

WCAAA GRANT FUNDED & OTHER GRANT FUNDED PROGRAMS & SERVICES

These programs receive WCAAA grant funds to provide assistance for seniors age 60+ and, in some situations, below 60 through Older Americans Act and State funding in our 41 towns of Western CT. For information about our grant opportunities, please visit our website at www.wcaaa.org.

Adult Day Care Centers

Alternate Housing through Shelter of the Cross

Chore Services (for a list of contractors who service your town, please call WCAAA at 203-757-5449)

Elderly Nutrition including home delivered Meals on Wheels and congregate meals (to complete a Meals on Wheels application or for a list of congregate meal sites, please call WCAAA at 203-757-5449)

Fuel and Utility Assistance through New Opportunities and Community Action Committee of Danbury

Grandparents Raising Grandchildren through CT Legal Services and Naugatuck YMCA

Legal Services through CT Legal Services

Mental Health through Family Intervention Center

Money Management through New Opportunities

Outreach Activities including BRASS Waterbury, Hispanic Coalition and Independence Northwest for veterans

Transportation including Sullivan (Torrington) Senior Center, Beacon Falls Senior Center, Geer Transportation Program, Hispanic Coalition of Greater Waterbury, Naugatuck Senior Transportation, New Milford Senior Transportation, New Opportunities Senior Companion Program, Northwestern CT Rural Transit.

Senior Centers (for contact information please call WCAAA at 203-757-5449)

Veteran's Benefits through Independence Northwest

Well Being Programs through the WCAAA directly, YMCAs and Senior Centers.



Towns Served by WCAAA

Visit our website www.wcaaa.org

The WCAAA "Insider" Newsletter is mailed to seniors and caregivers and also available on our website, for more information or to place an ad, please call WCAAA at 203-757-5449.

WCAAA staff and trained volunteers are available for presentations to community groups, social service agencies and businesses.

WCAAA programs are funded by the Older American's Act, State of CT, HUD, other federal, state and private funds and client donations.

Donations are encouraged and used to serve additional seniors.

We are very grateful for every cash donation.

WCAAA Special Outreach Projects

Through local funds, the WCAAA operates special outreach programs specific to the City of Waterbury (BRASS Programs), and the general Central Naugatuck Valley. If needed, these trained staff can accommodate home visits for seniors who need assistance with applications for benefits or assessments for in-home services through our CT Community Foundation Grants. Meetings at seniors' homes also may include caregivers, especially if they are legal representatives.

Follow us on Facebook and Twitter



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Western Connecticut Area Agency on Aging, Inc.



All About Us

The WCAAA is a private, non-profit organization that develops, manages and provides comprehensive programs for seniors, caregivers and individuals with disabilities through person-centered planning to maintain their independence and quality of life.

WCAA PROGRAMS & SERVICES

Acquired Brain Injury (ABI):

Brain injuries can occur anytime, anywhere and to everyone. A variety of services are available for persons age 18+ who require hands-on care with 2+ activities of daily living and have impaired cognition; participants must be Medicaid active. A personalized assessment can help determine which level of care a participant is eligible for based on their cognitive status, behaviors and daily living activities. Referrals for the ABI Program are made by DSS; call 1-800-445-5394, option 2 for information & application.

Alzheimer Respite Care Program:

Respite Care is a short term option designed to provide a break from the physical and emotional stress from caregiving. 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 \$46,897 a year or liquid assets more than \$124,679. The program has a 20% co-payment toward the cost of services unless waived.

CHOICES, Medicare Counseling:

The CHOICES Program (Connecticut's programs for **H**ealth insurance, **O**utreach, **I**nformation and **E**ligibility Screening) is the official State Health Insurance Program (SHIP) for CT. The WCAA serves as one-stop, no wrong door resource for free, confidential, unbiased information on programs/services for seniors, caregivers and individuals 18+ with disabilities. We link people to appropriate community resources, and also provide advocacy and assistance for those who have no support. We assist with information about: Medicare, Medi-

caid, Medigap, long term support options, senior housing, transportation, health services, volunteering opportunities and much more. If the WCAA does not already have the information, our staff will research and get answers.

Community First Choice (CFC):

Community First Choice is a program in CT offered to active Medicaid clients age birth to death, who have an institutional level of care need. This program allows individuals to receive supports and services in order to stay in their home. 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.

Congregate Housing Services Program

(CHSP): The Congregate Housing Program serves the following housing sites: Grace Meadows in Southbury, Greenwood Garden and Chestnut Grove in Winsted, Nunnawauk Meadows in Newtown, George B. Lewis I & II in Naugatuck and Torringford West in Torrington. We provide direct supportive services for eligible residents. Participants are involved in making choices about their services. After a home assessment, services provided may be a personal response system, chore, homemaker, foot care, adult day care, meals, home health aide, medication monitoring.

CT Home Care Program- Waterbury

(CHCP): The Connecticut Home Program is designed to help seniors and younger persons with a disability to remain safely in their homes with the proper supports and services in place rather than being institutionalized. Persons needing services must be age 65 years+ (CHCP) or 18+ disabled with ABI, require assistance in at least two areas of their daily functioning and meet the program's financial eligibility requirements. Referrals are ac-

cepted by telephone by calling the State of CT, Alternate Care Unit, at 1-800-445-5394, option 2 or complete the online application. For more information, call the WCAA Home Care Program at 203-465-1000.

Live Well, Chronic Disease & Diabetes Self-Management Program

WCAA offers three free, interactive, evidence-based six-week Live Well workshops for Chronic Disease, Diabetes or Chronic Pain Self-Management. Participants learn skills to understand and take control of their long term health conditions. They explore tools to deal with pain, fatigue, difficult emotions, anxiety and stress; learn easy exercises to help improve or maintain strength, balance and energy; and learn tips for healthful eating. Diabetes workshop participants create sample menus and learn about being active, blood sugar goals, taking medications, communicating with healthcare providers and avoiding complications. Chronic Pain workshops also cover stress management, difficult emotions, planning and pacing and simple exercises.

Money Follows the Person

Program (MFP): The goal of Money Follows the Person is to enable 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, depending on their needs, to 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 to help clients be as independent as possible in the community.

National Family Caregiver

Support Program (NFCSP): National Family provides information, assistance, individual counseling, caregiver training, respite care and sup-

plemental 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.

Senior Medicare Patrol: This program educates beneficiaries, family members and caregivers on Medicare fraud, errors, and abuse through our network of volunteers and staff counselors. Specially trained SMP team volunteers and counselors educate professionals working with our elderly and disabled to ensure those on Medicare are empowered to address issues of health care fraud (e.g., identity theft, robocalls, DNA genetic testing scams). By learning to protect personal information and detect and report suspect activity, SMP volunteers are the eyes and ears within our communities and serve as the first line of defense against Medicare fraud.

Veteran Directed Home and Community Based Services:

This program allows qualifying veterans to be an employer, to hire and supervise their own workers who help with their daily needs. An assessment is completed to determine eligibility, level of need and to review the program, 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 and more.