COMMUNITY PROGRAMS & SERVICES

The following providers receive Federal Older Americans Act Title III funding administered by Southwestern CT Agency on Aging

Learn more about these programs and services for adults 60 years of age or older

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

Senior Center Use
Hall Senior Center
Provides programming, support and language translation through regularly scheduled small and large group activities including presentations and a nutritious breakfast and lunch.

Title III B- Supportive Services

VNS of Connecticut
Home-Based Case Management
Provides senior home health clients with an assessment and assistance accessing needed community services.

Stratford Senior Outreach
Stratford Senior Services
Outreach to Stratford seniors, information and assistance accessing services. Center is a congregate meal site.

Monroe Senior & Disabled Transportation
Town of Monroe
Supplements local senior transportation for medical, personal, nutritional and recreational activities.

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

Assisted Transportation
Family & Children’s Agency
Escorted door-to-door transportation for medical appointments, grocery stores & socialization events.

Chore/Homemaker
Family & Children’s Agency
Assistance with housekeeping and chores to enable low-income and frail seniors to remain safely in their homes.

Title III B- Supportive Services

Comprehensive Dental Care for Seniors
Community Health Center Inc.
Full-service dental program for low-income seniors at Norwalk Smiles and the Dental Center of Stamford.

Senior Hispanic Program
Stamford Senior Center
Provides social, educational, health & wellness programs and information and assistance to the greater Stamford senior Hispanic community.

SilverSource
Information/Assistance/Outreach
SilverSource, Inc.
Provides information, expert help navigating complex systems, referrals, emergency assistance, and support for critical needs that create community connections.

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
River House Adult Day Center
Assists in providing Adult Day Care for low-income participants including socialization, therapeutic recreation and exercise, nutritious meals, and compassionate nurse care.

Grants_Current Grantees
Title III D - Evidence Based Health Promotion Programs

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, individual counseling and support/education group sessions in English and Spanish. Hall Senior Center is a congregate meal site.

Caregiver Connection and Information & Assistance
Family & Children’s Agency
Caregiver counseling, support, referrals and information & assistance for caregivers and their care recipients.

Memory Workshop
Jewish Senior Services
A peer-to-peer support and educational program for adults with mild cognitive impairment or early stage dementia. A program that bridges the gap between diagnosis and crisis.

Grasmere on Park
Jewish Senior Services
A critical resource for seniors and their families including nursing care, case management, recreation, meals, and escorted wheelchair transportation.

Adult Day Respite for Caregivers
ElderHouse, Inc.
Offers caregivers scheduled days of respite and relief from caregiving duties including transportation, personal care, nurse monitoring, meals, recreation, socialization and community engagement.

Caregiver Support at the WCSA
Westport Center for Senior Activities
Offers a caregiver support group twice a month for caregivers caring for an older individual, or child under age 18, or adult child age 18-59 with a disability.

Caregiver Services
Town of Trumbull
A host of support services for caregivers including information and assistance, support groups, and public education to make caregivers confident and resourceful to help them remain healthy and independent.

Caregiver Assistance
Town of Monroe
Provides caregivers with information on opportunities and services available to them and their care recipient within the community. Provides links to needed services with follow up.

Senior Access Fund and Education
Fairfield County House
Providing temporary respite care including room and board, nursing services, activities, and care planning with a hospice or home care team.

Grandfamilies Together
The Salvation Army
Provides outreach, advocacy, caregiver education and support groups to grandparents raising their grandchildren or other relative kin. Programs will help families build trust, enhance communication, and let grandparents know they are not alone in raising their grandchildren.

See next page for complete listing of meal site locations and contact information.
Title III-C Congregate and Home Delivered Meals

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<td>Catholic Charities of Fairfield County</td>
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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 Center for 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.

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.