGEPORT

## GREATER NORWALK & STAMFORD

### Congregate Meals

**CW Resources  
203-332-3264**

### Congregate Meals

**Catholic Charities of Fairfield County  
203-324-6175**

### Client Eligibility for Title III Congregate Meals

- Persons age 60 or older
- The accompanying spouse of an eligible participant, regardless of age
- Persons with disabilities who have not reached 60 years of age, but who reside in housing facilities occupied primarily by older persons at which congregate services are provided
- Persons providing volunteer services during meal hours
- Persons receiving home delivered meals are not eligible to receive a congregate meal on the same day

#### **Bridgeport Sites:**

Bridgeport Elderly Apartments, 2400 North Avenue  
East Side Senior Center, 1057 East Main Street  
Eisenhower Senior Center, 307 Golden Hill Street  
Hall Neighborhood House, 52 George E. Pipkins Way

#### **Stratford Site:**

Baldwin Senior Center, 1000 West Broad Street

#### **Fairfield Site:**

Bigelow or Senior Activities, 100 Mona Terrace

#### **Trumbull Site:**

Trumbull Senior Center, 23 Priscilla Place

#### **Norwalk Sites:**

Broad River Homes, 108 New Canaan Avenue  
The Marvin, 60 Gregory BLVD.  
Norwalk Senior Center, 11 Allen Road

#### **Stamford Sites:**

Stamford Senior Center, 888 Washington BLVD  
Jewish Community Center (Kosher), 1035 Newfield Avenue  
Over 60 Club, 628 Main Street

#### **Greenwich Site:**

Hill House, 8 Riverside Avenue

#### **Westport Site:**

Westport Center for Senior Activities, 21 Imperial Ave.

### Home Delivered Meals

**Greater Bridgeport  
CW Resources  
203-332-3264**

### Home Delivered Meals

**Greater Norwalk & Stamford  
Catholic Charities of Fairfield County  
203-324-6175**

### Client Eligibility for Title III Home Delivered Meals

- Persons age 60 or older who are homebound because of illness or an incapacitating disability, or who are otherwise isolated;
- The spouse of a person age 60 or older, regardless of age, if the receipt of the meal is in the best interest of the person age 60 or older; and
- Persons less than 60 years old with disabilities who are members of the household of a person age 60 or older who is a Title III-C home delivered meal recipient.
- Persons receiving a congregate meal are not eligible to receive home delivered meals on the same day.
- Persons who are Medicaid or CT Home Care Program eligible should not utilize Title III funds to receive Medicaid-eligible services.