

Southwestern CT Agency on Aging (SWCAA) helps seniors and disabled adults remain independent and safe at home, with long-term independence in mind.

SWCAA is available to the more than 125,000 residents aged 60 and over in our 14-town region, as well as adults with disabilities in need of service. We touch the lives of over 10,000 residents each year through a network of services and programs.

SWCAA offers the largest library of informational resources in the region for both individuals and community partners.

## CONNECTICUT HOME CARE PROGRAM

*Administered by the CT Department of Social Services/Community Options Unit*

If you are 65 or over, a CT resident, and complete a free, in-depth assessment, you may be eligible for some or all of the following:

- A nurse, home health aide, companion, homemaker or personal care assistant
- Adult day care
- Meals-on-Wheels
- Emergency response system
- Physical therapy minor home modifications
- Chore services
- Assistance with personal care
- Assisted living services in approved facilities
- Adult family living
- CT home care for the disabled\*

\*Care for people under 65 with a degenerative neurological condition not eligible for Medicaid.

## COMMUNITY OPTIONS

*Administered by the CT Department of Social Services/Community Options Unit*

There are 4 programs that help eligible individuals who need support to live at home or to return to community living.

**Personal Care Assistant (PCA) Waiver** – is for disabled individuals ages 18-64 who meet institutional level of care requirements. Services can also include; Visiting Nurse, Emergency Response services and Meals on Wheels.

**Community First Choice (CFC)** – this program is offered to active Medicaid members. The program allows individuals to receive supports and services in their home who can self-direct services.

**Acquired Brain Injury** – is a program for persons with a qualifying brain injury, active on Medicaid and meet institutional level of care guidelines. The person must be 18 years of age and have not reached their 65th birthday before enrolling on the program.

**Money Follows the Person** – is a Federal demonstration program that helps Medicaid-eligible individuals currently living in long-term care facilities – such as nursing homes, hospitals and other qualified institutions – successfully transition back into the community.

## INFORMATION AND ASSISTANCE

Older adults and their families might first encounter SWCAA through the **CHOICES** program. Every year more than 8,000 individuals turn to SWCAA for trusted, unbiased information. I&A staff identify needs about aging related topics including:

- Elder Abuse
- Financial Assistance Programs
- Housing
- In-Home Services
- Medicaid
- Medicare
- Prescription Coverage Options
- Respite Care
- Transportation

The I&A staff may also help you with intake applications/referrals to state and federal programs.

### Senior Medicare Patrol

The Senior Medicare Patrol (SMP) program provides education and outreach to Medicare beneficiaries to help them become informed consumers of their health care.

You can contact CHOICES at 800-994-9422 for more information about SMP or if you suspect Medicare/Medicaid fraud has occurred.

### National Family Caregiver Support Program – NFCSP

NFCSP is a federally-funded program that offers support services to family caregivers, and/or older individuals who are relative caregivers to anyone over the age of 60. NFCSP provides temporary relief (respite) to the primary caregiver. Respite Services can include adult day care, homemakers, home health aides, emergency response systems, home-delivered meals and inpatient short-term care. Please call our Respite Care Manager at 203-814-3652 or CHOICES at 800-994-9422 for more information.

### Connecticut Statewide Respite Care Program

The CT Respite Care Program is funded by the State Unit on Aging and is operated in partnership with the Alzheimer's Association Connecticut Chapter, and the Connecticut Area Agencies on Aging.

The program offers families caring for an individual with Alzheimer's or dementia respite services which may include; adult day care, home health aide, homemaker, companion, skilled nursing care or short-term nursing. There are income and asset limits for this program.

*Please call our Respite Care Manager at 203-814-3652 or a CHOICES staff member at 800-994-9422 for more information.*

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*Call SWCAA today for answers to:*

- *Getting information for help with food and medical expenses*
- *Finding out where there is available housing*
- *Understanding Medicare benefits and options*
- *Finding in-home assistance*

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

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