

2018 WCAA Direct Services

The mission of the Western Connecticut Area Agency on Aging, Inc., is to develop, manage and provide comprehensive services for seniors, caregivers and individuals with disabilities through person-centered planning in order to maintain their independence and quality of life.



A quick guide to services for seniors, caregivers and individuals with disabilities

available in Northwestern CT



ABOUT THIS BOOKLET

This booklet is about WCAAA and the direct services available in the 41 towns of Western CT, most of which are targeted for seniors age 60+. Exclusions are noted in each section. Services may be available state wide and information can be obtained by calling the WCAAA, 1-800-994-9422, or the municipal agent in your town. Direct services provided with federal Older Americans Act Funds are free for seniors, age 60+ and, in some situations, persons below age 60. Donations are encouraged as all donations received through direct services are used to serve more seniors. However, no senior can be denied a service for failure to pay or donate. We are very grateful for every level of cash donation as are our grantees/contractors. Some programs, such as state financed Alzheimer Respite services, are available to Connecticut residents of all ages and do require a co-pay. Waivers may be sought for very low income status in most of these circumstances. Please feel free to contact the WCAAA for comments/questions on the information provided in this booklet, especially as issues relate to direct services.

HELPFUL PHONE NUMBERS

Western CT Area Agency on Aging	203-757-5449
Toll-free	800-994-9422
WCAAA CT Home Care Program	203-465-1000
Independence Northwest	203-729-3299
Center for Independent Living	
State of CT Home Care Program Referral	800-445-5394
Infoline	2-1-1
Protective Services for Elderly (PSE)	860-258-5800

WATERBURY

Waterbury Senior Center
1985 East Main Street
Waterbury, CT 06705
Phone: 203-574-6746
South Waterbury Seniors
160 Piedmont Street
Waterbury, CT 06706
Phone: 203-592-2081

Mt. Olive
Senior Center Inc.
82-100 Pearl Street
Waterbury, CT 06704
Phone: 203-596-1895

Hispanic Coalition
135 East Liberty Street
Waterbury, CT 06706
Phone: 203-754-6172

Waterville Senior Center
1443 Thomaston Avenue
Waterbury, CT 06704
Phone: 203-574-8352

Willow Plaza
Community Center
60 Elmwood Avenue
Waterbury, CT 06710
Phone: 203-575-1545

WATERTOWN/ OAKVILLE

Falls Avenue Senior Center*
311 Falls Avenue
Oakville, CT 06779
Phone: 860-945-5250

WINSTED*

Blanche McCarthy
Winsted Senior Center
80 Holabird Avenue
Winsted, CT 06098
Phone: 860-379-4252

WOLCOTT*

Charles Rietdyke Senior Center
211 Nichols Road
Wolcott, CT 06716
Phone: 203-879-8133

WOODBURY

Woodbury Senior Center
281 Main Street South
Woodbury, CT 06798
Phone: 203-263-2828

SENIOR CENTERS & FOCAL POINTS cont.

Sandy Hook, CT 06482

Phone: 203-270-4315

PROSPECT

Prospect Senior Center
6 Center

Prospect, CT 06712

Phone: 203-758-5300

REDDING

Heritage Center

37 Lonetown Road

Redding, CT 06875

Phone: 203-938-9725 Ext. 13

RIDGEFIELD

Founders Hall Senior Center

193 Danbury Road

Ridgefield, CT 06877

Phone: 203-431-7000

ROXBURY

Roxbury Senior Center

7 South Street

Roxbury, CT 06783

Phone: 860-210-0056

SALISBURY

Salisbury Senior Services

42 Ethan Allen Street

Salisbury, CT 06068

Phone: 860-435-5197

SHERMAN

Sherman Senior Center

8 Route 37 Center

Sherman, CT 06784

Phone: 860-354-2414, Ext. 1

SOUTHBURY*

Southbury Senior Center

561 Main Street South

Southbury, CT 06488

Phone: 203-262-0651

Jewish Federation

444 Main Street, North

Southbury, CT 06488

Phone: 203-267-3177, Ext. 310

THOMASTON

McMahon Senior Center

158 Main Street

Thomaston, CT 06787

Phone: 860-283-4421

TORRINGTON*

Sullivan Senior Center

88 East Albert Street

Torrington, CT 06790

Phone: 860-489-221

WARREN

Primetimers Senior Center

12 Kent Road

Warren, CT 06754

Phone: 860-868-7067

WASHINGTON/

WASHINGTON DEPOT

Washington Senior Center

6 Bryan Hall Plaza

Washington Depot, CT 06794

Phone: 860-868-0735

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Alzheimer Respite Care Program

Respite Care is a short term option designed to provide a break from the physical and emotional stress from caregiving. Respite care services may include: adult day care, home health aide, homemaker, companion, skilled nursing, or short term assisted living or nursing home care. Funds may be used for day or night respite. A mandatory assessment must be completed before respite services are provided. Eligibility requirements include: person must have Alzheimer's or irreversible dementia, income cannot exceed \$44,591 a year or liquid assets more than \$118,549. The program has a 20% co-payment toward the cost of services unless waived.

Assistive Technology Center

Sponsored by Connecticut Tech ACT project. The Assistive Technology Center is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to reduce or remove barriers and increase independence in performing tasks of daily living. The WCAAA offers free personalized or group demonstrations to help make an informed decision about which device will work best to help you or someone you know to live, work, or play more independently.

CHOICES, Medicare Counseling

The CHOICES Program (**C**T **H**ealth Insurance assistance, **O**utreach, **I**nformation and referral, **C**ounseling and **E**ligibility **S**creening) is designated as the official State Health Insurance Program (SHIP) for Connecticut. The WCAAA serves as one-stop, no wrong door resource center for free, confidential, unbiased information on programs and services for seniors, caregivers and individuals 18+ with disabilities. Our staff links people to the appropriate community resources, and also provides advocacy and assistance for those who have no one to help. We assist with information about: Medicare, Medicaid, Medigap, Medicare Fraud, long term support options, public senior housing, transportation services, health services, support groups, volunteering opportunities and much more. If the WCAAA does not already have the information, our staff will research and get answers.

COLEBROOK

Colebrook Senior
Community Center
2 Schoolhouse Road
Colebrook, CT 06021
Phone: 860-738-9521

DANBURY*

Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810
Phone: 203-797-4686

FALLS VILLAGE

Falls Village Senior Center
108 Main Street
Falls Village, CT 06031
Phone: 860-824-4863

HARWINTON

Harwinton Senior Center
209 Weingart Road
Harwinton, CT 06791
Phone: 860-689-1951

LITCHFIELD

Litchfield Senior Center
421 Bantam Road
Litchfield, CT 06759
860-567-8302

MIDDLEBURY*

Middlebury Senior Center
Shepardson Community Bldg.
1172 Whittemore Road
Middlebury, CT 06762
Phone: 203-577-4166

MORRIS

Morris Senior Center
109-21 East Street
Morris, CT 06763
Phone: 860-567-7437

MORRIS

109 East Street
Morris, CT 06763
Phone: 860-567-7437

NAUGATUCK*

Naugatuck Senior Center
300 Meadow Street
Naugatuck, CT 06770
Phone: 203-720-7069

NEW FAIRFIELD*

Senior Sunshine Center
of New Fairfield
33 State Route 37
New Fairfield, CT 06812
Phone: 203-312-5665

NEW HARTFORD

New Hartford Senior Center
530 Main Street
New Hartford, CT 06057
Phone: 860-379-3980

NEW MILFORD*

Richmond Senior Center
40 Main Street
New Milford, CT 06776
Phone: 860-355-6076

NEWTOWN*

Newtown Senior Center
14 Riverside Road

SENIOR CENTERS & FOCAL POINTS

Senior centers exist in most of our 41 towns; some are designated Focal Points where seniors and their caregivers can access a variety of services. Most provide assistance with completing applications for various benefit programs and help to solve problems. Some senior centers offer hot meals funded through WCAAA, fitness and other interesting activities, as well as transportation directly or through other agencies. Focal Points designated in the Western CT area are noted * but information about any senior center in the Western CT area may be obtained by calling WCAAA directly at 203-757-5449 or 1-800-994-9422.

BANTAM

Litchfield Community Center
421 Bantam Road
Litchfield, CT 06759
860-567-0328

BARKHAMSTED

Barkhamsted Senior Center
190 West River Road
Barkhamsted, CT 06063
Phone: 860-738-1264

BEACON FALLS

Beacon Falls Senior Center
57 North Main Street
Beacon Falls, CT 06403
Phone: 203-729-4627

BETHEL

Bethel Senior Center
1 School Street
Bethel, CT 06801
Phone: 203-792-3048

BETHLEHEM

Bethlehem Senior Center
36 Main Street

Bethlehem, CT 06751

Phone: 203-266-5702

BRIDGEWATER

Bridgewater Senior Center
132 Hut Hill Road
Bridgewater, CT 06752
Phone: 860-355-3090

BROOKFIELD*

Brookfield Senior Center
100 Pocono Road
Brookfield, CT 06804
Phone: 203-775-5308

CANAAN

Falls Village Senior Center
108 Main Street
Falls Village, CT 06031
Phone: 860-824-4863

CHESHIRE

Cheshire Senior Center
240 Maple Avenue
Cheshire, CT 06410
Phone: 203-272-3165

Community First Choice

Community First Choice is a new program in Connecticut offered to active Medicaid clients. This program allows individuals to receive supports and services in their home. These services may include, but are not limited to, help preparing meals and doing household chores and assistance with activities of daily living (bathing, dressing, transferring, etc.) and educational services to help increase independence, and learn how to manage in-home staff.

Housing Services Programs

Our housing programs serve the following senior housing sites through assistance of Resident Service Coordinators: Grace Meadows in Southbury, Greenwoods Garden and Chestnut Grove in Winsted, Nunnawauk Meadows in Newtown, George B. Lewis I & II in Naugatuck, Tarringford West in Torrington and Truman Terrace, Country Ridge and Buckingham Terrace in Watertown. Some of these sites have available direct supportive services for eligible seniors, persons with disabilities. Participants are involved in making choices about their services. After a home assessment, services provided may be a personal response systems, chore, homemaker, foot care, adult day care, meals, home health aide, medication monitoring or transportation.

Independence Northwest

IN is an independent living resource for people with disabilities living in Northwest Connecticut. IN works with people with all types of disabilities and all age groups. Empowerment is a key objective of the organization. Four core services are advocacy, peer counseling, independent living skills and information and referral. As a partner of WCAAA, IN is an initial point of entry for those persons with disabilities, seeking information, guidance or services.

Live Well, Chronic Disease & Diabetes Self Management Programs

Live Well participants learn skills to understand and take control of

long term health conditions Learn about tools to deal with pain, fatigue, difficult emotions, anxiety, stress, easy exercises to help improve or maintain strength and energy, and ways to improve your nutrition, and appropriate use of medications and more.

Money Follows the Person Program

The Money Follows the Person Program enables Medicaid clients living in long term care facilities such as nursing homes to move back to the community. Transition Coordinators provide one-on-one help to connect clients to community living services including: community support programs and resources, housing or other living arrangements, rental assistance, accessibility modifications, assistive technology, personal care, money management and emergency backup.

National Family Caregiver Support Program (NFC)

The NFC Program provides information, assistance, individual counseling, caregiver training, respite care and supplemental services such as home health aide, homemaker, companion, adult day care, minor home repair or medically necessary items not paid for by other sources. Services are aimed at keeping seniors in their home. Although there are no income or asset limits, new clients and those whose incomes are below poverty level are given high priority status. This program also offers “Powerful Tools for Caregivers”, a workshop that offers family members, friends or neighbors the tools they need to take care of themselves while caring for others.

Private Care Management

The WCAAA routinely receives requests for private care management services. Seniors who are eligible for other programs such as the Connecticut Home Care Program, Alzheimer Respite or National Family Caregiver are immediately referred so that those benefits are maximized. When no other funds are available, the WCAAA staff can contract for care management including in-home assessment and development of care plans. Our rates are very competitive.

Waterbury Senior Shuttle

City of Waterbury, Office of Community Development
24 Leavenworth Street, Waterbury, CT 06702
Phone: 203-346-2607, Fax: 203-346-3910

Seniors who are Waterbury residents may participate in demand-response transportation services for medical appointments, grocery shopping. Requires 24-hour advance reservation.
Town served: Waterbury

VETERANS BENEFITS

Independence Northwest

1183 New Haven Road, Naugatuck, CT 06770
Phone: 203-729-3299, Fax: 729-2839

Provides assistance to elderly veterans to access VA health care benefits through outreach and education to provide veterans and their spouse additional income through access to Soldiers, Sailors and Marine Fund benefits as well as the pension claims process.
Towns served: 41 towns of Northwestern CT

WELL BEING

Provides older adults with programs and services aimed at enhancing their physical and mental well-being through exercise, recreation and social interaction. Call the provider for more information.

YMCA Senior Program

Waterbury YMCA
136 West Main Street, Waterbury, Ct 06702
Phone: 203-754-2181, Fax 203-754-9095
Towns served: Waterbury, Wolcott, Prospect and Watertown

Naugatuck YMCA Senior Programs

284 Church Street, Naugatuck, CT 06770
Phone: 203-729-9622, Fax 203-723-0083
Towns served: Naugatuck and surrounding towns

TRANSPORTATION continued

Inter-town Demand Response Transportation for Senior Citizens

Housatonic Area Regional Transit District
62 Federal Road, Danbury, CT 06810
Phone: 203/744-4070, Fax 203-740-0764
Provides demand response inter-town affordable senior transportation.
Requires 24-hour reservation.
Towns served: Danbury, Bethel, Brookfield, Ridgefield, New Fairfield, New Milford and Newtown

Naugatuck Seniors Transportation Project

Borough of Naugatuck HRD
229 Church Street, Naugatuck, CT 06770
Phone: 203-729-5285, Fax 203-729-8663
Town provides transportation for seniors and persons with disabilities from home to medical appointments and grocery shopping.
Towns served: Borough of Naugatuck

New Milford Senior Transportation

40 Main Street, New Milford, CT 06776
Phone: 860-355-6075
Transportation is available for seniors to non-emergency medical appointments in targeted towns/surrounding area.
Towns served: New Milford, Roxbury, Kent and Washington Depot

New Opportunities, Inc. Senior Companion Program

232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-9799
Through WCAAA funding, transportation is available for low income senior companion volunteers to the homes of frail, home-bound elders.

Northwestern Connecticut Rural Transit

Municipal Building, 140 Main Street, Torrington, CT 06790
Phone: 860-489-2535, 866-906-RIDE (7433)
The Transit District provides a variety of transportation services for seniors throughout Northwestern area based on a reservation system and fixed route circuit. Services vary by town and routes may change. Seniors should call for updated information on times of pick-up and routes.
Towns served: Litchfield Hills and NW region (17 towns)

Alternate Housing

Agency funding provides assisted rehabilitative housing for senior homeless men and women including shelter, food and services for up to two years with a goal of transitioning residents into permanent, independent housing as soon as they are ready. Towns served: 41 towns of Western Connecticut area.

Renewal House, Inc.
20 Aaron Samuel Drive, Danbury, CT 06810
Phone: 203-791-1050 ULT

ADULT DAY CARE

Agency funding provides meals, therapeutic interventions, transportation. Some adult day care centers receive WCAAA funding for meals, therapeutic interventions, transportation, and aides who work with participants through a variety of health, social and medically related programs to enhance their daily living activities & prevent premature nursing home placement. Please call your chosen adult day care center below to discuss financing of adult day care days including WCAAA grant opportunities. Adult day care centers are certified by the State of CT and work with each participant to determine individualized care plans.

Almost Home Adult Day Care

52 Federal Road, Danbury, CT 06810
Phone: 203-743-6456, Fax: 203-797-9974
Towns served: Greater Danbury Area

Senior Care of CT Adult Day Care

900 Straits Turnpike, Middlebury, CT 06762
Phone: 203-598-7642, Fax: 203-598-0435
Towns served: Greater Waterbury

Daybreak of Waterbury

161 Interstate Lane, Waterbury, CT 06705
Phone: 203-757-0106, Fax: 203-596-9264
Town served: Waterbury

Geer Adult Day Care

Geer Nursing & Rehabilitation Center

83 South Canaan Road, Canaan CT, 06018

Phone: 860-824-7067, Fax: 860-824-7871

Towns served: Barkhamsted, Canaan, Cornwall, Colebrook, Norfolk, North Canaan, Salisbury/Lakeville, Sharon and Winsted

CHORE SERVICES

The WCAAA provides funding for minor home maintenance & home repair to assist seniors in our 41 towns stay in their community homes through Older Americans Act and state funds. Although not classified as a chore service, the money management service provided through New Opportunities is also covered in this section.

CNV Chore Program

New Opportunities, Inc.

232 North Elm Street, Waterbury, CT 06702

Phone: 203-575-4268, Fax: 203-755-8254

Provides housecleaning, yard work, shopping and minor home maintenance services to assist frail elders to remain in their homes.

Towns served: Central Naugatuck Valley Region

Chore Service

Town of Sharon

P.O. Box 522, Lakeville, CT 06039

Phone: 860-435-9177, Fax: 860-492-0730

Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping and other minor chores, including snow removal.

Towns served: Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury, and Sharon

TRANSPORTATION

Assisted Medical Transportation Program

City of Torrington, Sullivan Senior Center

88 East Albert Street, Torrington, CT 06790

Phone: 860-489-2211, Fax 860-489-2529

Provides affordable door-to-door medical transportation for seniors with disabilities or physical limitations. Requires reservation.

Towns served: Torrington, Litchfield, Harwinton and Winsted

Beacon Falls Senior Center Transportation

Town of Beacon Falls, Town Hall

10 Maple Avenue, Beacon Falls, CT 06403

Phone: 203-729-4340, Fax 203-720-1078

Provides transportation for seniors and persons with disabilities based on a reservation system for shopping and medical appointments within the town.

Town served: Beacon Falls

Geer Transportation Program

99 South Canaan Road, Canaan, CT 06018

Phone: 860-824-7067

Non-emergency medical transportation is available with a variety of lift equipped vehicles.

Towns served: Canaan, Salisbury, Sharon, Falls Village and Cornwall

Hispanic Coalition of Greater Waterbury

135 East Liberty Street

Waterbury, CT 06706

Phone: 203/ 754-6172

Senior center provides transportation service for any purpose especially for Spanish speaking seniors who require English language assistance. In some situations, a translator may be available to accompany seniors with limited English speaking ability. For seniors age 60+ years.

Town served: Waterbury

OUTREACH continued

Comprehensive Outreach Project for Elders (COPE)

New Opportunities, Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-4244, Fax 303-755-8254
Provides seniors information and assistance to promote knowledge and use of social services including completing applications.
Towns served: All towns in the Central Naugatuck Valley

Hispanic Coalition of Greater Waterbury

135 East Liberty Street
Waterbury, CT 06706
Phone: 203-754-6172
This multipurpose senior center assists Spanish speaking elders with applications for entitlement and benefit programs, door-to-door transportation and organized activities. Recent benefit is an adult day care center set of activities.
Towns served: Waterbury and neighboring towns with emphasis on Hispanic seniors

Independence Northwest, Inc., Veterans Project

1183 New Haven Road #4
Naugatuck, CT 06770
Phone: 203-729-3299
Agency provides outreach for elderly veterans & direct application assistance to ensure that eligible veterans obtain local, state & federal benefits.
Towns served: 41 towns of Northwestern CT

Geer Transportation Program

99 South Canaan Road, Canaan, CT 06018
Phone: 860-824-7067
Provides non-emergency medical transportation
Towns served: Canaan, Salisbury, Sharon, Falls Village and Cornwall

City of Torrington Chore Program

Sullivan Senior Center
88 East Albert Street, Torrington, CT 06790
Phone: 860-489-2211, Fax: 860-489-2580
Provides light housekeeping services for low income, frail, at-risk, disabled elders so that they can remain independent at home in their community.
Towns served: Torrington and Harwinton

Helping Hands Chore Service

115 Spencer Street, Winsted, CT 06098
Phone: 860-379-4900 Fax: 860-379-1476
Assists elderly and handicapped persons to stay safely and independently in the community through assistance with light housekeeping, laundry, light yard work, errands, etc.
Towns served: Barkhamsted, Colebrook, New Hartford, Winsted and Norfolk

Rebuilding Together

122 Stilson Hill Road, New Milford, CT 06776
Phone: 860-350-2290, Fax: 860-355-1801
Provides minor home repair and renovation for seniors and other low income homeowners in Litchfield County targeted for warmth, safety and/or environmental necessity.
Towns served: Litchfield County area.

Handy Dandy Handyman, Inc

26 Shamrock Drive Brookfield, CT. 06804
Phone: 203-740-1243
Provides seniors with various “handyman” type chores to maintain seniors in their homes including yard work, minor exterior or interior home repairs.
Towns served: Bethel, Bridgewater, Brookfield, Danbury, New Fairfield, New Milford and Newtown

Towns served: Litchfield, Morris, Goshen, Warren, Washington and Roxbury

Litchfield Hills Chore Service

PO Box 294 Litchfield, CT 06759

Phone: 860-567-6121

Provides general light and heavy housekeeping, cleaning, laundry, cooking and some yard maintenance for homebound, disabled seniors.

Habitat for Humanity

PO Box 1, Salisbury, CT 06068

Phone: 860-435-4747

Provides critical home repairs to seniors such as interior/exterior work that improves the safety of homeowner.

Towns served: Canaan, Cornwall, Falls Village, Norfolk, Salisbury and Sharon

New Opportunities Inc. Money Management

232 North Elm Street, Waterbury, CT 06702

Phone: 203-757-7738

Frail, at-risk elders needing bill paying assistance are helped by screened, trained and bonded volunteers. Visually impaired seniors and those without local family support are special targets for money management services.

Towns Served: Beacon Falls, Bethlehem, Bethel, Brookfield, Canaan, Cheshire, Danbury, Litchfield, Middlebury, Naugatuck, New Milford, Newtown, Prospect, Sherman, Southbury, Thomaston, Torrington, Waterbury, Watertown, Winsted, Wolcott, and Woodbury

SPECIAL NOTE: Frequently there are special state or federal funds for home modification to maintain seniors in their homes. These have included HUD & USDA (federal) and Dept. of Housing (state). A reverse mortgage can be investigated.

LEGAL SERVICES**Connecticut Legal Services, Inc. (CLS)**

Legal Services for the Elderly

85 Central Avenue, Waterbury, CT 06722

Phone: 203-756-8074, Fax 203-754-0504

Consumer Law Hotline: 1-800-296-1467

Statewide Legal services 1-800-453-3320

Seniors may receive legal assistance in issues related to a variety of legal rights but housing issues and Medicaid are priorities. Seniors should be aware that this project does not generally provide direct assistance in drafting wills or divorce situations.

Towns served: 41 towns of Northwestern CT

MENTAL HEALTH**Project Hope**

Family Intervention Center (FIC)

22 Chase River Road, Waterbury, CT 06704

Phone: 203-753-2153, Fax 203-756-6032

This agency provides outreach, workshops, evaluation, counseling and referrals for people age 60+ who suffer from alcoholism, drug addiction or emotional issues. WCAAA funds support a limited number of mental health counseling sessions.

Towns served: Central Naugatuck Valley

OUTREACH**BRASS Waterbury Outreach****Waterbury Senior Center**

1985 East Main Street, Waterbury, CT 06705

Phone: 203-757-5449

While the Waterbury Senior Center's focus is a wide range of health, wellness and social activities, the WCAAA staff is located at the senior center to help seniors with benefits' information and assistance to promote knowledge and use of social services including completing applications.

reservation 24 hours in advance.

FUEL AND UTILITY ASSISTANCE

WCAAA's emergency fuel or utility assistance program is for seniors with limited number of payments and funds are used as a last resort, after all other funding sources are expended. In general, seniors may receive a one time benefit from these funds.

New Opportunities Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-575-9233, Fax: 203-575-8254
Towns served: Central Naugatuck Valley and Litchfield Hills Region

Community Action Committee of Danbury
66 North Street, Danbury, CT 06810
Phone: 203-748-5422, Ext. 105, Fax: 203-790-9693
Towns served: Housatonic Valley and part of Northwest region

Connecticut Legal Services, Inc.

85 Central Avenue, Waterbury, CT 06722
Phone: 203-756-8074, Fax 203-754-0504
Grandparents are provided with information and assistance to make informed decisions regarding the legal status of their roll as caregivers of grandchildren. CLS also organizes outreach events and provides direct legal counseling as well as representation for grandparents raising grandchildren; some funding for one-time equipment such as beds, other necessities for grandparents legally raising grandchildren.

Naugatuck YMCA, "Time Out to Play"

284 Church Street, Naugatuck, CT 06770
Phone: 203-729-9622, Fax 203-723-0083
Programming assists grandparents raising grandchildren by providing activities before and after school/camp for grandparents' respite. Support groups are also available.
Towns served: Borough of Naugatuck

Senior Medicare Patrol (SMP)

The WCAAA's CHOICES program provides education on the issues of fraud and abuse through our network of volunteer and staff counselors. The trained SMP counselors educate volunteers and professionals in the community to ensure that seniors are empowered to address issues of health care fraud, errors, abuse and other related health care scams such as identity theft and internet scams without fear.

Veteran Directed Home and Community Based Services

This program allows qualifying veterans to be an employer, to hire and supervise their own workers to help with their daily needs. An assessment is completed to determine eligibility, level of need and assist with care plan development. Services may include: assistance with personal care, household tasks, minor home repairs, skilled nursing, accompaniment to medical appointments, non-medical transportation, medical supplies, participation in adult day care.

WCAAA CT Home Care Program (Wby) & ABI (selected towns)

The Connecticut Home Program helps seniors and other persons with a disability remain in their homes with proper supports. Persons needing services must be age 65 years+ (CHCP) unless disabled, require assistance in at least two areas of their daily functioning and meet financial eligibility requirements. Referrals are accepted by telephone; call the State of CT Alternate Care Unit, at 1-800-424-4904 or complete the online application. For more information, call the WCAAA Home Care Program at 203-465-1000. Referrals for the ABI Program are made by DSS; call 1-800-445-5394, Ext 4
Agency funding and application

ELDERLY NUTRITION

Home Delivered Meals: Three nutrition providers/caterers prepare and deliver hot and cold meals to seniors who are unable to shop for and/or prepare their own meals or travel to a site where a meal is being served. Donations are suggested. Home delivered support may be one hot or one hot and one cold meal available 3-5 days per week depending on need and “script” by a medical provider. Special meals are usually available if prescribed by a physician. If you are in need of home delivered meals, please call WCAA at 203-757-5449 or 800-994-9422.

Central Naugatuck Elderly Nutrition: New Opportunities, Inc.
232 North Elm Street, Waterbury, CT 06702
Phone: 203-757-7738

Housatonic Valley Elderly Nutrition: CW Resources
15 Great Pasture Road, Suite #8, Danbury, CT 06810
Phone: 203-628-7540

Litchfield Hills/Northwest Elderly Nutrition Project: City of Torrington Sullivan Senior Center
88 East Albert Street, Torrington, CT 06790
Phone: 860-489-4151

Congregate Meals: Congregate meals are served in a group setting like senior center or housing complex. Hot meals provide an opportunity to socialize with others through recreation, education and social activities. Most congregated meal sites require a reservation in advance and seniors must be aware that meals may not always be appropriate for diabetics who need to manage daily food intake. * indicates restaurant site.

Bethlehem, Nick’s Restaurant*	203-266-7317
Brookfield Senior Center	203-775-5308
Cheshire Senior Center	203-272-0047
Danbury Senior Center	203-797-4686
Falls Village Senior Center	860-824-4863
Harwinton Senior Center	860-689-1951
Kent, Templeton Farms Recreation Building	860-927-3403

Lakeville, Town Grove Recreation Building	860-435-5186
Litchfield, First Congregational Church	860-567-5746
Middlebury Senior Center	203-577-4166
Morris Senior Center	860-567-3210
Naugatuck	
George B. Lewis I Congregate Housing	203-729-3387
George B. Lewis II Congregate Housing	203-729-0508
Naugatuck Senior Center	203-720-7069
New Fairfield Senior Center	203-312-5665
New Milford Senior Center	860-355-6075
New Hartford Senior Center	860-379-3980
Newtown	
Newtown Senior Center	203-270-4310
Nunnawauk Meadows Congregate Housing	203-426-2594
Norfolk, Meadowbrook Housing	860-542-5434
Prospect Senior Center	203-758-5300
Redding, Heritage Senior Center	203-938-9275
Sherman, American Pie Company Restaurant*	860-350-0662
Southbury	
Grace Meadows Congregate Housing	203-267-5419
Southbury Senior Center	203-262-0631
Thomaston, Clare Hall	203-283-5174
Torrington	
Sullivan Senior Center	860-482-4151
Torrington West Apartments Congregate Housing	860-489-7328
Waterbury	
Brass House Restaurant*	203-755-4910
Hispanic Coalition	203-754-6172
Monteiro Restaurant*	203-573-0645
Amalfi’s Restaurant*	203-755-5554
Waterbury Senior Center	203-574-6746
John Bale Book Store*	203-757-2279
Watertown, Fall Avenue Senior Center	860-945-5250
Winsted, McCarthy Senior Center	860-379-4252
Wolcott, Rietdyke Senior Center	203-879-8133
Woodbury, Elenni’s Restaurant*	203-757-7738
Woodbury Senior Center	203-263-2828
Annoula’s Restaurant*	203-586-1148
New Morning Market*	203-263-2828

* Senior Dine Program location. Please call for information and to make your