

Senior Resource Manual



duBay Horton Associates
June 2010

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Health and Rehab

What you will find in this section:

In this section, you can find care related to physical health or social health. *Physical Health:* nursing care, physical therapy, occupational therapy, medical social services, home health aide, homemaker, companion, chores, extended nurse's aide, Rehab therapy, adult respite care, medication reminders, Registered Nurses, occupational therapists, home health aides, personal care services. *Social Health:* live – in companion, shopping services, meal preparation, psychiatric nursing, transportation, laundry, crisis intervention,

Location	Program	What They Offer	Eligibility	Cost			Hours
Connecticut Home Health Care 12 Cambridge Dr. Trumbull CT 06611 203.374.4555 www.connecticuthomehealthcare.com	Home Health Care	Provides skilled nursing care, physical therapy, occupational therapy, speech therapy, medical social service, home health aide, homemaker, companion, chore, live-in companion. These services can be provided as a stand alone or in any combination. Covers Fairfield and New Haven counties.	No eligibility requirements	Services may be paid by Medicare, Medicaid, SWCAA/SCCAA, Worker's Compensation, Most Insurance, Private Pay			Office Hours Monday – Friday 8am – 5pm Services 24hr/7days
Connecticut In-Home Assistance LLC 2285 Reservoir Ave Trumbull CT 06611 203.452.9629 www.cthomecare.com	In Home Care	Provides chore person, companion, and homemaker, shopping services, personal care assistance services, and extended nurse's aide services. Also provides transportation services. Services Bridgeport, Easton, Fairfield, Milford, Monroe, Norwalk, Orange, Shelton, Stratford, Trumbull, Weston, and Westport.	No eligibility requirements	Service	Min. Hours	Rate	Available for : Hourly 8 and 12 hour shifts. 24 hour live in
				Companion	3	\$17	
				Homemaker	3	\$18.50	
				Chore	3	\$19	
				Personal Care	2	\$21.50	
				24hr Live In		\$160-\$225	
				8hr Shift		\$150	
				12hr Overnight		\$160	
		12hr Day		\$175			
Griswold Special Care 2499 Main St Stratford CT 06615 203.380.2700 www.griswoldspecialcare.com	In Home Care	Provides personal home care services, homemaking home care services, personal assistance and supportive care, and senior companion care services. Home care options include hourly home care, live-in	No eligibility requirements	Doesn't accept Medicare. Accept long term care insurance, some state Medicaid programs.			Flexible

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Location	Program	What They Offer	Eligibility	Cost	Hours
		home care, overnight home care, and customized services.			
Passionate Care Services 3060 Main St Stratford CT 06614 203.378.0433	Home Health Care	Companions, Personal Care Attendants, Meal Preparation, Bathing and Dressing, Housekeeping, Respite Care, Transportation, Medication Reminders, Assisted Living	Need referral from Agency of Aging. No eligibility requirements if using private pay.	Accepts private pay, Medicare, Medicaid. Doesn't accept private insurances.	Site Hours Monday – Friday 9am – 5pm
Utopia Home Care Inc. 4697 Main St Bridgeport Ct 06606 203.371.6119 www.utopiahomecare.com	In Home Assistance	Home health care agency provides skilled medical and psychiatric nursing, medical social work, rehabilitative therapies, adult respite care in home assistance, and live in companions. Homemaker services includes light housekeeping, shopping, and other errands	No eligibility requirements	Accept Medicare, Medicaid, Private Insurance, or Private Pay	Site Hours Monday – Friday 9am – 5pm Services 24hr/7days
Caregiver's Home Solutions 647 Clinton Ave. Suite 200 Bridgeport CT 06605 203.870.9850 www.caregivershomesolutions.com	In Home Assistance	Home care agency offers live in companions, homemakers, chore assistance, personal care assistance and shopping services.	No Eligibility requirements	Set Fee. Accept private pay and private insurance	Site Hours Monday – Friday 8am – 6pm
Ellis Homecare 736 Boston Ave Bridgeport CT 06610 203.337.6640 www.ellishomecare.com	In Home Assistance	Home care agency offers live in companions, homemakers, meal preparation, personal attendants, chore assistance, and shopping assistance		Set Fee. Doesn't accept Medicaid or Medicare	Flexible Hourly, Overnight, Live in, weekdays and weekends

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Location	Program	What They Offer	Eligibility	Cost	Hours
Hope Health Care 126 Washington Ave Bridgeport CT 06604	In Home Assistance	Home care agency offers live in companions, homemakers, chore assistance, personal care aides and shopping services to seniors and other persons with disabilities in Fairfield County		Set Fee	
Maxim Healthcare Services 3715 Main St. Suite 101 Bridgeport CT 06606 203.373.1696 www.maximhealthcare.com	In Home Assistance	Provides live in companions, homemakers, chore assistance, and personal care aides		Accepts most insurance, long term care insurance, private pay, Medicare, Medicaid, and Worker's Compensation. Also accepts Veterans Aid	
Personalized Home Care 1470 Barnum Ave Suite 304 Bridgeport CT 06610 203.362.2082	In Home Assistance	Homemakers perform household management duties which can include light cleaning, laundry, meal planning and preparation	Need Physician Referral.	Accepts Medicare, Medicaid, a couple private insurances, private pay	Site Hours Monday – Friday 9am – 5pm Services 24hr/7days
Precise Care 2449 North Ave Bridgeport CT 06604 203.336.1014	In Home Assistance	Provides homemakers, chore assistance, live-in companions, and shopping assistance		Accepts Long term care insurance, private pay	
Unicare 49 Cannon St. 4 th Floor Bridgeport CT 06604 203.368.6112 www.urnicarellc.com	Home Health Care	Offers registered home nursing, home health aides, physical therapy, occupational therapy, speech therapy, and medical social work. Skilled nursing services include wound care, medication administration, disease management, and case	No eligibility requirements for homemaker or companion services. Order from doctor needed for assistance with	Set Fee. Accepts Medicaid, Medicare, and Private Insurance. For In Home Assistance: Private Pay, 3 rd Party sponsorship (DSS Medicaid Waiver Programs)	Site Hours Monday – Friday 8am – 5pm On Call Response Monday – Friday

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Location	Program	What They Offer	Eligibility	Cost	Hours
		management. Home health aides assist with meal planning, medication reminders, personal care, homemaking/chore assistance, and exercise. Live-in companions provide continuous monitoring, supervision and coordination of daily living activities in the patient's home.	bathing and dressing or needs an RN to assist with medications or treatments.		5pm – 8am Weekend services provided 24/7
Companions & Homemakers 1618 Post Rd Fairfield CT 06824 203.259.8375 www.companionsandhomemakers.com	In Home Assistance	Home care agency offers live in companions, homemakers, transportation to medical appointments, shopping and recreation, and personal care services.		Set Fee. Free services offered for people in need. Accept Medicaid, Private Insurance, Private Pay Accepts State and Federal Programs	Site Hours Monday – Friday 8:30am-5pm On Call 24 hr / 7 days
Shamrock Visiting Nurse/ Home Health Aide Agency 60 Katona Drive Suite 18 Fairfield CT 06824 203.256.1804 www.shamrockhomecare.com	In Home Assistance	Offers homemaking / chore assistance for homebound residents and recently discharged hospital patients.	No eligibility requirements	Accepts Medicare, Medicaid, private pay	Site Hours Monday – Friday 8am – 4pm Service 24hr / 7days
Equinox Home Care 305 Boston Ave Suite 308 Stratford CT 06614 203.377.5591	In Home Assistance	Home health agency offers in home nursing, medical social work, home health aides, companions, homemakers, and rehabilitative therapies. Special programs include an Alzheimer's disease and dementia home care respite program and a developmental disabilities	Resident of Fairfield or New Haven Counties. Need Physician referral	Set Fee. Accepts Medicaid, Medicare, Private Insurance, and Private pay	

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Location	Program	What They Offer	Eligibility	Cost	Hours
		program. Homemaker services include home health aides, meal preparation, and housecleaning.			
Family Care Plus 2573 Main St Stratford CT 06615 203.377.1844 www.familycare-plus.com	In Home Assistance	Home care agency offers 24 hour live in care, hourly home health aides, homemakers, companions, and shopping services	No eligibility requirements	Accepts private pay, some long term care insurances, veteran's aid	Services 24hr/7days
Home Instead Senior Care 101 Merritt Boulevard Trumbull CT 06611 203.386.1151 www.homeinstead.com	In Home Assistance	Home care agency offers home companions, homemakers, chore assistance, and shopping assistance	No eligibility requirements. Seniors must be able to stand and pivot	Accepts private pay and private insurance. Doesn't accept Medicaid or Medicare	Site Hours Monday – Friday 9am – 5pm Services 24hr/7days
Loving Care 915 Daniels Farm Rd Trumbull CT 06611 203.268.5400 www.lovingcarenursing.com	In Home Assistance	Home care agency offers live in companion, homemakers, chore assistance, personal care, and shopping services	No eligibility requirements	Accepts private pay only	Site Hours Monday – Friday 9am – 5pm Services 24hr/7days
Comfort Caregivers 601 Boston Post Road Milford CT 06460 203.783.9947 www.comfortcaregiversofct.com	In Home Assistance	Home care agency offers live in companions, homemakers, chore assistance, personal care, and shopping services.		Private Pay	
Home Care Plus 309 Seaside Ave	In Home Assistance	Home health aides help with bathing, meal preparation, light	Accepts most insurances	Private Pay	Site Hours Monday –

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Location	Program	What They Offer	Eligibility	Cost	Hours
Milford CT 06460 203.874.8414 www.homecareplus.org		housekeeping, and personal needs associated with daily living. RNs, PT, OT, Speech Therapy, SW, Dietitians, and Home Health Aides	including state and federal plans.		Friday 8am – 5pm
Comfort Keepers 500 Howe Ave Shelton CT 06484 203.924.4949 www.comfortkeepers.com	In Home Assistance	Offers companionship, meal preparation, personal care, incidental transportation, grocery shopping & errands, light housekeeping, laundry & linen washing, grooming & dressing guidance, family respite care			Services 24hr/7days
Family Friends Homecare 116A Research Dr Milford CT 06460 888.268.9400 www.familyfriends.com	In Home Assistance	Services include friendly companionship, light housekeeping, cooking and meal preparation, errands and shopping, transportation, ambulation and transfers, assistance with medication, personal care			24/7
New England Home Care 1077 Bridgeport Ave Shelton CT 06484 203.925.5929 www.newenglandhomecare.com	In Home Assistance	Homemakers provide for personal needs at home after a hospital discharge	Must have “homebound “ status, be under the care of a physician, have short-term health needs	Private Pay, 3 rd party sponsorship	
Geriatric Care Management Associations 203.984.8073	Case Management Services	Offer a plan of care, assistance with aging process, crisis intervention, screening, recruiting, arranging, and			24/7

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Location	Program	What They Offer	Eligibility	Cost	Hours
www.geriatriccarellc.com		monitoring in home help and other services, medication and dietary management, exercise programs, respite care, help with activities of daily living			
Independent Healthcare Families 203.305.6334	Case Management Services				
Bridgeport Hospital 267 Grant St Bridgeport CT 06610 203.384.4600 www.brigeporthospital.com	Coordinated Assessment and Referral for the Elderly (CARE)	Helps to locate community resources for people age 60 and older	Age 60 and older, Resident of Greater Bridgeport	Contributions accepted	24/7
Jewish Home for Elderly 175 Jefferson St Fairfield CT 06825 203.365.6400 www.jhe.org	Nursing Home	Offer long term care, post acute rehabilitation, adult day services, home care, geriatric care management, outpatient therapy, generic assessment, senior living			24/7
Lord Chamberlain Nursing and Rehab Center 7003 Main St Stratford CT 06614 203.375.5894	Nursing Home				24/7
St. Joseph's Manor 6448 Main St Trumbull CT 06611 203.268.6204	Care and Rehabilitation Center	Offers orthopedic rehabilitation, post surgical care, cardiac & stroke recovery, respite services, pain management, adult day care, palliative care & hospice services, pastoral care services,		Accepts Medicare, Medicaid, Commercial Insurances and Private Pay	24/7

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Location	Program	What They Offer	Eligibility	Cost	Hours
		independent living, long term care, clinic services, IV therapy, therapeutic recreation and out-trips			
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.brigeportct.gov/deptonaaging/pages/seniorsocialservices.aspx		Complete examination by a doctor once a month, foot doctor once a week, blood pressure screening, blood sugar and diabetic counseling, urinalysis, weight and diet counseling, seasonal flu shot	Must be age 60 and over	Free to Bridgeport Senior Citizens (a small charge for services provided such as flu shots)	Department of Aging

Social/Recreational Activities

What you will find in this section:

In this section you will find all things social for seniors to do. This includes: ceramics, bingo, ping-pong, billiards, computer access, aerobics, crocheting, foot doctor, haircuts, health services, King's Pantry, line dancing, movies, Red Hats Society Club, swimming, needlecrafts, Wii Practice, exercise equipment, chair exercise, cooking classes, Defensive Diving Courses, card games, computer classes, continuing education, foreign language classes, field trips,

Location	Program	What They Offer	Eligibility	Cost	Hours
Eisenhower Senior Center 263 Golden Hill St Bridgeport CT 06604 203.576.7993	Senior Center	ceramics, bingo, ping-pong, billiards, computer access, aerobics, crocheting, foot doctor, haircuts, health services, King's Pantry, line dancing, movies, Red Hats Society Club, swimming, needlecrafts, Wii Practice, exercise equipment. Daily lunch provided	Serves ages 60 and older	Nominal to nothing	8:30am-4:30pm
Black Rock Senior Center 2676 Fairfield Ave Bridgeport CT 06605 203.576.7258	Senior Center	Bingo, chair exercise, exercise equipment, cooking class, line dancing, jewelry making, spinning class, Wii practice. Daily lunch provided	Serves ages 60 and older	Nominal to nothing	9am-4pm
North End Bethany Senior Center 20 Thorme St Bridgeport CT 06606 203.576.7730	Senior Center	Bingo, craft classes, exercise classes and equipment, line dancing, movies, Wii practice. Daily lunch provided.	Serves ages 60 and older	Nominal to nothing	9am-4pm
East Side Senior Center 1057 East Main St Bridgeport CT 06608 203.756.7212	Senior Center			Nominal to nothing	
Ella M. Jackson Senior Center 52 George E. Pipkin's Way Bridgeport CT 06608 203.345.2000	Senior Center		Serves ages 60 and older	Nominal to nothing	

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Location	Program	What They Offer	Eligibility	Cost	Hours
Fairfield Senior Center 100 Mona Terrace Fairfield CT 06824 203.256.3166	Senior Center	Activities (Defensive driving course, fitness and exercise programs, dancing, arts and crafts, bingo and card games, senior groups, movies, computer classes, continuing education classes) Health Screenings Craft Shop Hot Lunch (reservations needed. \$2.00 donation suggested) Social Services (information, referrals, assessments and counseling regarding insurances, long term care, money issues etc.)	Serves ages 60 and older	Nominal to nothing	Monday – Friday 9am – 3:30pm
Eunice Postol Recreation Center 75 Mill Plain Rd Fairfield CT 06824 203.256.3192		Fitness center, classes, games, events		Yearly Membership is \$110 for persons 62 and older Three month memberships are \$55	Monday – Friday 6:30am – 9:30pm Saturday/Sunday 9am – 4pm
Baldwin Center 1000 West Broad St Stratford CT 06615 203.385.4050	Senior Center	Daily Activity Center. Lunch is Provided Energy assistance, Renter's rebate, tax relief programs, transportation, Family Caregiver Support Program, Coffee Shop, Nutrition program, shopping assistance, Travel, magic, arts, crafts, music, literature, history, hobbies	Stratford Residents 55 years old and over	Nominal to nothing	Monday – Friday 8:30am – 4:00pm
Trumbull Senior Center 23 Priscilla Place	Senior Center	Offers Medicare counseling, information and referral, a daily nutrition program, free	Ages 60 and older	Nominal to nothing	Monday – Friday 9am – 4pm

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Location	Program	What They Offer	Eligibility	Cost	Hours
Trumbull CT 06611 203.452.5199		income tax assistance, safe driving course, dancing, crafts, games, exercise programs, socials, movies, bingo, computer lessons. Provides weekly hot lunches and has box lunches for take-home and weekends. Has a nurse available every Wednesday and Thursday to provide height, weight, and blood pressure screening. She also provides wheelchair exercise and wellness coffee hours with guest speakers.			
Milford Senior Center 9 Jepson Dr Milford CT 06460 203.877.5131 www.milfordetseniorcenter.com	Senior Center	Provides recreation, nutrition and educational activities for older adults with cognitive impairments, insurance assistance program, free blood pressure screening, AARP income tax assistance, social services information, lunch for a small fee, dancing, exercise, and foreign language classes, Transportation for members to the Senior Center and to medical appointments in Milford	Open to anyone 55 years or older	Nominal to nothing	Monday – Friday 9am – 4pm Sunday 12pm – 4pm
Monroe Senior Center 235 Cutlers Farm Rd Monroe CT 06468 203.452.3771	Senior Center	Provides social, recreational, educational programs and activities. Outreach program available to residents age 60 and over permanently or temporarily confined to their homes or who are isolated, frail, or low-income. Provides assistance regarding government entitlement programs and educates residents and their families about resources and services.	Serves ages 60 and older	Membership required \$3.00 for Monroe Residents, \$5.00 for nonresidents	Monday – Friday 9am – 5pm
Shelton Senior Center 81 Wheeler St	Senior Center	Provides a lunch program, health screenings, counseling on federal and state benefit	Must be age 55 or older	Membership required for	Monday – Friday 9am – 4:30pm

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Location	Program	What They Offer	Eligibility	Cost	Hours
Shelton CT 06484 203.924.9324		programs, financial and insurance presentations, and educational, social, and recreational programs (computer classes, field trips, etc.)		programs and activities \$4.00 for Shelton residents \$7.00 - \$10.00 for nonresidents	
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.brigeportct.gov/deptofaging/pages/seniorsocialservices.aspx	The Retired and Senior Volunteer Program (RSVP)	Provides opportunities to volunteer at various non-profit agencies			
Sunset Shores Adult Day Care Center 720 Barnum Ave Stratford CT 203.380.1228 www.elocallink.tv/profiles/ct/stratford/5/contact.html	Adult Day Care	Provide health monitoring, therapeutic recreation, home assessment, community services referrals, Alzheimer's care, financial counseling and assistance. Lunch and Transportation are also provided		Private insurance and scholarship opportunities	
Grasmere by the Sea Adult Day Services 1 Post Rd. Fairfield CT 06824 203.365.6470 www.jhe.org	Adult Day Care	Provide nursing supervision, personal care, on-site Physical therapy and beauty salon, hot lunch. Transportation available			Monday – Friday 8am – 4:30pm Saturday 8am – 3pm
Kennedy Center	Senior Options	Offers health and physical fitness programs,			

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Location	Program	What They Offer	Eligibility	Cost	Hours
2440 Reservoir Ave Trumbull CT 06611 203.365.8522 www.thekennedycenterinc.org	Program (Adult Day Care)	in-house and community social, recreational, educational, and therapeutic programs, community service involvement, intergenerational programs, support groups, weekend "getaways", cultural enrichment, and one on one and group counseling.			
Park City Adult Day Care 55A Chapel St Bridgeport CT 06604 203.335.1001	Adult Day Care				
Jewish Family Service 2370 Park Ave Bridgeport CT 06604 203.366.5438 www.jfsct.org	Friendly Visiting	Trained volunteers make regular visits to older residents who are homebound and in need of companionship	Homebound, frail elderly, Ages 60 and older, Resident of Greater Bridgeport	No Fee. Donation accepted	Site Hours Monday – Thursday 9am-9pm Friday 9am-4pm

Housing

What you will find in this section:

In this section you will find all things to do with Housing includes not only the wheres, but the whats (they offer) as well. . This includes: Senior Housing Complexes, Adult Living Communities, Assisted Living Facilities, Independent Living Apartments, Low Income Housing,

Location	Program	What They Offer	Eligibility	Cost	Hours
Spring Meadows 6949 Main St Trumbull CT 203.261.0006 www.springmeadowstrumbull.com	Independent / Assisted Living	Offers assistance with activities of daily living, meals, personal care, 24 hour security , and organized recreational activities		Set Fee	24/7
Watermark 3030 Park Ave Bridgeport CT 06604 203.502.7593 www.watermarkcommunities.com	Continuing Care Retirement Communities	Offers continuum of care options from independent living to long term care nursing. Assisted living and nursing care are offered independently and as part of a continuing care retirement community. Also has a special care unit for people with memory impairments.	Ages 62 and older (If couple, one must be age 62+)		
Middlebrook Farms at Trumbull 2750 Reservoir Ave Trumbull CT 06611 203.268.2400	Assisted Living	Offers assisted living for older adults who need some assistance with daily activities including meals, housekeeping, laundry, and 24-hour security as well as access to additional services, such as transportation and medication management			
Carriage Green 77 Plains Rd Milford CT 06460 203.874.4408	Assisted Living	Offers assisted living for adults who need some assistance with daily activities including meals, housekeeping, laundry, and 24hour security as well as access to additional services such as transportation and medication management	Ages 55 and older	Private Pay	
Crosby Commons at Wesley Village 580 Long Hill Ave Shelton CT 06484	Assisted Living	The Wesley Village campus offers skilled care nursing, subacute care, hospice care, rehabilitative therapies, assisted living and independent living			Site Hours Monday – Friday 9am – 5pm

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Location	Program	What They Offer	Eligibility	Cost	Hours
203.225.5000 www.umh.org		apartments.			
Atria Stratford 6911 Main St Stratford CT 06614 203.380.0006 www.atriaseniorliving.com	Assisted Living	Offers assisted living for adults who need some assistance with daily activities including meals, housekeeping, laundry, and 24hour security as well as access to additional services such as transportation and medication management	Older Adult	Private Pay	
Oronoque Village Condominiums 600 North Trail Stratford CT 06614 203.377.5313 www.oronoquevillag.com	Independent Retirement Community				
Teresian Towers 6454 Main St Trumbull CT 06611 203.261.2229	Independent Retirement Community				
Mutual Housing Assn. of Southwestern Connecticut 580 Villa Ave Fairfield CT 06825 203.359.6940 1235 Huntington Tpk Trumbull CT 06611 203.359.6940	Below Market Rental Housing (LIHTC) for Older Adults	Independent living below market rental facility offers housing for low income older adults. There are affordable housing communities located in Bridgeport, Fairfield, Norwalk, Stamford, and Trumbull.	Ages 62 and older	Residents pay 25-50% below the market rent	
North Avenue Apartments 2400 North Ave	Subsidized Rental Housing for Older or	Independent living subsidized rental facility offers housing for low income	Ages 62 and older or people		

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Location	Program	What They Offer	Eligibility	Cost	Hours
Bridgeport CT 06604 203.367.2677 (There are 14 other similar apartment complexes in Bridgeport)	Disabled Adults	older adults and adults who have disabilities.	ages 18 or older who have disabilities and are receiving SSA Disability. Income Restrictions		
Bridgeport Housing Authority 150 Highland Ave Bridgeport CT 06604 203.337.8900 www.bridgeporthousing.org (There are 10 Bridgeport Housing Authority Apartments in Bridgeport)	Subsidized rental housing for older or disable adults	Owns and manages subsidized units in Bridgeport for income eligible older adults age 62+ and people ages 18+ who are disabled	Ages 62 and older and people ages 18 and older who are disabled. Income restrictions	Rent varies based on income	Site Hours Monday – Friday 8:30am – 5pm
Saranor Apartments II 159 – 179 Platt St Milford CT 06460 203.877.7195	Below Market Rental Housing	Private housing developer uses Low Income Housing Tax Credits (LIHTC) and Project Based Section 8 funding to help finance housing development for older adults and adults who have disabilities.	Income Restrictions, Ages 55 and older		
Office of Community and Economic Development Fairfield CT www.fairfieldct.org/ced-elderly.htm	Elder Housing Directory				

Other Assistance

Transportation

What you will find in this section:

This section includes different options for seniors to get around, including transportation for shopping, errands, doctor's appointments, non medical related rides,

Location	Program	What They Offer	Eligibility	Cost	Hours
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/deptofaging/pages/seniorsocialservices.aspx	Senior Transportation Program	Provides transportation to senior centers, shopping, field trips and other places of interest. Picks up seniors at various site throughout the City such as senior housing and other designated central locations	Bridgeport resident		
Fairfield Transportation Services Fairfield CT 203.256.3168 203.256.3168		Transportation to and from the Following:			
		Fairfield Senior Center and Shopping		\$0.25 each way	
		Medical Appointments in Fairfield		\$0.50 each way	
		Bridgeport's St. Vincent Hospital and Bridgeport Hospital		\$1.00 each way	
		Bridgeport Commerce Park		\$1.00 each way	
West Have Veterans Hospital	Free on Tuesdays				
Stratford Transportation Services Stratford CT 203.385.4051		Medical Related Rides		Free	Monday – Friday 8am – 4pm With Reservations Monday – Friday 8:00am – 4:30pm
		Nonmedical Related Rides		\$1.00 each way	
Trumbull Transportation Services Trumbull CT 203.452.5137		Transportation to attend Center Programs, Doctor's Appointments, Shopping, and Special Town Activities	Residents 60 years of age and older		
Monroe Transportation Services Monroe CT		Medical and Non-Medical transportation within Monroe and to	Residents 60 years of age and older or		Reservations required at least 48 hours in advance

Transportation

What you will find in this section:

This section includes different options for seniors to get around, including transportation for shopping, errands, doctor's appointments, non medical related rides,

Location	Program	What They Offer	Eligibility	Cost	Hours
203.452.3700 (Transportation Coordinator, Arlene Townson)		Bridgeport, Stratford, and Trumbull	disabled		Appointment must be: Monroe 9:30am – 2:30pm Bridgeport 9:45am – 1:30pm Stratford 9:45am – 1:30pm Trumbull 9:45am – 1:30pm
Shelton Transportation Services Shelton CT (based at Senior Center) 203.924.9324		Transportation to and from medical / dental appointments in Shelton, Derby, Seymour, and Ansonia. Transportation to and from Senior Center for Shelton residents who are members. Transportation to local shopping center on Wednesdays.	Residents age 55 or older or those unable to use fixed – route bus service		Reservations required 24 hours to 14 days in advance Monday – Friday 9:30am – 2pm

Food

What you will find in this section.

This section is about what services are available to seniors when it comes to food including those who are homebound and need delivery, special dietary needs, and grocery shopping services.

Location	Program	What They Offer	Eligibility	Cost	Hours
Raymond E. Baldwin Center 1000 West Broad St. Stratford CT 06615 203.385.4050	Grocery Shopping Assistance	Volunteers shop for homebound disabled adults or older adults ages 60+	Resident of Stratford, Ages 60 or older or homebound disabled adult	No Fee	Site Hours Monday – Friday 8:30am – 4pm
FSW 475 Clinton Ave Bridgeport CT 06605 203.368.5592 www.fswinc.org	Meals on Wheels	Delivers a hot lunch and cold supper 5 days a week (meals can be prepared according to doctor's recommendation)	Adults ages 60 and older	Adults ages 60 and older	Site Hours Monday, Thursday, Friday 8am – 5pm Tuesday, Wednesday 8am-9pm
	Home Plate	Offers weekly delivery of 7 frozen entrees.	No restrictions	No restrictions	
	Family Fare	Offers the delivery of freshly prepared meals and can accommodate needed therapeutic diets	No restrictions	No restrictions	

Handyman

What you will find in this section:

This section provides references for general household repairs and maintenance including light plumbing, changing fuses, install/remove air conditioners, clean gutters, move furniture, yard care,

Location	Program	What They Offer	Eligibility	Cost	Hours
Department of Aging (Funded by Southwestern Area Agency) City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx	Senior Chore Service Program	Provides handyman to do repairs such as fixing leaky faucets, changing fuses, remove/install air conditioners, clean gutters, move furniture, hang pictures/shelves, fix broken locks		Free for Bridgeport Senior Citizens (must provide own materials)	
Groundwork Bridgeport 480 Barnum Ave Bridgeport CT 06608 203.335.6126 www.groundworkbridgeport.org	In Home Assistance	Yard care assistance for homeowners ages 65+ who live in Bridgeport, Fairfield, Norwalk, or Stratford	Age 65 or older. Residents of Bridgeport, Fairfield, Norwalk, or Stratford	Fees for yard work are subsidized for low income homeowners	
Office of Community and Economic Development 611 Old Post Rd Fairfield CT 06824	Handyman Program	Handyman program assists very low income homeowners with minor maintenance and repairs to their primary place of residence. Repair time can't exceed 8 hours.	Resident of Fairfield. Income restriction	No fee for labor. Resident pays for materials	

Money

What you will find in this section:

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

Location	Program	What They Offer	Eligibility	Cost	Hours
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx	Energy Assistant Program	Helps pay for the cost of primary heating bill			October through April (depending on funding)
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx	Renter's Rebate Program		Retired seniors must be 65 years old by December 31, 2004		May through September
Department of Human Services 150 Gulf St Milford CT 06460 203.783.3253 www.ci.milford.ct.us	Renter's Rebate Program		Renters over the age of 65 receiving Social Security benefits or renters under 65 receiving Disability benefits. Maximum income for singles is \$29,800 and for married couples is \$36,500		
Department of Human Services 150 Gulf St Milford CT 06460 203.783.3253 www.ci.milford.ct.us	Energy Assistance Program	Provides energy assistance for elderly, disabled, and low income individuals	Income and liquid asset guidelines vary yearly		
Assessor's Office City Hall 54 Hill St	Tax Relief Program		Age 65 or older or at any age for residents who are		Monday – Friday

Money

What you will find in this section:

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

Location	Program	What They Offer	Eligibility	Cost	Hours
Shelton CT 06484 203.924.1555 www.cityofshelton.org/gengov/assessor.htm			legally blind or totally disabled and to wartime or disabled veterans		8am - 5:30pm
Assessor's Office City Hall 54 Hill St Shelton CT 06484 203.924.1555 www.cityofshelton.org/gengov/assessor.htm	Rent Refunds Program		Age 65 or older or at any age for residents who are legally blind or totally disabled and to wartime or disabled veterans		Monday – Friday 8am - 5:30pm
Assessor's Office City Hall 54 Hill St Shelton CT 06484 203.924.1555 www.cityofshelton.org/gengov/assessor.htm	Utility Bill Refunds Program		Age 65 or older or at any age for residents who are legally blind or totally disabled and to wartime or disabled veterans		Monday – Friday 8am - 5:30pm
Town Assessor's Office 2725 Main St Stratford CT 066015 203.385.4025 www.townofstratford.com	Tax Relief Program		Age 65 or older, Must meet certain income guidelines		
Town Assessor's Office 2725 Main St Stratford CT 066015 203.385.4025 www.townofstratford.com	Energy Assistance Program				
Town Assessor's Office 2725 Main St Stratford CT 066015 203.385.4025	Rental Rebate Program				

Money

What you will find in this section:

This section provides information for senior on financial assistance available to them, including energy assistance, rent refunds, tax relief programs,

Location	Program	What They Offer	Eligibility	Cost	Hours
www.townofstratford.com Town Assessor's Office 5866 Main St Trumbull CT 06611	Tax Relief Program				Monday – Friday 9am – 5pm
www.trumbull-ct.gov Town Assessor's Office 7 Fan Hill Rd Monroe CT 06468	Tax Relief Program				Monday – Friday 9am – 5pm
www.monroect.org/assessor.aspx Town of Fairfield 611 Old Post Rd Fairfield CT 06824 203.256.3110 www.fairfieldct.org Michael Gurge 203.331.8948	Rental Assistance				
Assessor's Office 611 Old Post Rd Fairfield CT 06824 203.256.3110 www.fairfieldct.org	Tax Relief Program				

Social Services

What you will find in this section:

This section provides information on social services available including help with understanding insurance company requirements, adult day care referrals, Medicare benefits, prescription assistance,

Location	Program	What They Offer	Eligibility	Cost	Hours
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/dept/onaging/pages/seniorsocialservices.aspx	Social Services Coordinator	Provides information, assistance, and counseling regarding Medicare, Medicaid, Part D prescription plans, MSP programs, CONNPace prescription plan, Health care insurance choices, adult day care referrals, renter's rebate program, Connecticut energy/housing assistance program applications, more	Bridgeport Residents 60 and over		Monday – Friday 8:30am – 4:30pm
Southwestern Connecticut Agency on Aging 10 Middle St. 9 th Floor Bridgeport CT 06604 203.333.9288 www.swcaa.org	CHOICES: Health Insurance Counseling	Benefits assistance for Medicare Beneficiaries, Benefits assistance for older adults, health insurance information/counseling, Medicare information/counseling, outreach programs for older adults, prescription expense assistance for Medicare Beneficiaries, Specialized information and referral for older adults	Ages 60 and older, Resident of Southwestern Connecticut		Site Hours Monday – Friday 8:30am – 5pm

Employment

What you will find in this section:

This section provides suggested places that seniors can go to for help in getting employment, as well as places seniors can go to for work.

Location	Program	What They Offer	Eligibility	Cost	Hours
Department of Aging City Hall 45 Lyon Terrace Bridgeport CT 06604 203.576.1311 www.bridgeportct.gov/deptonaging/pages/seniorsocialservices.aspx	Senior AIDES Program	provides employment assistance to low and very low income Bridgeport senior citizens	Must be at least 55 years old, Need ID, Social Security card, Proof of Income		
CT Works One Stop Career Centers 2 Lafayette Square Bridgeport CT 06604 203.333.5129 www.ctworkssw.org		Job finding assistance for older adults. Offer career counseling, resume preparation assistance, job search support services, workshops, and access to a database of job postings.	Ages 55 or older, Income at or below 125% Federal Poverty Level, Resident of service area	No Fee	Site Hours Monday – Friday 8:30am – 4:30pm

Taxes

What you will find in this section:

This section provides information on where seniors can go for tax assistance as well as tax filing assistance.

Location	Program	What They Offer	Eligibility	Cost	Hours
Bridgeport Public Library 3455 Madison Ave Bridgeport CT 06606 203.576.7003 www.bportlibrary.org	AARP Tax-Aide Income Tax Assistance	Tax-Aide volunteers offer free income tax assistance at community sites for low and middle income households. Assistance for older adults ages 60 and older is given priority		No Fee	February 1 st – April 15 th (by appointment only)
Burroughs Community Center 2470 Fairfield Ave Bridgeport CT 06605 203.334.0293 www.burroughscc.org (there are 8 other VITA sites in Bridgeport)	Volunteer Income Tax Assistance	Trained volunteers offer free tax filing assistance	Income at or below \$49,000	No Fee	January 18 th – April 12 th Monday 6-9pm Sunday 11am – 2pm (by appointment only)

MISC.

Location	Program	What They Offer	Eligibility	Cost	Hours
Hair on Wheels 203.929.2109 203.913.2192	Hair Stylists	All styles, perms, cuts, coloring			
GrandPals 203.394.6529 Sara Witherington	GrandPals	Stipended volunteer opportunities for senior citizens to volunteer in local schools	60+ Lower Income		School hours

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