



WESTERN CONNECTICUT  
AREA AGENCY ON AGING

# DIRECT SERVICES GUIDE



A quick overview of WCAAA services provided for older adults, caregivers, and individuals with disabilities

Revision February 2025

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## 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 at: 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 cases, persons below age 60. Donations are encouraged as all donations received through direct services are used to serve more seniors. **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 CT residents of all ages and 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- Center for Independent Living	203-729-3299
State of CT Home Care Program Referral	800-445-5394
Infoline	2-1-1
Protective Services for Elderly (PSE)	860-258-5800

## CT Statewide Respite Care Program (CSRCP)

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 nursing home care. A mandatory application and assessment must be completed before respite services are provided.

Eligibility requirements include: care recipients must have Alzheimer's or irreversible dementia, income cannot exceed \$55,561 per year, and liquid assets can't be more than \$147,715. The program has a 20% co-payment toward the cost of services, unless waived.



## CHOICES Program

CHOICES, Connecticut's **State Health Insurance Assistance Program (SHIP)**, administered by the Department of Aging and Disability Services, is a partnership between the state's 5 Area Agencies on Aging (AAAs) and the Center for Medicare Advocacy, Inc. CHOICES provides comprehensive assistance and support to Medicare-eligible individuals and their families. Through outreach, counseling, and education, CHOICES empowers individuals to make informed decisions about their health insurance, ensuring optimal access to care and benefits. Services include counseling on all Medicare aspects, enrollment assistance, plan comparisons, and eligibility screening for assistance programs. Additionally, CHOICES provides information on preventive benefits, outreach presentations, and referrals for other state benefits. The diverse team, including staff, professionals, and volunteers, undergo rigorous training and receive ongoing support. They offer comprehensive assistance and promote program awareness through various activities. To join the team, or to learn more about the program individuals can contact 1-800-994-9422 or 203-757-5449 Option 4.



## Community First Choice (CFC)

CFC is a program in Connecticut that offers in-home services and supports to individuals in the community. Participants can be of any age but must have active Medicaid and meet Institutional Level of Care. CFC is a self-directed program, and this means that each participant, or someone who they choose to appoint, budgets and manages their own services. The services that are offered through the program support needs in bathing, dressing, toileting, transferring and eating—or Activities of Daily Living—among many other needs. For further information, inquiring individuals may call 1-888-992-8637 to reach a Dept. of Social Services representative or call 203-465-1000 to reach a local WCAAA representative. To refer yourself or another individual to the CFC Program please call 211.

## Congregate Housing Services Programs

Our housing programs serve the following senior housing sites through assistance of Resident Service Coordinators: Grace Meadows in Southbury, Greenwood 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 and persons with disabilities. 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. Regular Resident Senior Coordinator (RSC) meetings are held monthly to update RSCs on programs and changes in eligibility guidelines and to discuss difficult cases, all this with the purpose to better serve their residents. Although assessing seniors for benefits is the major objective of the RSCs, some activities include distribution of farmer's market coupons, assisting with applications for renters' rebates, energy assistance, SNAP, and much more. Participants are always involved in making choices about their services.



## **Live Well, Chronic Disease & Diabetes Self-Management Programs**

WCAAA 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 Money Follows the Person Program is state and federally funded program that 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 with State of CT Department of Social Services waivers, resources and 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. (NFCSP)**

The National Family Caregiver Support Program is a short-term option designed to provide a break from the physical and emotional stress from caregiving, while pending long-term care services. This program may provide information, assistance, individual counseling, caregiver training, respite care or supplemental services, such as: home health aide, 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 care recipients whose income is below the poverty level are given high priority status. A mandatory application and assessment must be completed before services are provided.

## Service Navigation

Our WCAAA Service Navigators offer comprehensive support to individuals aged 60 and older, as well as to caregivers. We also assist adults with disabilities, aged 18 to 59, and their caregivers. The program provides vital information, education, and guidance in navigating complex circumstances. Services include benefits counseling, application assistance, and case consultations, along with person-centered planning such as options counseling, case management, and short-term counseling. Additionally, our department facilitates access to a range of services funded by state, federal, or local agencies, all aimed at improving quality of life. These services cover areas such as housing, legal aid, financial assistance, in-home care, employment support, home modifications, long-term care, and protective services. Support is available through in-person meetings, phone consultations, or email correspondence.

## Aging and Disability Resource Centers

Similar to our Service Navigators, Aging and Disability Resource Centers (ADRCs) provide services CT residents aged 60 and older, as well as individuals with disabilities aged 18-59. Individuals under the age of 59 would need a verified disability. ARDC's offer unbiased assistance to individuals across all income levels, helping them navigate and utilize LTSS effectively, which can delay or prevent Medicaid spend-down and unnecessary institutionalization.

## Senior Medicare Patrol (SMP)



WCAAA's federal Senior Medicare Patrol (SMP) 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, etc.). By learning to protect personal information and detect and report suspect activity, SMP volunteers are the eyes and ears on the ground 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 to help with their daily needs. An assessment is completed by the VA to determine eligibility and level of need. The WCAAA Support Broker can then assist with care plan development and budget management. 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 to help veterans remain at home.

## **Connecticut Home Care Program (CHCP)**

This 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) or 18+ disabled with ABI, 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 1-800-445-5394 Option 2 or complete the online application. For information, call the Western CT Area Agency on Aging, Home Care Program at 203-465-1000. Referrals for the ABI Program are made by DSS; call 1-800-445-5394, option 2 for information & application.



## Alternate Housing

Agency funding provides assisted rehabilitative housing for homeless seniors including shelter, food & 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 Dr., Danbury, CT 06810 | 203-791-1050 ULT | *Receives WCAAA funding\*.*

## Adult Day Care (ADC)

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 Centers are certified by the State of CT and work with each participant to determine individualized care plans. The following is a comprehensive list of Adult Day Care centers:

### **Daybreak of Waterbury\***

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

### **Litchfield Hills Adult Day Center\***

407 Bantam Road, Litchfield, CT 06759 | *Phone:* 860-567-2402, *Fax:* 860-567-2405 | *Towns served:* Litchfield County | Social Model

### **Old Glory Days\*** 107 Church Hill Road #GL-1, Sandy Hook, CT 06484 |

*Phone:* 203-648-5983 | *Fax:* 203-491-2900 | *Towns served:* Newtown, Southbury, Oxford, Monroe, Bethel, Danbury, Brookfield | Social Model

*\* Receives WCAAA funding*

## 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.

### **Central Naugatuck Valley Chore Program:**

New Opportunities | 232 N. Elm St, Wtby, CT 06702 *Phone:* 203-575-4268 | *Fax:* 203-755-8254 | *Details:* Provides housecleaning, yard work, shopping & minor home maintenance services to assist frail elders to remain in their homes. **Towns served:** Central Naugatuck Valley Region | *Receives WCAAA funding.*

**Chore Service:** Town of Sharon | P.O. Box 522, Lakeville, CT 06039

*Phone:* 860-435-9177 | *Fax:* 860-492-0730 | *Details:* Assists elderly & handicapped persons to stay safely & independently in the community through assistance with light housekeeping & other minor chores, including snow removal.

**Towns served:** Canaan, Cornwall, Falls Village, Kent, Norfolk, Salisbury, & Sharon. | *Receives WCAAA funding.*

**Helping Hands Chore Services** 115 Spencer St, Winsted, CT 06098 | *Phone:* 860-379-4900 | *Fax:* 860-379-1476 | *Details:* Provides assistance with light housekeeping, laundry, light yard work, errands, etc. **Towns served:** Barkhamsted, Colebrook, New Hartford, Winsted and Norfolk. | *Receives WCAAA funding.*

**City of Torrington Chore Program:** Sullivan Sr. Ctr. | 88 East Albert Street, Torrington, CT 06790 *Phone:* 860-489-2211 | *Fax:* 860-489-2580 | *Details:* 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 & Harwinton | *Receives WCAAA funding.*

**Friends of Newtown Seniors Chore Program:** 57 Queen Street, Newtown, CT 06470 | *Phone:* 203-430-0633 | *Details:* Light and heavy chore service, *Receives WCAAA funding*

## **New Opportunities Inc. Money Management**

232 N. Elm St., Waterbury, CT 06702 | Phone: 203-757-7738

*Details:* Frail, at-risk elders needing bill paying assistance are helped by screened, trained & bonded volunteers. Visually impaired seniors & those without local family support are special targets for money mgmt. 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, & Woodbury. | *Receives WCAAA funding.*

**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 for funding.*

## **Elderly Nutrition**

### **Home Delivered Meals**

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 Western CT Area Agency on Aging at: 203-757-5449 or 800-994-9422.***

### **Central Naugatuck Elderly Nutrition:**

New Opportunities, Inc. | 232 North Elm Street, Waterbury, CT 0670 | Phone: 203-757-7738

### **Housatonic Valley Elderly Nutrition:**

CW Resources | 15 Great Pasture Rd., Suite #8, Danbury, CT 06810 | Phone: 203-628-7540

### **Litchfield Hills/Northwest Elderly Nutrition Project:**

City of Torrington Sullivan Sr. Ctr. | 88 East Albert St., 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 congregate 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.

<b>Barkhamsted Senior Center</b>	Barkhamsted	860-738-1264
<b>Nick's Country Kitchen*</b>	Bethlehem,	203-266-7317
<b>Brookfield Senior Center</b>	Brookfield	203-775-5308
<b>Cheshire Senior Center</b>	Cheshire	203-272-0047
<b>Danbury Senior Center</b>	Danbury	203-797-4686
<b>Falls Village Senior Center</b>	Canaan	860-824-4863
<b>Harwinton Senior Center</b>	Harwinton	860-689-1951
<b>Town Grove Recreation Building</b>	Lakeville	860-435-5186
<b>Middlebury Senior Center</b>	Middlebury	203-577-4166
<b>Morris Senior Center</b>	Morris	860-567-3210
<b>George B. Lewis I Congregate Housing George B. Lewis II Congregate Housing Naugatuck Senior Center</b>	Naugatuck	203-729-3387 203-729-0508 203-720-7069
<b>New Fairfield Senior Center</b>	New Fairfield	860-355-6075
<b>Newtown Senior Center</b>	Newtown	203-270-4310

<b>Nunnawauk Meadows Congregate Housing</b>	Newtown	203-426-2594
<b>Heritage Senior Center</b>	Redding	203-938-9275
<b>Senior Center American Pie Company Restaurant*</b>	Sherman	860-354-2414 860-350-0662
<b>Grace Meadows Congregate Housing Southbury Senior Center</b>	Southbury	203-267-5419 203-262-0631
<b>Clare Hall</b>	Thomaston,	203-283-5174
<b>Sullivan Senior Center</b>	Torrington	860-482-4151
<b>West Apartments Congregate Housing</b>	Torrington	860-489-7328
<b>Hispanic Coalition Monteiro Restaurant* Amalfi's Restaurant* Waterbury Senior Center John Bale Book Store*</b>	Waterbury	203-754-6172 203-573-0645 203-755-5554 203-574-6746 203-757-2279
<b>McCarthy Senior Center</b>	Winsted	860-379-4252
<b>Rietdyke Senior Center</b>	Wolcott	203-879-8133
<b>Woodbury Senior Center</b>	Woodbury	203-263-2828
<b>Annoula's Diner</b>	Woodbury	203-586-1148
<i>*Senior Dine Program location. Please call for information and to make your reservation 24 hours in advance.</i>		

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.



## **ELDERLY EMERGENCY FUEL PROGRAM** | 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. | *Receives WCAAA Funding*

## **Grandparents Raising Grandchildren**

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 | *Details:* 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 | *Receives WCAAA Funding.*

## **CT Legal Services**

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. *Receives WCAAA funding\*.*

### **Connecticut Legal Services, Inc. (CLS)\***

Legal Services for the Elderly

Address: 85 Central Avenue, Waterbury, CT 06722

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

Towns served: 41 towns of Northwestern CT.

**Consumer Law Hotline: 1-800-296-1467**

**Statewide Legal services 1-800-453-3320**

## Mental Health

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.

**Project Hope**-Family Intervention Center (FIC) | 22 Chase River Rd., Wtby, CT 06704 | *Phone:* 203-753-2153 | *Fax* 203-756-6032 | *Towns served:* Central Naugatuck Valley. *Receives WCAAA funding & provides outreaching services*

## Outreach

**BRASS Waterbury Outreach** Waterbury Sr. Ctr. | 1985 East Main Street, Wtby, CT 06705 | *Phone:* 203-757-5449 | *Fax:* (203) 574-8636 | *Details:* 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.

**Comprehensive Outreach Project for Elders (COPE)** New Opportunities, Inc. | 232 North. Elm Street, Waterbury, CT 06702 | *Phone:* 203-575-4244 | *Fax* 303-755-8254 | *Details:* 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 St., Waterbury, CT 06706 | *Phone:* 203-754-6172 | *Details:* 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 | *Details:* 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.

## 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 | *Details:* Provides affordable door-to-door medical transportation for seniors with disabilities or physical limitations. Requires reservation | *Towns served:* Torrington, Litchfield, Harwinton and Winsted | *Receives WCAAA Funding.*

**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 | *Details:* 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 | *Receives WCAAA Funding.*

**Communication Advocacy Network:** 151 New Park Ave, Hartford, CT 06106 | *Phone:* 860-566-9490 | *Details:* Provides transportation to medical and all other essential meetings. | *Towns served:* Cheshire, Danbury, Naugatuck, New Fairfield, Thomaston, Torrington, Waterbury, Winchester | *Receives WCAAA Funding.*

**Geer Transportation Program** 99 South Canaan Road, Canaan, CT 06018 | *Phone:* 860-824-7067 | *Details:* Non-emergency medical transportation is available with a variety of lift equipped vehicles | *Towns served:* Canaan, Salisbury, Sharon, Falls Village and Cornwall | *Receives WCAAA Funding.*

**Naugatuck Sr. Transp. Project** | Borough of Naugatuck HRD | 229 Church St., Naugatuck, CT 06770 | *Phone:* 203-729-5285 | *Fax* 203-729-8663 | *Details:* Provides transp. for the elderly & disabled persons from home to medical appts. & shopping | *Towns served:* Borough of Naugatuck | *Receives WCAAA Funding .*

**New Milford Sr. Transp. | Wheels of New Milford** | 40 Main St., New Milford, CT 06776 | *Phone:* 860-355-6075 | *Details:* Provides transp. for seniors to non-emergency medical appts. in targeted towns / surrounding area | *Towns served:* New Milford, Roxbury, Kent & Washington Depot | *Receives WCAAA Funding.*

**New Opportunities, Inc. Senior Companion Program** | 232 N. Elm St., Wtby., CT 06702 | *Phone:* 203-575-9799 | *Details:* Provides transp. for low income sr. companion volunteers to the homes of frail, homebound elders | *Receives WCAAA Funding.*

## Veterans Benefits

**Independence Northwest** | 1183 New Haven Rd., Naugatuck, CT 06770 | *Phone:* 203-729-3299 | *Receives WCAAA funding.*

*Details:* Provides assistance to elderly veterans to access VA health care benefits through outreach & education to provide veterans & their spouse additional income through access to Soldiers, Sailors & Marine Fund benefits as well as the pension claims process. Their goal is to assist veterans & their spouse live independently in the community | *Towns served:* 41 towns of Northwestern CT.

## Wellbeing

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

**Monitor My Health** | 157 Church St., Suite 1921, New Haven, CT 06510 | *Phone:* 800-945-9479 | *Towns served:* Naugatuck and Waterbury | *Receives WCAAA funding.*

**Naugatuck YMCA Sr. Prog.** | 284 Church St., Naugatuck, CT 06770 | *Phone:* 203-729-9622 | *Fax* 203-723-0083 | *Towns served:* Naugatuck and surrounding towns | *Receives WCAAA funding.*

**Newtown Senior Center** | 8 Simpson St., Newtown, CT 06470 | *Phone:* 203-270-4310 | *Towns served:* Newtown | *Receives WCAAA funding.*

**Thriving with Cancer** | Ann's Place | 80 Saw Mill Rd., Danbury, CT 06810 | *Phone:* 203-790-6568 | *Towns served:* Kent, Torrington, Danbury, Waterbury and surrounding towns | *Receive WCAAA funding.*

## 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 with an asterisk\*.

### **BANTAM**

Litchfield Comm. Ctr.  
421 Bantam Rd., Litchfield, CT  
06759 | Phone: 860-567-0328

### **BETHEL**

Bethel Sr. Ctr.  
1 School St., Bethel, CT 06801  
Phone: 203-794-8537

### **BARKHAMSTED**

Barkhamsted Sr. Ctr.  
109 W. River Rd., Barkhamsted, CT  
06063 | Phone: 860-738-1264

### **BETHLEHEM**

Bethlehem Sr. Ctr.  
36 Main St., Bethlehem, CT 06751  
Phone: 203-266-6699 X 303

### **BEACON FALLS**

Beacon Falls Sr. Ctr.  
57 N. Main St. Beacon Falls, CT  
06403 | Phone: 203-723-2344

### **BRIDGEWATER**

Bridgewater Sr. Ctr. | 132 Hut Hill  
Rd., | Bridgewater, CT 06752 |  
Phone: 860-355-3090

### **BROOKFIELD\***

Brookfield Sr. Ctr. | 100 Pocono Rd.,  
Brookfield, CT 06804 | Phone: 203-  
775-5308

### **KENT**

Kent Social Services | 41 Kent  
Green Blvd, P.O Box 678, Kent, CT  
06757 | Phone: 860-9271586, or

### **CANAAN**

Falls Village Sr. Ctr. | 108 Main St. |  
Falls Village, CT 06031  
Phone: 860-824-4863

### **LITCHFIELD**

Litchfield Sr. Ctr. | 421 Bantam  
Rd., Litchfield, CT 06759  
Phone: 860-567-8302



<p><b>CHESHIRE</b> Cheshire Sr. Ctr.   240 Maple Ave.   Cheshire, CT 06410   Phone: 203- 272-3165</p>	<p><b>MIDDLEBURY*</b> Middlebury Sr. Ctr., Shepardson Comm. Bldg.   1172 Whittemore Rd., Middlebury, CT 06762   Phone: 203-577-4166</p>
<p><b>COLEBROOK</b> Colebrook Sr. Comm. Ctr.   2 Schoolhouse Rd.   Colebrook, CT 06021   Phone: 860-738-9521</p>	<p><b>MORRIS</b> Morris Sr. Ctr.   109-21 E. Street, Morris, CT 06763   Phone: 860- 567-7437</p>
<p><b>CORNWALL</b> Cornwall Social Srv.   26 Pine St, Cornwall, CT 06753   Phone: 860- 672-2603</p>	<p><b>NAUGATUCK*</b> Naugatuck Sr. Ctr.   300 Meadow St., Naugatuck, CT 06770   Phone: 203-720-7069</p>
<p><b>DANBURY*</b> Danbury Sr. Ctr.   10 Elmwood Pl., Danbury, CT 06810   Phone: 203- 797-4686</p>	<p><b>NEW FAIRFIELD*</b> Sr. Sunshine Ctr. of New Fairfield   33 State Rt. 37   New Fairfield, CT 06812   Phone: 203-312- 5665</p>
<p><b>GOSHEN</b> Agent for the Elderly   42A N. St, Go- shen, CT 06756   Phone: 860-491- 4673</p>	<p><b>NEW MILFORD*</b> Richmond Sr. Ctr.   40 Main St., New Milford, CT 06776  Phone: 860-355-6075</p>
<p><b>HARWINTON</b> Harwinton Sr. Ctr.   209 Weingart Rd., Harwinton, CT 06791   Phone: 860-689-1951</p>	<p><b>NEWTOWN*</b> Newtown Sr. Ctr. 8 Simpson St   Newtown, CT, 06470   Phone: 203-270-4310</p>

**PROSPECT**

Prospect Sr. Ctr. | 6 Center, Prospect, CT 06712 | Phone: 203-758-5300

**REDDING**

Heritage Ctr. | 37 Lonetown Rd., W. Redding, CT 06896 | Phone: 203-938-9725 Ext. 13

**RIDGEFIELD**

Founders Hall Sr. Ctr. | 193 Danbury Rd, Ridgefield, CT 06877 | Phone: 203-431-7000

**ROXBURY**

Roxbury Sr. Ctr. | 7 South St., Roxbury, CT 06783 | Phone: 860-210-0201

**SALISBURY**

Salisbury Sr. Services | 27 Main St. Salisbury, CT 06068 | Phone: 860-435-5191

**SHERMAN**

Sherman Sr. Ctr. | 8 Route 37 Ctr, Sherman, CT 06784 | Phone: 860-354-2414

**SOUTHBURY\***

Southbury Sr. Ctr. | 561 Main St South, Southbury, CT 06488 | Phone: 203-262-0651

**WASHINGTON /****WASHINGTON DEPOT**

Washington Sr. Ctr. | 6 Bryan Hall Plaza, Washington Depot, CT 06794 | Phone: 860-868-0735

**WATERBURY**

Waterbury Sr. Ctr. | 1985 E. Main St., | Wtby, CT 06705 | Phone: 203-574-6746

**Hispanic Coalition**

135 E. Liberty St. | Wtby, CT 06706 | Phone: 203-754-6172

**Willow Plaza Comm. Ctr.**

60 Elmwood Ave., Wtby, CT 06710 | Phone: 203-575-1545

**WATERTOWN/OAKVILLE**

Falls Ave. Sr. Ctr.\* | 311 Falls Ave., Oakville, CT 06779 | Phone: 860-945-5250

**WINSTED\***

Blanche McCarthy  
Winsted Sr. Ctr. | 80 Holabird Ave. | Winsted, CT 06098  
Phone: 860-379-4252

**(SOUTHBURY)**

JEWISH FEDERATION

444 Main Street, North, South-  
bury, CT 06488 | Phone: 203-

**WOLCOTT\***

Charles Rietdyke Sr. Ctr. | 211  
Nichols Rd., Wolcott, CT 06716 |  
Phone: 203-879-8133

**THOMASTON**

McMahon Sr. Ctr. | 158 M.  
Street, Thomaston, CT 06787 |  
Phone: 860-283-4421

**WOODBURY**

Woodbury Sr. Ctr.  
  
Mailing Address: 281 Main St.  
South, Woodbury, CT 06798 |  
Phone: 203-263-2828  
  
Physical Address: 265 Main St.  
South, Woodbury, CT 06798

**TORRINGTON\***

Sullivan Sr. Ctr. | 88 East Albert  
St. Torrington, CT 06790 | Pone:  
860-489-221

**WARREN**

Warren Social Srv. | 50 Cemetery  
Rd, Warren, CT, 06754 | Phone:  
860-868-7881

***Focal Points designated in the Western CT area are  
noted with an asterisk\*.***

***For detailed information on programing and services  
offered, please contact the senior center directly.***







# Mission

The Western Connecticut Area Agency on Aging enriches the lives of older adults, individuals with disabilities, and their caregivers by providing support, services, and information to help them live well with assurance, independence and dignity.

# Vision

Our vision is to foster a community where older adults and persons with disabilities are supported, valued, and connected with services that enable them to live independently, in their chosen home, with dignity.

# Value Statement

Western CT Area Agency on Aging, Inc. (WCAAAA) is guided by a deep and authentic commitment to enriching the lives of older adults, individuals with disabilities, and their caregivers. Our core values—dignity, compassion, inclusion, choice, trust, and collaboration—influence every decision we make and shape the services we provide.

- **Compassion:** We interact with all people on the basis of kindness and empathy.
- **Inclusion:** We value all people regardless of age or ability.
- **Choice:** We strive to maximize people's ability to decide where and how they want to live.
- **Trust:** We foster the trust of the people we serve and the agencies we work with.
- **Collaboration:** We work in partnership within our communities to meet the needs of those we serve

84 Progress Lane, Second Floor, Waterbury, CT 06705

**Phone** 203-757-5449 **Toll Free** 800-994-9422

**Fax** 203-757-4081