

DIRECTORY OF AGING & DISABILITY SERVICES FOR GREENWICH



TOWN OF GREENWICH COMMISSION ON AGING

299 GREENWICH AVENUE
GREENWICH, CT 06830

(203) 862-6710

2017

DIRECTORY OF AGING & DISABILITY SERVICES FOR GREENWICH

THIS DIRECTORY IS PREPARED BY THE COMMISSION ON AGING OF THE TOWN OF GREENWICH TO PROVIDE INFORMATION ABOUT SERVICES SUCH AS HOUSING, HEALTH CARE, TRANSPORTATION, SOCIAL ACTIVITIES, EDUCATION, FINANCIAL RESOURCES AND LEGAL ASSISTANCE.

IF YOU ARE UNABLE TO FIND THE INFORMATION YOU NEED IN THIS DIRECTORY, CONTACT THE COMMISSION ON AGING FOR ASSISTANCE MONDAYS THROUGH FRIDAYS, 8 AM TO 4 PM.

PHONE: (203) 862-6710

E-MAIL: lori.contadino@greenwichct.org

THE LISTINGS IN THIS DIRECTORY ARE FOR INFORMATION PURPOSES ONLY AND DO NOT CONSTITUTE AN ENDORSEMENT BY THE GREENWICH COMMISSION ON AGING.

NO INVESTIGATIONS HAVE BEEN CONDUCTED OF THE QUALIFICATIONS OR QUALITY OF THE SERVICES OR PROGRAMS LISTED. ALL INFORMATION IS SUBJECT TO CHANGE WITHOUT NOTICE.

THIS INFORMATION CAN BE ACCESSED DIRECTLY ON THE TOWN OF GREENWICH WEBSITE:

- GO TO: www.Greenwichct.org
- AT THE BOTTOM OF THE HOME PAGE UNDER GOVERNMENT, CLICK ON COMMISSIONS.
- UNDER COMMISSIONS, CLICK ON COMMISSION ON AGING.
- IN THE RIGHT-HAND COLUMN, UNDER DEPARTMENT INFORMATION, CLICK ON SENIOR SERVICES DIRECTORY.

The Greenwich Commission on Aging has been an official department of Town government since 1975.

The functions of the Commission are:

- Manage the Greenwich Senior Center;
- Plan and develop a new Senior Center program and facility;
- Advocate on behalf of the elderly population;
- Identify unmet needs of the elderly, conduct research and collect data;
- Provide information to the community on the needs of the elderly, serve as a clearing house for disseminating information, and provide public education on issues affecting their caregivers;
- Provide information on and referral to programs, services, and benefits;
- Convene meetings and serve as a forum for issues concerning the elderly;
- Provide information on funding sources for programs and encourage funding partnerships;
- Act as an independent arbiter on problems or complaints affecting the elderly;
- Establish and maintain collaborative relationships with community, professional and governmental agencies; and
- Participate with Town offices and community health and human service agencies in community planning activities.

COMMISSIONERS:

Patricia Burns, Chairperson	203-869-8681
Steve Katz, Vice Chairperson	917-903-7149
Wendy Blumenthal	203-273-1767
Catherine M. Brennan	203-869-6222
Carol Burns	203-661-5946
Francis “Kip” Burgweger	203-869-2377
James B. Dougherty	203-869-308

STAFF:

Lori Contadino, M.S.	Director
Chicky Krois	Administrative Staff Assistant II

COMMISSION OFFICE:

Phone	203-862-6710
e-mail address	lori.contadino@greenwichct.org

Table of Contents (Quick Guide)

Adult Day Care	– 1
Aging in Place	– 2
Aging Life Care Professionals	– 2
Advocacy Organizations	– 4
Alzheimer’s Disease/Dementia	- 5
Caregiver Respite and Counseling	- 7
Chore Services, Household Help & Errands	- 9
Counseling, Case Management & Mental Health Services	- 15
• Alzheimer’s Disease/Dementia	– 15
• Anxiety, Depression, and Grief Counseling	- 16
• Elder Abuse -Domestic Abuse	- 18
• Suicide Prevention	- 19
• Substance Abuse	– 20
Emergency Preparedness	- 21
Employment Assistance	- 22
Energy and Utilities Assistance	– 23
Fellowship	- 23
Financial Assistance	- 25
Food Assistance & Nutrition Services	– 26
Geriatric Assessment	-28
Greenwich Hospital Acute Care Outpatient & Community Support Services	– 30
Health Clinics	- 32
Hearing Impaired	– 35
Home Care Guide	– 35
Home Care	- 37
Home Care – Non- Medical	- 41
Home Care – Skilled Nursing Services	– 46
Hospice Care	– 49
Housing	– 51
Accessory	-51
Assisted Living	– 51
Congregate/Independent Living	– 53
Neighboring Communities Congregate and Assisted	– 54
Placement Services	– 54
Senior (Public)	-55
Supportive for Persons with Disabilities	-56
Information and Referral	- 56
Insurance Counseling	- 58
Legal Assistance	-59
Legal - Courts	– 61
Long Term Care	– 62
Greenwich	– 62
Neighboring Communities	– 62
Ombudsman Program	-63
Medicare – Important Information	– 64
Medicare/Medicaid	-67
Medical Equipment	– 68
Medical Disposal	– 68
Mental Health Hotlines & Services	-69

Money Follows the Person – 70
Mortgage Loan Information – 70
Organizational Assistance – 70
Protective Services for the Elderly– 71
Rehabilitation Services – 73
Retirement & Pension Assistance – 74
Safety – 75
Driver – 75
Home – 75
Services for the Disabled – 76
Socialization, Recreation and Education – 79
Speech-Language Pathology -84
Support Groups - 85
• Bereavement Groups - 85
• Community Support Services – 86
Supportive Services – 87
Tax Preparation – 88
Tax Relief & Assistance -88
Transportation – 89
Transportation Medical - 92
Veteran’s Services – 92
Health Care & Mental Health -93
Support Services -94
Volunteer Opportunities – 94
INDEX - 96

ADULT DAY CARE

Adult Day Care Centers are designed to provide care and companionship for seniors who need assistance or supervision during the day. The program offers relief to family members or caregivers and allows them the freedom to go to work, handle personal business or just relax while knowing their relative is well cared for and safe. Adult Day programs often delay or prevent institutionalization by providing alternative care.

ADULT DAY PROGRAM AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

The Adult Day Program at Waveny Care Center is dedicated to improving the quality of life for older adults who are still living at home, but who may require personal assistance, more social interaction or medical monitoring throughout the day. The program is available five days a week with flexible hours and transportation provided to and from Norwalk, Stamford, Wilton, Dairen and New Canaan. Adult Day Program participants benefit from the immediate access they have to Waveny LifeCare Network's comprehensive network of professional experts and healthcare services. While attending the program, individuals can receive on-site physical, occupational and speech rehabilitative therapies, short-term respite stays at either The Village or Care Center, geriatric evaluation, nutritional counseling, bathing, hairdressing and other services – all under the same roof.

GRASMERE BY THE SEA ADULT DAY SERVICES – Jewish Senior Services

1 Post Road, Fairfield, CT 06824

203-365-6470

Website: www.jhe.org/adultdayservices

The Adult Day Center of the Jewish Home has over 30 years of experience as a key resource for seniors in the Fairfield county area. The program serves individuals who may be experiencing physical and/or memory challenges and are in need of opportunities for socialization and recreation. The Center also provides caregivers with respite support so they can work or pursue their own interests or responsibilities.

RIVER HOUSE ADULT DAY CENTER

125 River Road Ext., Cos Cob, CT 06807

203-622-0079

Mon. - Sat., 7:30 a.m. to 4:30 p.m.

Website: www.gadcriverhouse.org

River House provides solutions to families confronted with age-related illnesses. Seniors can continue to live at home and spend the day enjoying activities with their peers. The therapeutic recreation staff delivers personalized activity rich programs, rehabilitative therapies, memory enhancement programs and exercise while RNs and health aides attend to seniors' medical needs. River house offers door-to-door transportation, nutritious meals and special programs for clients with Alzheimer's/dementia.

The Caregiver Information Center is a resource open to the community. The licensed clinical social worker offers information, individual counseling, support groups, home visits, and special programs including the Caregiver Circle, a four part information series that takes place in the Fall and Spring.

Mastermind, an 8 week memory enhancement program, is also open to community members who have normal age related memory problems or have more significant memory issues.

Fees: Please call for more information

AGING IN PLACE

AT HOME IN GREENWICH

139 East Putnam Avenue, Greenwich, CT 06830

203-422-2342

Website: www.athomeingreenwich.org

At Home in Greenwich is a non-profit membership organization founded to give Greenwich seniors both the practical means and the confidence to live their lives to the fullest in their own homes as they grow older. Provides problem-solving, information, specific referral to Town services, vetted commercial services, volunteers, social activities such as trips, book clubs, potluck suppers. Call for information about membership fees.

AGING LIFE CARE PROFESSIONALS (PROFESSIONAL GERIATRIC CARE MANAGERS)

An Aging Life Care Professional is a health and human services professional, such as a gerontologist, nurse, social worker, or psychologist with a specialized focus on issues related to aging and elder care. Aging Life Care Professionals work privately with older adults and their families to create a plan of care that meets the needs of the older adult. They will meet with you to help you understand your loved one's needs and to learn what resources and options are available to meet those needs.

AGING LIFE CARE ASSOCIATION – THE EXPERTS IN AGING WELL (Formerly The National Association of Geriatric Care Managers)

520-881-8008

3275 West Ina Road, Suite 130, Tucson, AZ 85716

Website: www.aginglifecare.org

Aging Life Care™, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care Professionals provides the answers at a time of uncertainty. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work for family caregivers through assessment and monitoring, planning and problem-solving, education and advocacy and family caregiver coaching.

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833

Day, evening and weekend appointments are available

Website: www.CaregiverResourceCenter.com

Email: care4you@optonline.net

The Caregiver Resource Center provides a spectrum of services including: facilitating family meetings, assessment, development of an individualized care plan, research on available resources, coordination of services, monitoring the senior's evolving needs, serving as a liaison between the senior, family members and care providers, crisis intervention, advocacy and support. Services are provided at the senior's place of residence.

FEES: Call for additional information

CARE MANAGING, L.L.C.

186 Rowayton Woods Dr. Rowayton, CT 06854

203-831-8500

Care Managing provides assessment and implementation of care needs with live-in caregiver

services and individualized care planning and coordination of in-home or alternate living arrangements. Helping family members cope with elder care concerns and providing a link to community services. Offering expertise on medical, social, financial and legal issues. Healthcare advocacy.

FEES: Call for additional information

CONSTELLATION GERIATRIC CARE MANAGEMENT

14 Westport Avenue, Norwalk, CT 06851

203-845-8000

Website: www.constellationhs.com

Our certified RN Geriatric Care Manager serves as a personal guide to elders and their families in navigating the highly complex and fragmented health care and long term care systems.

Comprehensive assessments, customized care plan based upon long and short term needs,

identifying and connecting with appropriate community resources, education regarding entitlements and housing options are among the many services offered. Free phone consultation.

FEES: Fee for service

GERIATRIC CARE MANAGEMENT AT WAVENY

3 Farm Road, New Canaan, CT

203-594-5200

Website: www.waveny.org

Waveny LifeCare Network's professional Geriatric Care Management team helps family members and friends navigate the complex issues, questions and difficult decisions involved in caring for an older adult. Our cutting edge team of professional, certified care consultants offers a depth and breadth of experience, provides 24/7 coverage and is touted for its continuity of care and quick response times in crisis situations. Our care managers help caregivers access appropriate resources to maintain their loved one's maximum level of independent function.

They also develop and implement personalized care plans to help clients remain safely at home for as long as possible and live with dignity in a structured setting. To connect with a Greenwich-focused member of Waveny's team of professional Geriatric Care Managers, call 203-216-1635.

FEES: Fee for service

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Mon-Fri 9:00 am to 5:00 pm

Website: www.ctjfs.org

Advocacy, referral and coordination of necessary services, including medical, social, legal and financial matters for senior clients.

FEES: Call for additional information

JEWISH SENIOR SERVICES-SENIOR CHOICE AT HOME

4200 Park Ave, Bridgeport, CT 06604

203-365-6400

Website: www.seniorchoicehome.org

The first of its kind in Connecticut, Senior Choice at Home is a comprehensive membership program for independent older adults. It is an attractive option for individuals and couples who wish to remain in their homes, ensure their care is paid for and maintain their lifestyle as their health care needs evolve. Each member's short and long-term care needs will be provided for, preserving the highest possible level of independent living and preferred lifestyle.

FEES: Call for additional information

STERLING CARE

235 Glenville Road 3rd Floor, Greenwich, CT 06831

203-532-0500, 24/7

Website: www.sterlingcare.com

Email: info@sterlingcare.com

Sterling Care's certified and professional geriatric care managers specialize in guiding seniors and their families through the maze of medical, financial and long-term care decision making and problem solving. Our services help to ensure a high quality of care and assist in maintaining quality of life, socialization and independence. Ways in which we can assist your family include: listening to and understanding your family member's values, wishes and desires; exploring options for medical, caregiving and residential choices; conducting and coordinating assessments and creating a complete care plan; scheduling medical care and accompanying seniors to doctor's appointments; managing crisis situations and providing advocacy and support. Free initial consultation.

FEES: Available upon request.

ADVOCACY ORGANIZATIONS

ABILIS

50 Glenville Street, Greenwich CT 06831

203-531-1880; Fax 203-531-9367;

Website: www.abilis.us

THE CENTER FOR MEDICARE ADVOCACY

800- 262-4414; 860-456-7790

Website: www.medicareadvocacy.org

A national non-profit, non-partisan organization that provides education, advocacy and legal assistance to older adults and persons with disabilities to obtain rightful coverage through Medicare. Legal assistance is provided free to CT residents who have been wrongfully denied Medicare benefits.

CONNECTICUT COMMISSION ON HUMAN RIGHTS (CHRO)

860-541-3400

Website: www.ct.gov

CHRO is the state's chief civil rights enforcement agency. It receives and investigates complaints alleging discrimination in employment, housing, and credit transactions on the basis of age, race, disability and sexual orientation.

THE FIRST SELECTMAN'S ADVISORY COMMITTEE FOR PEOPLE WITH DISABILITIES

203-861-3191 – Voice Message Only

Website: www.greenwichct.org

The mission is to advise Greenwich Officials on matters pertaining to the rights and needs of people with disabilities, to proactively advocate for improvements in the Town to make the Town more accessible for people with disabilities, to promote programs in the Town which will benefit the citizens in the Town who have disabilities, to exchange information with and educate Town employees, businesses and agencies within the Town concerning the rights and needs of people with disabilities and to educate them concerning the Americans with Disabilities Act.

OFFICE OF HEALTHCARE ADVOCATE (OHA)

866-466-4446

Website: www.ct.gov

Email: healthcare.advocate@ct.gov

OHA assists consumers with managed care by providing information, referral and assistance to individuals about obtaining healthcare coverage and services. OHA assists consumers in filing and tracking complaints against managed care plans.

OFFICE OF PROTECTION AND ADVOCACY (OPA)

860-297-4300; 800-842-7303

Website: www.ct.gov

OPA is an independent state agency providing information, referral, advocacy assistance and limited legal services to individuals with disabilities whose civil rights have been violated.

OFFICE OF VICTIM SERVICES (OVS)

860-263-2760; 800-822-8428

Website: www.jud.ct.gov

Email: OVS@jud.ct.gov

OVS, CT Judicial Branch is the state's lead agency to provide services to victims of violent crime. OVS offers information, referral, court based advocacy and financial compensation to victims. The vision of the Office of Victim Services: Connecticut will be a state where all victims of crime are treated with respect and fairness and will receive comprehensive, coordinated, and victim-centered services.

PATIENT ADVISORY SERVICES, LLC.

15 Harding Road, Old Greenwich, CT 06870

203-918-8219

Website: www.patientadvisoryservices.com

Email: info@patientadvisoryservices.com

Patient Advisory Services is a concierge healthcare advocacy service dedicated to getting better care for patient and their families. A medical professional and advocate, PA or RN, will accompany patients to medical appointments, take notes, provide critical information, provide confidence and communicate the findings to whomever the patient desires. We will participate in problem solving. The patients and their families can get back to living the life they want to live.

ALZHEIMER'S DISEASE/DEMENTIA

ALZHEIMER'S ASSOCIATION

Website: www.alzct.org

24-Hour Helpline:

800-272-3900

Anytime, day or night, call for reliable information and support. Evening and weekend programs, consultations and support services are available.

Main Office:

200 Executive Blvd. Suite #4B

Southington, CT 06489

860-828-2828

Office Hours: Monday-Friday 8:30 a.m. – 4:30 p.m.

South West Office

607 Main Avenue

Norwalk, CT 06851

203-939-1360

Office Hours: Please call to verify

ALZHEIMER'S RESOURCE CENTER

1261 South Main Street, Plantsville CT 06479

860-628-9000

Website: www.arc-ct.org

Whether you are a healthcare professional seeking specialized dementia care training, an organization that needs guidance in creating a dementia care program, or if you are an individual looking for information on the early signs of Alzheimer's disease and assessment services, we have the resources to help you. Professionals and organizations turn to us for education, training and consulting that will improve and expand their dementia care programs. For families confronted with the challenges of a family member with dementia, we are an oasis of information, support and services that can help you and your relative to maintain your quality of life.

THE GREENS AT GREENWICH

1155 King Street, Greenwich, CT 06831

203-531-5500

Website: www.thegreensatgreenwich.com

The Greens at Greenwich is an assisted living residence, with 28 apartments and assistance available 24 hours a day. Assistance with daily living is provided for residents with memory impairment. The Greens is also affiliated with Greenwich Woods Health Care Center. Priority admission to Greenwich Woods and its specialized Dementia Unit is extended to residents of The Greens.

MAPLEWOOD AT DARIEN

599 Boston Post Road, Darien, CT 06820

203-293-6872

Website: www.maplewoodatdarien.com

Maplewood at Darien offers luxury assisted living and memory care to area seniors. This purposefully built assisted living community also serves the needs of residents with two levels of memory care, Farm to Table dining, 24/7 on-site nursing, housekeeping and linen services, complimentary local transportation, engagement opportunities, and an emotion-based approach of care. Call for additional information and to arrange a tour.

MAPLEWOOD AT STRAWBERRY HILL - NORWALK

73 Strawberry Hill Avenue, East Norwalk, CT 06855

203-293-6554

Website: www.maplewoodatstrawberryhill.com

Whatever your needs, Maplewood can help. Your loved one's wellness is at the top of your priority list -- and ours, too. It shows in the highly experienced team of professionals -- including our licensed nurses, located on-site 24 hours a day, seven days a week. We specialize in the care of individuals living with neurological disorders -- including Alzheimer's care, dementia, Parkinson's disease, Multiple Sclerosis, and more. Call for additional information and to arrange a tour.

MEMORY CAFÉ

First United Methodist Church (Between High Ridge and Long Ridge Roads), Stamford, CT

203-322-7549

2nd Wednesday of each month from 1:00 p.m. – 3:00 p.m.

A social gathering place for people whose memory is impaired; a place where folks concerned about their memory or who are in the early stages of dementia can come together once each month with family, caregivers and friends to enjoy good conversation and have fun.

Call for more information.

PATIENT ADVISORY SERVICES, LLC.
15 Harding Road, Old Greenwich, CT 06870
203-918-8219

Website: www.patientadvisoryservices.com

Email: info@patientadvisoryservices.com

Patient Advisory Services is a concierge healthcare advocacy service dedicated to getting better care for patient and their families. A medical professional and advocate, PA or RN, will accompany patients to medical appointments, take notes, provide critical information, provide confidence and communicate the findings to whomever the patient desires. We will participate in problem solving. The patients and their families can get back to living the life they want to live.

RIVER HOUSE ADULT DAY CENTER

125 River Road Ext., Cos Cob, CT 06807

203-622-0079

Mon.- Fri. 7:30 a.m. - 4:30 p.m.; Sat. 8:30 a.m. – 4:30 p.m.

Website: www.gadcriverhouse.org

Email: info@theriverhouse.org

River House provides special needs attention in a safe, therapeutic environment with compassionate staff professionally trained in Alzheimer's/dementia care, health care, physical and recreational therapies.

THE VILLAGE AT WAVENY

Assisted Living Dedicated to Caring for People with Memory Loss

3 Farm Road, New Canaan CT 06840

203-594-5200

Website: www.waveny.org

Featuring our award-winning "Main Street" replica of a quaint New England town, The Village at Waveny is uniquely designed to provide the most advanced therapeutic benefits for people with memory loss. Our innovative programs and quality of care serve as benchmarks of excellence throughout the nation. A licensed nurse and certified nursing assistants are always on site and are devoted to helping every resident feel secure, comfortable and happy so that each day is a fulfilling one. Residents of The Village also benefit from priority access to Waveny LifeCare Network's comprehensive continuum of healthcare services, programs and professional resources. This includes on-site physical, occupational and speech rehabilitative therapies, a geriatric evaluation clinic, a team of professional care managers, a wonderful skilled nursing facility and more. We welcome short-term guests for respite stays as brief as four days or longer. Like our residents, respite guests enjoy all amenities, including a private apartment, personal care, delicious meals and therapeutic, social, recreational and spiritual activities.

CAREGIVER RESPITE AND COUNSELING

Respite provides "short breaks" to family caregivers so they have time for themselves for activities outside the home such as running errands, grocery shopping, keeping doctor appointments, getting away on vacation, nights out with friends, etc.

ALZHEIMER'S STATE RESPITE PROGRAM

Southwestern Connecticut Agency on Aging (SWCAA), 10 Middle Street, Bridgeport CT 06604

800-994-9422

Website: www.swcaa.org

This program enables caregivers to receive respite care services by establishing a care plan of services for their loved ones with Alzheimer's disease or related disorders. An application must be completed including documentation of Alzheimer's disease or a related disorder. This

program can pay for in-home help, adult day care, meals-on-wheels, inpatient respite to allow the caregiver to take a needed vacation and other services. Contact SWCAA for information.

AT HOME IN GREENWICH

139 East Putnam Avenue, Greenwich, CT 06830

203-422-2342

Website: www.athomeingreenwich.org

At Home in Greenwich, is a private, nonprofit, nonsectarian organization that provides Greenwich residents, 50 years and older, professional guidance to meet life's challenges and live confidently in their own homes as they grow older. Through trusted personal assistance, vetted support services, social connections, events and information, help is just a phone call away.

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Waveny Care Center hosts a biweekly public support group for caregivers coping with the impact of Alzheimer's Disease. This group is sponsored by the Alzheimer's Association of Connecticut and focuses on the enormous responsibility of caring for a loved one with memory loss. Waveny welcomes caregivers from all areas to attend. Meetings are held on the second and fourth Tuesday of every month at 1:45 pm and last for approximately one hour.

CENTER FOR HOPE, FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822

Mon. - Wed., 9:00 a.m. to 8:00 p.m.; Fri., 9:00 a.m. to 5:00 p.m.; Sat., 9:00 a.m. to 12:00 noon for appointments.

Website: www.familycenters.org

Information and referral services are available as well as ongoing counseling for seniors and their family members. Services are provided both at Family Centers and through home visits.

FEES: Call for additional information.

FAMILY & CHILDREN'S AGENCY HOME CARE

140 Water Street, Norwalk, CT 06850

203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health agency providing live-in, hourly or respite care supervised by a registered nurse.

FEES: Fee for service. Fee assistance may be available for seniors over 60.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

Southwestern Connecticut Agency on Aging

10 Middle Street, Bridgeport, CT 06604

800-994-9422, Fax: **203-696-3866**

Website: www.swcaa.org

NFCSP is a federally-funded Program under the Older Americans Act. The program offers a variety of support services to family caregivers, and/or older individuals who are relative caregivers to anyone over the age of 60. NFSCP provides temporary relief (respite) to the primary caregiver. There is a 20% suggested donation for the services provided. Call for additional information.

PATIENT ADVISORY SERVICES, LLC.
15 Harding Road, Old Greenwich, CT 06870
203-918-8219

Website: www.patientadvisoryservices.com

email: info@patientadvisoryservices.com

Patient Advisory Services is a concierge healthcare advocacy service dedicated to getting better care for patients and their families. A medical professional and advocate, PA or RN, will accompany patients to medical appointments, take notes, provide critical information, provide confidence and communicate the findings to whomever the patient desires. Patient Advisory Services can assist with problem solving and help patients and their families get back to living the life they want to live.

RIVER HOUSE ADULT DAY CENTER

125 River Road Ext., Cos Cob, CT 06807

203-622-0079

Mon.-Sat., 8:00 a.m. to 4:30 p.m.

www.gadcriverhouse.org

The River House has a space dedicated to caregivers in its picturesque location on the Mianus River in Cos Cob. Easily accessible by public and private transportation, caregivers can navigate resources to find solutions through the internet, books and periodicals. Professional staff and trained volunteers offer personal assistance, referrals and support.

THE FOLLOWING FACILITIES OFFER RESPITE:

Brighton Gardens (Stamford): 203-322-2100

Fairview Health Care of Greenwich: 203-531-8300

Greenwich Woods Rehabilitation and Health Care Center: 203-531-1335

The Mews: 203-869-9448

The Nathaniel Witherell: 203-618-4200

River House Adult Day Center 203-622-0079

Village at Waveny Care Center (New Canaan): 203-594-5200 (Assisted Living)

Waveny Care Center (New Canaan): 203-594-5200 (Skilled Nursing)

CHORE SERVICES, HOUSEHOLD HELP & ERRANDS

ADVOCATES AT HOME

1011 Hope Street, Suite 2C, Stamford, CT 06907-2121

203-276-1506

Website: www.advocatesathome@gmail.com

A provider of non-medical in-home living assistance services including Companion Care, Personal Care and Home Care to the Fairfield County community. Advocates at Home is fully licensed, bonded, and insured. **FEES: Available upon request.**

ALMOST FAMILY

1150 Summer St, Stamford, CT 06905

203-969-0101 or 800-323-2645

Website: www.almostfamily.com

Provides the following services to a client in the home, assisted living facility, hospital or nursing home: bathing and grooming, assistance with walking, dressing, medication management, light meal preparation and feeding, grocery shopping and errands, light housekeeping, companionship, caregiver respite. Caregivers are bonded and insured. **FEES: Available upon request.**

BRIGHT STAR OF GREENWICH/STAMFORD

45 Church Street, Suite 205, Stamford, CT 06906

203-883-8560 or 203-984-4988 (cell)

Website: www.brightstarcare.com

Home Care services supervised by a Registered Nurse. Services include: companionship, escort-transportation, medication reminders, household organization, meal preparation and feeding, errands, dressing and grooming, bathing and hygiene, 24/7 live phone. All employees are experienced and have gone through detailed interview, national background screening, training, and are certified, bonded and insured. No minimums. **FEES: Available upon request.**

BROOK'S HOMECARE

134 Height Road, Darien, CT 06820

203-655-3400

Website: www.brookeshomecare.net

Non-medical, in-home care for seniors and the disabled. We provide personal care as well as transportation and companion care. We will also assist with household tasks, meal preparation, laundry and most importantly engaging in conversation and activities. We specialize in client's that have Alzheimer's and other forms of dementia. All caregivers are thoroughly trained, vetted, background checked, licensed and bonded. Hourly or live-in assistance is available.

FEES: Available upon request.

CHANGING PLACES

508 Palmer Avenue, Mamaroneck, NY 10543

914-381-1022

Website: www.changingplaces.info

Older adults planning to move often face daunting tasks: paring down their belongings, making decisions about what should be saved, sold or given away, then actually moving and settling into a new home. The organizational and physical tasks associated with the planning and moving can be overwhelming.

COMFORCARE

259 Main Street, Suite 4, Stamford, CT 06901

203-705-0220

Website: www.comforcare.com/connecticut/stamford

We make Your Health and Happiness Our Responsibility. ComForcare remains both professional and personable while providing home care services in the region. We understand that you do not want to leave your elderly parent or family member with just any senior care provider. ComForcare tackles this responsibility with expert skill while adhering to the highest industry standards. Each of our patients has been carefully paired with one of our care providers according to their personality and interests. Services are available 24/7 everyday of the year. Same day service and transition of care services are also available. **FEES: Fee for service.**

COMFORT KEEPERS

17 Heronvue Road, Greenwich, CT 06831

203-629-5029

Website: www.comfortkeepers.com

Home Care services to enable seniors and people recovering from illness or injury to maintain themselves at home safely. Services available hourly or live-in and include companionship, transportation, personal care, rehabilitation support, hospice support and relief for family caregivers. All Comfort Keepers staff are employees of the agency. Agency is responsible for all taxes, insurance, bonding and background checks, training and supervision. Locally owned and operated, Comfort Keepers has offices nationwide and adheres to strict levels of quality assurance. We are a member of the Home Care Association of America.

Fee: for service

COMPANIONS AND HOMEMAKERS

16 Ketchum Street, Westport, CT 06880

203-259-8375

Website: www.companionsandhomemakers.com

Home care services specializing in compassionate care, engaging companionship, homemaking, personal care assistance, meal preparation, medication schedules, transportation assistance, hospice support and respite care on an hourly or live-in basis. Employees are specifically trained in caring for Alzheimer's and other related dementias. All caregivers are background checked, trained, bonded and insured as employees of the company. All related taxes are paid by the company. We are voting member of the Home Care Association of America (HCAOA) and registered with Connecticut's Department of consumer Protection Register #HCA.0000101.

FEES: Fee for Service

COMPASS CARE

777 Summer Street, Suite #303, Stamford, CT 06901

855-535-2500 24 hours /day, 7 days/week

Website: www.carewheneededit.com

Email: info@compasscarellc.com

Compass Care is a concierge private duty home care company. Founded by a world-renowned geriatrician and managed by gerontologists, we offer the highest quality home care services for older adults. Our leadership has contributed directly to the scientific literature on care for older people and we make that expertise available to our clients at home. We offer home health care that effectively enhances clients' quality of life and provides loved ones peace of mind. Our concierge private duty home care is available to our clients 24 hours a day, 7 days a week, 365 days a year. We provide a personalized plan of care that is prepared and monitored for each client by a supervising registered nurse. Our private duty caregivers bring the best of themselves to their work. Our caregivers are experienced certified nursing assistants and/or home health aides that have been thoroughly vetted, background checked and trained. We guarantee your utmost satisfaction with the very first placement of a caregiver. We know how important this is to you and your family.

FEES: Fee for service

CONSTELLATION HEALTH SERVICES

14 Westport Avenue, 1st Floor, Norwalk, CT 06851

203-845-8000

Website: www.constellationhs.com

Constellation Home Care is a State licensed, Medicare certified home health agency providing Skilled Nursing and Behavioral Health Nursing. Services include cardiac recovery, memory/wellness, telehealth, Pulmonary Disease management, Geriatric Care Management as well as rehabilitation services, including PT, OT, ST, Medical Social Work and Home Health Aides. **FEES: Fee for Service.**

DANIELCARE

188 North Street, Stamford, CT 06901

203-569-4900

Website: www.danielcare.com

Medical and non-medical, CNAs, HHAs, and homemaker/companion services to seniors, those recovering from surgery and others. Experience with Alzheimer's and Parkinson's diseases. Options include 24-hour live-in, live-out or hourly care. All staff are insured and bonded, and background checks are made on each employee. Home assessments by a Certified Senior Advisor (CSA) are free. **FEES: Available upon request.**

FAMILY & CHILDREN'S AGENCY HOME CARE PLUS

140 Water Street, Norwalk, CT 06850

203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health agency providing live-in, hourly or respite care supervised by a registered nurse. Homemaking, transportation, chore, licensed carpenter, social services and Personal Alert emergency response system. All staff thoroughly referenced, extensive background screening and trained. Agency responsible for employee taxes and benefits. Licensed and bonded.

FEES: Fee for service. Fee assistance may be available for seniors over 60.

FAMILY CARE PLUS

2573 Main Street, Stratford, CT 06615

877- 887-CARE (Toll free)

A family owned and operated agency specializing in 24 hour live-in/homecare services. Provides complete background checks, including criminal, health, finger printing and random drug testing of all caregivers. Live-in aids assist with basic activities of daily living, including routine housekeeping, meal preparation and personal care.

FEES: Available upon request.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

HOMEMAKER DEPARTMENT

Town Hall, Greenwich, CT 06830

203-622-3801

Website: www.greenwichct.org

Mon.-Fri., 8:30 a.m. to 5:00 p.m.

Trained and professionally supervised homemaker/home health aides assist families and individuals in their own homes in times of illness or emotional stress with light housekeeping chores, laundry, shopping, meal preparation, personal care, bathing, grooming and help with activities of daily living.

FEES: Sliding scale.

HOME CARE ON CALL

354 Pequot Ave., Southport, CT 06890

(203) 557-4240

Website: www.homecareoncallct.com

Mon. – Fri., 6:00 a.m. – 8:00 p.m., Sat. and Sun., “On Call”

Offers a variety of services to give clients the specific care they need, including: non-medical home care, personal care (bathing/bathroom assistance), companion services, live-in home care, meal preparation, medication reminders, light housekeeping, transportation, non-medical (shopping, errands). Home Care on Call is licensed, bonded and insured.

FEES: Available upon request

HOMECARE BY RVNA

90 East Ridge, Ridgefield, CT 06877

203-438-5555

Website: www.hcrnva.com

Email: intake@ridgefieldvna.org

At HomeCare by RVNA, our mission is to assist our clients to maintain a high quality of life in a home-based environment while offering peace of mind to loved ones. We are a quality non-medical home care agency providing home health aides, homemakers and live-in aides. Our caregivers promote healthy, safety and comfort to their clients, allowing them to thrive in their own home and personal surroundings. HomeCare by RVNA customized care plans are tailored to

each and every client's specific needs. Give us a call. We take pride in responding quickly to each request.

FEES: Available upon request

HOME CHOICE SENIOR CARE

21 Charles St., Suite 212, Westport, CT 06880

203-227-5040

Qualified and trained caregivers assist with companionship, meal planning and preparation, incidental transportation, errands, light housekeeping, medication reminders, monitoring safety while bathing, organizing bill paying.

FEES: Fee for service.

HOME HELPERS

1771 Post Rd. #128 East, Westport, CT 06880

203-680-9148 or 860-756-5545

Website: www.HomeHelpersHomecare.com/Greenwich

Home helpers are more than an in-home health care agency. We are your extended family when family can't be there. We offer compassionate in-home care assistance and will work with you to provide exceptional support for you and your family. We know you're overwhelmed. Home Helpers will guide you through this process to give you peace of mind. The services we provide benefit both the person in need of care AND the family members. Let us focus on caregiving so you can enjoy this time. In-Home Consultation is available with no obligation, we will come to you. We want to get to know you and talk about your challenges and needs. We will perform a safety check to make sure your home is safe and sound. Once we know your circumstances, we will place the most compatible caregiver to help you with what you need. Our caregivers become extended members of the family and we ensure that your loved one is placed with a compassionate, attentive caregiver that will provide the services your loved one needs.

HOME INSTEAD SENIOR CARE

128 East Avenue, Norwalk, CT 06851

203-853-0370

Website: www.homeinstead.com

A non-medical service with a staff of screened, trained, bonded and insured caregivers who provide companionship, meal preparation, light housekeeping, medication reminders, errands and incidental transportation.

FEES: Fee for service.

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Mon. - Thur., 9:30 am to 5:30 pm & Friday 9:30am to 4:00 pm.

Website: www.jfsgreenwich.org

Small household repairs performed by a person trained in carpentry. Other chores performed by volunteers or skilled persons as required, including: **Snow Angels at Your Service** - Volunteers to shovel snow and **Supermarketing for Seniors** - A trained shopper will do your grocery shopping. If you are able, you may go with your shopper. This service is available to any Greenwich resident 60 years or older.

FEES: Donations accepted.

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Mon. - Fri., 9:00 am to 5:00 pm

Website: www.ctjfs.org

Carefully trained and supervised cleaners. Regularly scheduled and seasonal service available with “Spotless” and “Platinum” levels. **FEES: Available upon request.**

MAXIM HEALTHCARE SERVICES

40 Richards Ave., Norwalk, CT 06854

203-857-0529, (Fax) 203-857-0738

Website: www.maximhomecare.com

Email: norwalkctoffice@maxhealth.com

Home health care, intermittent care and companion services that is comforting, safe and secure. Caregivers are licensed, bonded, insured and undergo a thorough and extensive interview process. Clinical managers continually supervise and evaluate cases to ensure complete satisfaction.

FEES: Fee for service

RIGHT AT HOME

7 Tokeneke Rd., Darien, CT 06820

(203) 202-9488

Website: www.homecarerah.com

Non-medical, in-home care to seniors and the disabled, including companion care and personal care. All caregivers are employees, are certified, bonded and insured. Right At Home is recognized as an AARP Team Employer.

FEES: Fee for service.

SENIOR HELPERS

One Stamford Ave., Stamford, CT 06902

203-564-1591

Website: www.seniorhelpers.com

A state registered provider of non-medical live-in or hourly companion, homemaker, and personal care services. Specialization in Alzheimer’s and Dementia care. Services include: meal planning/preparation, activity planning, medication reminders, errands & transportation, dressing, hygiene care, toileting, and walking assistance. Senior helpers caregivers are our employees, are background screened, and are certified (personal care), bonded, and insured.

FEES: Fee for service.

STERLING CARE

235 Glenville Road, 3rd Floor, Greenwich, CT 06831

203-532-0500, Open 24hrs/day, 7days/wk.

Website: www.sterlingcare.com

Email: info@sterlingcare.com

Sterling Care provides the true continuum of care at home by providing the highest quality home care services tailored to your individual needs. Our services include companions and homemakers, visiting nurses and therapists, geriatric care management and private duty nursing. We are holistic agency offering outstanding care, while focusing on the whole person-mind, body and spirit. A personalized plan of care is prepared and monitored for each client by a supervising registered nurse. All companions and homemakers are employees who are screened with full background checks, are bonded and insured, and receive extensive and continuous training with regular supervision by our nursing staff. We have specialty trainers on staff for dementia clients. Sterling Care is a local family owned independent agency based in Greenwich where each client is treated in a caring, compassionate, respectful and individualized manner. We provide a free in-home assessment. .

FEES: Available upon request

SYNERGY HOME CARE

1200 Summer St. Suite #105, Stamford, CT 06905

203-661-6969

Website: www.synergyhomecare/agencies/ct/stamford

Email: ct01@synergyhomecare.com

Services may include the following but are not limited to: companionship, personal care, light housekeeping, meal preparation, medication reminders, cleaning, escort for shopping and errands and respite care. **FEES: Fee for Service.**

VISITING ANGELS

1266 E. Main Street, Suite #700 R, Stamford, CT 06902

203-658-8800

Website: www.visitingangels.com/stamford

A state-certified provider of non-medical hourly or live-in personal care services including hygiene, toileting, meal preparation, medication reminders, light housekeeping and errands, dressing and walking assistance, hospice and rehabilitation support, companionship and caregiver respite support. Available hourly or for up to 24-hour live-in care, including weekends and holidays. All staff are insured and bonded. References and backgrounds are thoroughly checked. Clients may interview their caregiver before service begins. **FEES: Available upon request**

WAVENY at HOME

3 Farm Road, New Canaan, CT 06840

203-594-5249

Website: www.waveny.org

Waveny at Home offers professional non-medical homemaker and companion services to help enable clients to remain safely in their own homes and the community. Based on a plan developed for each client’s distinct and individual needs, Waveny at Home staff will assist with household tasks including light housekeeping, meal preparation and laundry, as well as help facilitate or provide transportation to and from personal appointments, events, shopping and errands. **FEES: Fee for service.**

**COUNSELING, CASE MANAGEMENT
& MENTAL HEALTH SERVICES
ALZHEIMER’S DISEASE/DEMENTIA**

ALZHEIMER'S ASSOCIATION

Website: www.alz.org

Fairfield County Chapter

203-939-1360

607 Main Avenue,
Norwalk, CT 06851

Connecticut Chapter

860-828-2828

2075 Silas Deane Highway, Suite 100
Rocky Hill, CT 06067

ALZHEIMER'S DISEASE & RELATED DISORDERS ASSOCIATION

1-800-272-3900 (National Office)

ALZHEIMER’S RESOURCE CENTER

1261 South Main Street, Plantsville CT 06479

860-628-9000

Available 24/7

Website: www.arc-ct.org

Provides state-wide services including treatment for all aspects of Alzheimer's disease and related dementias, adult day centers, assisted living, educational services, support groups and family counseling.

BROOK'S HOMECARE

134 Height Road, Darien, CT 06820

203-655-3400

Website: www.brookeshomecare.net

Non-medical, in-home care for seniors and the disabled. We provide personal care as well as transportation and companion care. We will also assist with household tasks, meal preparation, laundry and most importantly engaging in conversation and activities. We specialize in client's that have Alzheimer's and other forms of dementia. All caregivers are thoroughly trained, vetted, background checked, licensed and bonded. We can assist on an hourly or a live-in basis.

FEES: are available on request.

DRS. CHARLOTTE & DAVID BROWN GERIATRIC EVALUATION CLINIC

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

The Brown Geriatric Evaluation Clinic at Waveny Care Center was established in 1998 to address common-but often complex-medical issues in older adults, especially memory loss. The Clinic provides comprehensive medical assessments and ongoing management using an interdisciplinary team approach to review each patient's cognitive, psychological, social, medical, functional and caregiver status.

FEES: Available upon request.

HEARTHSTONE ALZHEIMER CARE

95 South Broadway, White Plains, NY 10601

914-684-1980

Website: www.thehearth.org

The Hearthstone mission: Creating residential treatment environments where people with Alzheimer's and related disorders can flourish. Hearthstone Alzheimer Care was founded in 1992 to provide innovative treatment for people with dementia in assisted living settings. Hearthstone has been a recognized leader in its field for nearly a decade. Call for additional information.

PUZZLE WITH ME

435-714-8121

Website: www.puzzlewithme.com

Puzzle with Me is an innovative solution for caregivers, friends and families of those living with Alzheimer's and Dementia. Puzzle with Me can provide a calming effect, is helpful for redirection and provides an opportunity for verbal and non-verbal communication. It is a focused activity that allows caregivers, friends, and loved ones quality time. Images are appealing, familiar, mature, respectful and dignified. The puzzles are 12 pieces, large, easy to handle and environmentally friendly.

FEES: Available upon request.

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES

ANXIETY, DEPRESSION, FAMILY AND GRIEF COUNSELING

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833

Day, evening and weekend appointments are available

Website: www.CaregiverResourceCenter.com

Email: care4you@optonline.net

The Caregiver Resource Center provides counseling services for seniors and family members related to mental health and grief issues. Services include: information and referral, assessment, individual, couple and family counseling, literature and educational programs. Appointments may be scheduled in our office or as a home visit. **FEES: Available upon request.**

F.S. DUBOIS CENTER (Dept. of Mental Health & Addiction Services)

780 Summer Street, Stamford, CT 06901

203-358-8500

F. S. Dubois Center provides a range of outpatient psychiatric, substance abuse, crisis, support and rehabilitation services. These services are targeted to publicly insured or uninsured adults with behavioral health disorders and their families. Bilingual staff is available.

FEES: Call for more information.

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822

Mon. - Wed., 9:00 a.m. to 8:00 p.m.; Fri., 9:00 a.m. to 5:00 p.m.; Sat., 9:00 a.m. to 12 noon for appointments.

Website: www.familycenters.org

Information and referral services are available as well as ongoing counseling for seniors and their family members. Services are provided both at Family Centers and through home visits.

FEES: Call for more information.

GREENWICH CENTER FOR HOPE & RENEWAL

236 Taconic Road, Greenwich, CT 06831

203-340-9816

Website: www.hopeandrenewal.org

The Greenwich Center for Hope & Renewal is a faith-based professional counseling and resource center based in beautiful backcountry Greenwich. Whether you come seeking strength or healing, we welcome you. We offer onsite training and supervision in Emotionally Focused Therapy for counseling professionals, pastors and chaplains in individual and group settings.

GREENWICH CHAPLAINCY SERVICES

70 Parsonage Road, Greenwich, CT 06830

203-618-4321 or 203-618-4236

Website: www.greenwichchaplaincy.org

On call 24 hours. A ministry of worship, counsel and support is available to the residents of Greenwich area nursing homes and their families. Contacts with local faith communities are maintained. A ministry of in-service training and education is provided for staff and family members. Individual consultations are welcomed on request.

FEES: None. Donations are appreciated.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800

Mon. - Fri., 8:30 a.m. - 5:00 p.m.

After-hours emergency services through Infoline - Call 211 or 800-203-1234

Website: www.greenwichct.org

The Department administers financial, supportive and protective services for families, children,

and the elderly, ill and handicapped. Services for adults include: Financial Aid, Information and Referral, Counseling, Protective Services for Elderly - people 65 and over in danger of abuse, exploitation, or neglect (including dangerous self-neglect), Homemaker-Home Health Aide Service, Social Services at the Senior Center, Municipal Agent for Elderly, Community-Based Residential Care Program and assistance in housing search.

FEES: None

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Mon. – Thur., 9:30 a.m. to 5:30 p.m. & Friday 9:30 a.m. to 4:00 p.m.

Website: www.jfsgreenwich.org

Assistance to older adults and their families is provided by professional social workers. Also available is an elder support network that links families of different localities with resources, small discussion groups for seniors, home visits, telephone reassurance, friendly visitors and guidance to adult children. Counseling is available to assist with widowhood, coping with illness, loneliness and planning for the future. Member Elder Support Network.

FEES: Sliding scale

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Website: www.ctjfs.org

Mon. –Fri., 9:00 a.m. to 5:00 p.m.

Website: www.ctjfs.org

Counseling and psychotherapy services provided by qualified, licensed professionals. Individual, family, couples counseling and group therapy.

FEES: Sliding scale. Call for more information.

MEAD COUNSELING CENTER

139 East Putnam Avenue, Greenwich, CT 06830

203-869-5063

The Mead Counseling Center offers psychotherapy and spiritual guidance for individuals and their families by appointment.

FEES: Sliding scale.

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES
ELDER ABUSE - DOMESTIC ABUSE

CT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)

This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder’s safety while preserving the person’s right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services.

To report cases of suspected abuse, neglect or exploitation, call:

- **In-State referral line: 888-385-4225**
- **Bridgeport Office: 203-551-2701**
- **Stamford Office: 203-251-9392**
- **Out of State, call Infoline: 800-203-1234**

After Hours Elder Abuse Emergencies call:

- **In State call Infoline: 211**
 - **Out of State, call Infoline: 800-203-1234**
- State of CT, Office of Protection & Advocacy for People with Disabilities: 860-297-4300**
60 B Weston Street, Hartford, CT

DOMESTIC ABUSE SERVICE – YWCA

259 East Putnam Avenue, Greenwich, CT 06830

Emergency Phone: 203-622-0003, 24 /7

Information and non-emergency: 203-869-6501, Mon. - Fri., 9:00 a.m. to 5:00 p.m.

Professional and confidential counseling is available to persons experiencing violence in his/her life. Support groups, legal information and emergency shelter are available.

DOMESTIC VIOLENCE HOTLINES

- **Statewide 24 Hour Hotline: 888-774-2900**
- **Stamford 24 Hour Hotline: 203-588-9096**
- **Center for Women & Families of Eastern Connecticut
24 Hour Hotline: 203-384-9559**

JEWISH SENIOR SERVICES - EMERGENCY SHELTERING

Center for Elder Abuse Prevention

203-396-1097

Website: www.jseniors.org

The Center for Elder Abuse Prevention opened in September 2007 to empower victims through safe haven and services, and champion safer communities for older adults.

The Center is the first of its kind to serve frail elderly in Connecticut, and only the second in the nation.

SOUTHWESTERN CT AREA AGENCY ON AGING

800-994-9422

Website: www.swcaa.org

Contact SWCAA if you would like to speak with someone regarding services and programs available to assist senior and their families.

STATE OF CONNECTICUT – FINANCIAL CRIMES UNIT

Chief State Attorney Office

300 Corporate Place, Rocky Hill CT 06067

860-258-5839

The Elder Abuse Unit is now under the Financial Crimes Unit and continues to investigate crimes against the elderly particularly crimes of financial abuse and exploitation. The Financial Crimes Unit can be reached at the Office of the Chief State’s Attorney.

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES
SUICIDE PREVENTION

F.S. DUBOIS CENTER- (Dept. of Mental Health & Addiction Services)

780 Summer Street, Stamford, CT 06901

Mobile Crisis Services: Effective immediately, please call FSD mobile crisis line at 203-358-8500, 24 hours/day, 7 days/week.

FEES: None

INFOLINE: CALL 211

United Way of Connecticut, 1344 Silas Deane Hwy. Rocky Hill, CT 06067

Immediate telephone counseling and suicide intervention provided 24/7. Information on warning signs also provided. Community education services are also available. INFOLINE holds

certification from the American Association of Suicidology. **FEES: None**

COUNSELING, CASE MANAGEMENT & MENTAL HEALTH SERVICES
SUBSTANCE ABUSE

ADDICTION-RECOVERY PROGRAM @ GREENWICH HOSPITAL

203-863-4673, 24 hours/day, 7 days/week

Website: www.greenwichhospital.org/services/addiction-recovery

The Addiction Recovery Center at Greenwich Hospital offers patients diagnosis, treatment, and empathy delivered by skilled professionals. Families also receive compassionate support to help them restore stability to their lives. Admission to Greenwich Hospital's Addiction-Recovery Program is entirely voluntary. Referrals may be made by the individual him or herself or by a physician. **FEES: Sliding scale. Medicare and insurance coverage accepted, if approved.**

ALCOHOLICS ANONYMOUS (Answering Service)

866-783-7712

Daily except Sun., 9:30 a.m. to 9:30 p.m.

Alcoholics Anonymous offers help to any person who has a problem with alcohol. When the answering service is closed, paid answering service will contact a member of AA to provide assistance.

THE CAREGIVER RESOURCE CENTER

P.O. Box 122, Cos Cob, CT 06807-0122

203-861-9833

Day, evening and weekend appointments are available

Website: www.CaregiverResourceCenter.com

Email: care4you@optonline.net

The Caregiver Resource Center provides substance abuse services for seniors and their family members. Services include: assessment, individual, couple and family counseling, educational programs and interventions. Appointments may be scheduled in our office or as a home visit.

FEES: Call for more information.

F.S. DUBOIS CENTER- (Dept. of Mental Health & Addiction Services)

24-Hour Crisis Intervention: 877-677-4135, 780 Summer Street, Stamford, CT 06901

203-358-1600; Crisis Programs 203-358-8500

Immediate telephone counseling and suicide intervention provided from 8:00 a.m. - 8:00 p.m.

F. S. Dubois Center provides a range of outpatient psychiatric, substance abuse, crisis, support and rehabilitation services including a mobile crisis service. Mobile crisis services effective immediately, please call FSD mobile crisis line at **203-358-8500**, 24hours/day, 7 days/week.

Bilingual staff is available. **FEES: None**

LIBERATION PROGRAMS, INC. - Older Adult Services

125 Main Street, Stamford, CT 06901

203-680-8845

Website: www.liberationprograms.org

Liberation Older Adult Services is the only substance abuse prevention and treatment program in Fairfield County exclusively assisting older adults. Older adults abusing alcohol and/or prescription drugs enter recovery through individual, group and family counseling that targets their unique needs. Services include assessment, intervention, individual counseling, group counseling, family/significant other counseling, outreach clinical services, outreach education and prevention services. **FEES: Call for additional information**

SELF HELP GROUPS:

Alcoholics Anonymous: 866-783-7712 Cocaine Anonymous: 800-347-8998
Narcotics Anonymous: 800-627-3543 Gamblers Anonymous: 800-346-6238

SUBSTANCE ABUSE PROGRAMS

Chemical Abuse Service Agency, Bridgeport: **203-339-4112**
CT Renaissance, Inc., Bridgeport: **203-367-6827**
St. Vincent's Behavioral Health/ Hall Brooke, Westport: **203-227-1251**
Helping Hand Center, Bridgeport: **203-336-4745**
Liberation Programs, Bridgeport: **203-384-9301**
Positive Directions, Westport: **203-227-7644**
Regional Counseling Services, Bridgeport: **203-366-5817**
Regional Network of Programs, Shelton: **203-929-1954**
Silver Hill Hospital, New Canaan: **866-542-4455**

EMERGENCY PREPAREDNESS

IN THE EVENT OF AN EMERGENCY CALL:

911

***POLICE * FIRE * EMS**

EMERGENCY MANAGEMENT OPERATIONS - TOWN OF GREENWICH

Telephone: (203) 622-2222

Website: www.greenwichct.org

Location: 101 Field Point Road

To report an emergency: Call 911

To hear emergency information: Call (866) 245-4260

This number is in service ONLY during major emergencies.

Emergency E-mail and Phone Notification System

At the direction of the First Selectman, the Information Technology Department and the Office of Emergency Management have developed an Emergency E-mail Notification System to increase the Town's ability to contact the residents of Greenwich. Those residents who wish to receive either emergency notifications or important information from the Town need only to provide an e-mail address through the Emergency Preparedness section of the Town's website. The website provides directions to facilitate the entry of the e-mail address. The only information required would be the e-mail address and a password.

In addition to this e-mail system, the Town has established an Emergency Info Line, which provides access to important and/or emergency information by simply dialing the following number: **1-866-245-4260**. Both of these systems will be used to provide important information, such as the initiation of a snow emergency, issuing storm warnings, and emergency preparedness directions for an impending storm or an emergency event.

In the near future, the Town expects to increase its capability to communicate directly to the residents by acquiring an Emergency Notification System that will use your existing home phone, cell phone and e-mail to send emergency messages to all residents or to a specific geographic area.

WEATHER/STORM RELATED INFORMATION RESOURCES

TOWN OF GREENWICH WEBSITE: www.greenwichct.org

TOWN OF GREENWICH EMERGENCY INFO LINE: 866-245-4260

RADIO: 1490AM WGCH RADIO

TELEVISION: NEWS CHANNEL 12

EMPLOYMENT ASSISTANCE

ABILIS

50 Glenville Street, Greenwich CT 06831

203-531-1880

Website: www.abilis.us

Abilis Employment Services works with regional employers from the public and private sectors to develop work and community opportunities for adults with intellectual disabilities.

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Mon. – Fri., 9:00 am to 5:00 pm

Website: www.ctjfs.org

Services include assistance with: basic job readiness skills, job search skills, referrals to prospective employers, and specific skills training. JFS administers the federally-funded SCSEP/Title V training and employment programs for unemployed aged 55+ persons on limited incomes. SCSEP provides stipends to participants while helping them acquire marketable job skills that will facilitate employment. All levels of computer training are available.

USE (Utilize Senior Energy)

Greenwich Senior Center, 299 Greenwich Avenue, Greenwich, CT 06830

203-629-8031

Website: www.utilizeseniorenergy.org

Email: info@utilizeseniorenergy.org

Mon.- Fri., 9:30 a.m. to 12:30 p.m.

USE is a non-profit employment service for Greenwich residents over 50 years of age seeking employment (part-time, full-time or a specific job assignment) and for residents and businesses interested in employing older persons on a short/long term basis.

FEES: None

ENERGY AND UTILITIES ASSISTANCE

GREENWICH DEPARTMENT OF SOCIAL SERVICES - WINTER HEATING ASSISTANCE PROGRAM

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800

Website: http://www.greenwichct.org/government/departments/social_services

Mon. - Fri., 8:30 a.m. to 5:00 p.m.

The Connecticut Energy Assistance Program (CEAP) is designed to help offset the winter heating costs of Connecticut's lower income households, specifically those households whose incomes fall below 150% of the federal poverty guidelines as well as households with elderly, disabled and/or children under the age of six, with incomes between 150% and 200% of the federal poverty guidelines. Households with income below 60% of the state median income who are not eligible to receive assistance under CEAP will be eligible to receive assistance under the Contingency Heating Assistant Program.

Contact the Greenwich Department of Social Services if you are a Greenwich resident or Infoline @ 211 to find the Community Action Agency in your area.

FELLOWSHIP

CARE FOR SICK AND AGING – ST. CATHERINE OF SIENA

Parish Center

13 Riverside Avenue, Riverside, CT 06878

203-637-3661 x318

Website: www.stcath.org

This ministry at St. Catherine's Parish reaches all homebound who desire to be visited and who would like to receive the Eucharist. Volunteers visit the homebound as well as those in local nursing homes and Greenwich Hospital.

FAITH COMMUNITY NURSING – ST. CATHERINE OF SIENA

13 Riverside Avenue, Riverside, CT 06878

203-637-2710

Website: www.stcath.org

The purpose of the ministry is to help people who may be hurting physically, mentally or emotionally, to get the help they need. This ministry is about healing and wholeness, health promotion and dealing with all sorts of life issues. We're here in a volunteer capacity, and not here to replace your doctor or your nurse, but rather to be available when you or someone you know needs a helping hand.

FRIENDLY CONNECTIONS

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822

Website: www.familycenters.org

Telephone Groups: This program links people together via telephone conference call groups. The groups include recreational, discussion, support and educational topics. No special equipment is necessary, only a telephone. Call for complete schedule of groups.

Special Groups: Recovery, Low Vision and Caregivers

Friendly Callers: Friendly Callers volunteers call for a social conversation.

Friendly Visitor Program: Trained and supervised volunteers provide weekly home visits (of 1-2 hours) for homebound elderly persons who are lonely and isolated due to frail health. Volunteers

provide friendship and a link to the outside world. Volunteers help with correspondence, play cards, or simply provide conversation.

Call for additional information.

GREENWICH CHAPLAINCY SERVICES

Bringing Joyful Spiritual Care to Greenwich Seniors, Their Families and Caregivers

70 Parsonage Rd.

Greenwich, CT 06830

(203) 618-4321 or (203) 618-4236

Website: www.greenwichchaplaincy.org

Email: gwichchap01@yahoo.com

Greenwich Chaplaincy Services was founded in 1968 by the Greenwich Fellowship of Clergy to provide spiritual care to the residents, staff and families of Greenwich's senior care centers. GCS provides worship services, Bible studies, discussion groups, personal visitation and personal counseling, serving a variety of religious traditions as well as those who have no religious affiliation. GCS partners with seven senior care facilities in Greenwich with the goal of helping those facilities become more vibrant and effective in serving seniors. We have full-time, part-time and volunteer chaplains providing services in the following facilities: Fairview of Greenwich Rehabilitation and Health Care Center, The Greens at Greenwich Assisted Living Residence, Greenwich Woods Rehabilitation and Health Care Center, River House Adult Day Center, The Mews Senior Residence, Nathaniel Witherell's Short-Term Rehabilitation and Health Care Center and Parsonage Cottage Senior Residence.

Call for additional information

GREENWICH HOSPITAL PASTORAL HOME CARE PROGRAM

5 Perryridge Road, Greenwich, CT 06830

203-863-3000

Greenwich Hospital Pastoral Home Care Program is a community outreach program that responds to the needs of people who are homebound. The program is interfaith in nature and reaches people in the community who might otherwise be isolated.

FEES: None

GREENWICH HOSPITAL – SPIRITUAL CARE

5 Perryridge Road, Greenwich, CT

203-863-3146

Website: www.greenwichhospital.org

Spiritual Care helps facilitate the healing of the whole person by providing emotional and spiritual support to patients, families and hospital employees. It offers spiritual care education to staff, spiritual care leaders in the community and the community at large, and is an accredited provider of Clinical Pastoral Education. The department is also a contact point for the hospital's Palliative Care and Medical Ethics Committees. **Interfaith Chapel:** Greenwich Hospital's nondenominational chapel is always open for prayer, meditation and quiet time. The chapel is located on the first floor of the Helmsley Medical Building, just off the Atrium. Mass: Sundays and Tuesdays, Noon - Shabbat: Fridays, 1 pm
Religious services are also scheduled around major holidays.

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Website: www.jfsgreenwich.org

Mon. - Thur., 9:30 a.m. to 5:30 p.m. & 9:30 a.m. to 4:00 p.m.

Friendly visitors program. Home visits by a social worker. Individual counseling for the elderly and their adult children. Information and referral. Participates in Elder Support Network.

FEES: Sliding scale for some services.

PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH

108 Sound Beach Ave., Old Greenwich, CT 06870

203-637-1791, ext. 21

Services available to the community include: blood pressure screening, consultation and information on a variety of health topics, support for healthy lifestyle changes, health education programs, support groups and referral to community resources. The Parish Nurse is available on Tuesdays and Thursdays and on many Sunday mornings.

FINANCIAL ASSISTANCE

BENEFITS CHECK-UP – NATIONAL COUNCIL ON AGING

Website: www.benefitscheckup.org

BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC. Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,500 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply. The types of expenses you may get assistance with include: Medications, Food, Utilities, Legal, Health care, Housing, In-home services, Taxes, Transportation and Employment Training.

C. CLEARY CUSICK, INC.

154 Martling Ave., Tarrytown, NY 10591

914-588-7940

Website: www.cclearycusick.com

Compassionate and professional advocacy services on behalf of patients and their families. C Cleary Cusick, Inc., liaises with insurance companies, physicians, pharmacies, extended care facilities and clinicians to provide the highest level of care and consistency between providers.

CONNECTICUT DEPARTMENT OF SOCIAL SERVICES (DSS)

The Department of Social Services provides a broad range of services to the elderly, persons with disabilities, families, and individuals who need assistance in maintaining or achieving their full potential for self-direction, self-reliance and independent living. It administers the Medicaid, SNAP, HUSKY, Charter Oak and many other programs.

Bridgeport Office; 925 Housatonic Avenue, Bridgeport, CT

203-551-2700

Stamford Sub-Office; 1642 Bedford Street, Stamford, CT 06905

1-855-626-6632

Website: www.ct.gov/dss

GREENWICH DEPARTMENT OF SOCIAL SERVICES- FINANCIAL ASSISTANCE

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800

Website: www.greenwichct.org/government/departments/social_services

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

The department provides financial aid to residents of Greenwich who are in need. It also provides referrals to Federal and State assistance programs and to private sources of aid. Call for an appointment.

NEIGHBOR TO NEIGHBOR

Christ Church - West Annex, 248 East Putnam Avenue, Greenwich, CT 06830

203-622-9208

Website: www.ntngreenwich.org

Mon. – Sat., 8:30 a.m. - 12:30 p.m., Thursdays, 3:30 - 5:30 p.m.

Donations accepted Mon. – Fri. 8:30 a.m. – 2:00 p. m.

Neighbor-to-Neighbor is a volunteer-based nonprofit organization providing in-season clothing, linens, diapers, books and household items at no cost to eligible residents of Greenwich, Stamford and Port Chester. Clients must be referred by a social service agency, school or house of worship and meet income guidelines. A client choice food pantry provides fresh produce, whole wheat bread, milk, chicken, ground beef and dry and canned groceries to eligible Greenwich residents. Neighbor to Neighbor is not a religious organization.

ON-LINE BENEFITS CHECK-UP

Southwestern Connecticut Area Agency on Aging

800-994-9422

Website: www.swcaa.org Click on the \$ Benefits Check Up icon.

BenefitsCheckUp is an online eligibility screening service created by the National Council on Aging (NCOA) to assist older adults to quickly identify programs that may improve the quality of their lives. The service is confidential and free. It takes 10-15 minutes to provide some information about your financial situation. The program provides a printout containing all of the programs that a person is potentially eligible for, and information on the application procedure. If you need assistance filling out BenefitsCheckUp or help applying for benefits, call a CHOICES Information Specialist at 800-994-9422.

PERSONAL FINANCIAL ORGANIZER

Judith Heft and Associates Financial Concierge

1177 Summer St., Stamford CT 06905

15 East Putnam Avenue, #122, Greenwich, CT 06830

203-978-1858

Website: www.judithheft.com

Assists seniors with handling routine financial transactions, maintaining and reconciling bank accounts, resolve billing discrepancies, submitting and reviewing routine medical claims, organizing home files and compiling year-end tax information for client's CPA. Bonded, Notary Public.

FOOD ASSISTANCE & NUTRITION SERVICES

END HUNGER, CONNECTICUT

65 Hungerford St., Hartford CT 06106

860- 560-2100

SNAP INFO-LINE 866- 974-SNAP

Website: www.endhungerct.org

End Hunger Connecticut! is a statewide anti-hunger and food security organization. By focusing on advocacy, outreach, education and research, EHC! serves as a comprehensive anti-hunger resource for policymakers, community organizations, and low-income families. The work of EHC! is vital to the visibility and coordination of various federal food assistance programs that are meant to lower the prevalence of food insecurity and hunger. The goal of EHC! is to improve the levels of food security and nutrition among Connecticut families while creating and supporting policies that move families toward self-sufficiency. SNAP online prescreening available.

FRESH DIRECT

Website: www.freshdirect.com

Order online and have food delivered to your home. Minimum order of \$30 delivery charge is \$7.99.

GREENWICH SENIOR CENTER

299 Greenwich Avenue, Greenwich, CT 06830

203-862-6700

Mon.-Fri., 9:00 a.m. to 4:00 p.m.

Website: www.greenwichct.org/government/departments/commission_on_aging

Lunch is served daily from 12:00 p.m. to 1:00 p.m. for Greenwich residents age 55 and better. If you are dining with us or taking it to go, please sign-up at the Front Desk or place your order over the phone the day before by calling the number above. Lunch sign-up ends each day promptly at 11:00 a.m. Alternative menu items are available.

FEES: Call for additional information.

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Mon. – Thurs., 9:30 a.m. - 5:30 p.m. & Friday 9:30-4:00 p.m.

Website: www.jfsgreenwich.org

Supermarketing for Seniors: A trained shopper will come to your home every week to pick up your shopping list and do your grocery shopping for you. This service is available to any homebound Greenwich resident 60 years or older.

FEES: None. Donations accepted.

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Mon. – Fri., 9:00 a.m. to 5:00 p.m.

Website: www.ctjfs.org

Maintains and stocks a Kosher Food Pantry for persons experiencing financial difficulties.

MEALS-ON-WHEELS

89 Maple Avenue, Greenwich, CT 06830

203-869-1312

Website: www.mealsonwheelsofgreenwich.org

Email: greenwichmow@optonline.net

Mon. - Fri., 8:00 a.m. - 1:00 p.m.

Meals-On-Wheels provide home delivered meals to Greenwich residents in need. There are no income restrictions and no medical referrals required. Financial assistance may be available through local and state agencies.

FEES: Call for additional information.

NEIGHBOR TO NEIGHBOR

Christ Church - West Annex, 248 East Putnam Avenue, Greenwich, CT 06830

203-622-9208

Website: www.ntngreenwich.org

Mon. – Sat., 8:30 a.m. - 12:30 p.m., Thursdays, 3:30 - 5:30 p.m.

Donations accepted Mon. – Fri. 8:30 a.m. – 2:00 p. m.

Neighbor-to-Neighbor is a volunteer-based nonprofit organization providing in-season clothing, linens, diapers, books and household items at no cost to eligible residents of Greenwich, Stamford and Port Chester. Clients must be referred by a social service agency, school or house of worship and meet income guidelines. A client choice food pantry provides fresh produce, whole wheat bread, milk, chicken, ground beef and dry and canned groceries to eligible residents. Neighbor to Neighbor is not a religious organization.

PEAPOD**Website: www.peapod.com**

Order online and have food delivered to your home. Minimum order of \$60.00 delivery charge is \$9.95; delivery charge of \$6.95 for orders over \$100.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Greenwich Department of Social Services

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800 or 860-560-2100**Website: www.greenwichct.org/government/departments/social_services**

If your monthly gross income and family size are within the guidelines you may be eligible to receive SNAP benefits. You may be able to receive SNAP even if you receive Meals-on-Wheels, have multiple income sources, live with others or live alone. Call for additional information.

WEEKEND LUNCH BUNCH

Greenwich Hospital, Perryridge Road, Greenwich, CT 06830

203-863-3690**Website: www.greenwichhospital.org**

A three-course meal for Greenwich residents over age 55 with Senior ID in the Greenwich Hospital Cafeteria. Every Saturday and Sunday from noon to 2pm. Call for menu information. Fee: \$6.50. At all other times seniors presenting their Senior Lunch Bunch ID (which may be obtained at Greenwich Hospital) receive a 30% discount on most items in the hospital cafeteria.

GERIATRIC ASSESSMENT**BRIDGEPORT HOSPITAL – GERIATRIC ASSESSMENT PROGRAM**

95 Armory Road, Stratford, CT 06614

203-384-3388**Website: www.bridgeporthospital.org**

The Geriatric Assessment Program offers tests that can show why many conditions are affecting an older adult. A geriatric assessment will test for depression, memory loss, behavior problems, frequent falls, dizzy spells, side effects from medicines and unexplained symptoms. Geriatric assessment paves the way for problem-solving. Once we understand what is causing the patient's behavioral, emotional or physical difficulties, we can chart solutions. Our providers will speak with your primary care physician regularly to achieve the best results.

DOROTHY ADLER GERIATRIC ASSESSMENT CENTER – YALE

874 Howard Avenue, New Haven, CT 06519

203-688-6361**Website: www.ynhh.org****MASONICARE'S CENTER FOR OPTIMAL AGING**

22 Masonic Avenue

Wallingford, CT 06492

203-679-5900 or 888-679-9997

Masonicare's CENTER FOR OPTIMAL AGING is a comprehensive consultative outpatient evaluation for older adults who have medical, psychological, memory, or social problems affecting their function or threatening independent living. Navigating the maze of the modern medical world can be a daunting task. Our professionals not only guide you through this process, but will assure that all available resources are considered. Masonicare has access to a full range of elder services, much available right at home.

FEES: Assessments are usually covered by Medicare and secondary insurance plans, and no referral is necessary. Call for additional information.

NORWALK HOSPITAL GERIATRIC ASSESSMENT CENTER

32 Maple Street, Norwalk, CT 06856

203-852-3112

Website: www.norwalkhospital.org

ST. VINCENT'S MEDICAL CENTER – GERIATRIC ASSESSMENT PROGRAM

203-576-5710

Website: www.stvincents.org (search: Senior Services)

THE BROWN GERIATRIC EVALUATION CLINIC

3 Farm Road, New Canaan CT 06840

203-594-5200

Website: www.waveny.org

Opened in 1998, the Drs. Charlotte & David Brown Geriatric Evaluation Clinic is a comprehensive evaluation and management program that provides specialized services to older adults, their families and other professionals. Our outpatient program addresses common, but often complex, medical issues in older adults – especially memory loss. Our expert team provides patients and families with individualized needs assessments, baseline evaluations and ongoing management to help optimize their quality of life. The purpose of a geriatric evaluation is to review an individual's cognitive, psychological, social, medical, functional and caregiver status. Our assessments are conducted by a neuropsychologist, board-certified geriatrician or an advanced practice nurse. Professional recommendations by our experts assist in maximizing the patient's safety, functions of daily living and quality of life.

FEES: Call for additional information.

THE CENTER FOR HEALTHY AGING

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4373

Mon. - Fri., 8:45 a.m. - 4:45 p.m.

The Geriatric Assessment is an in-depth evaluation for individuals with medical, psychological, cognitive or social problems that interfere with daily living. It is a consultation service that provides detailed information about current health status and recommendations to help prepare for the future. People with memory problems and functional decline are ideal candidates for this assessment, which is conducted by a board-certified Geriatrician and a Licensed Clinical Social Worker. The team evaluates functional, social, psychological and medical needs. They also review medications, and assess mobility and the ability to perform routine tasks. Referrals may be made to other clinical services such as physical medicine or psychiatry.

FEES: Call for specific information. Some portion may be covered by Medicare or other insurances.

JEIWSH SENIOR SERVICES-INSTITUTE ON AGING

4200 Park Ave., Bridgeport, CT 06604

203-365-6400

Website: www.jseiors.org

Jewish Senior Services' Institute on Aging is a consultative service for living in the community. It is dedicated to offering comprehensive geriatric assessment and referral, social service coordination, and caregiver support. Our priority is enhancing the quality of life for those living with memory disorders and their caregivers through coordinated medical, psychological and social interventions that lead to an all-inclusive plan of care.

GREENWICH HOSPITAL ACUTE CARE OUTPATIENT AND COMMUNITY SUPPORT SERVICES

GREENWICH HOSPITAL

203-863-3000

Website: www.greenwichhospital.org

BENDHEIM CANCER CENTER (Smilow Cancer Hospital's Greenwich Hospital Campus) Sherman & Gloria H. Cohen Pavillion

77 Lafayette Place, Greenwich, CT 06830

203-863-4350

The Bendheim Cancer Center is an outpatient diagnostic facility that is part of Smilow Cancer Hospital's Greenwich Hospital Campus. The Center combines advanced technology with a nurturing environment to bring the highest standard of cancer care and support to patients and their families

THE CENTER FOR HEALTHY AGING

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4373

Greenwich Hospital offers inpatient and outpatient programs to meet the unique needs of older adults, their families and caregivers. Through our Center for Healthy Aging, professional clinical services and support are offered in several specialized areas. These include memory evaluation, caregiving consultations, home safety assessment, medication interactions and psychiatry. The Center has received national recognition as a Center of Excellence from the American Geriatrics Society. **FEES: Call for an appointment and information.**

COMMUNITY HEALTH AT GREENWICH HOSPITAL - LIONS LOW VISION CENTER

500 West Putnam Ave. Suite 150, 1st Fl., Greenwich, CT 06830

203-863-4444

Greenwich Hospital Lions Low Vision Center provides services to persons with low vision in Fairfield and Westchester counties. The Center helps those with moderate visual impairment to maximize their remaining vision and enhance quality of life. By appointment with a physician referral.

FEES: Call for information.

GREENWICH HOSPITAL HOME HOSPICE PROGRAM

500 West Putnam Ave., Suite 500, Greenwich, CT 06830

203-863-3883

People nearing the end of life can receive care in the comfort of their home through Greenwich Hospital's home hospice program.

Comprehensive, holistic treatment is based on a personalized plan that changes with the evolving needs of each patient and family. The goal is to enhance the quality of life of terminally ill patients and provide emotional and spiritual support to patients and their families.

FEES: Call for information.

GREENWICH HOSPITAL HEARING, SPEECH AND LANGUAGE CENTER

5 Perryridge Road, Greenwich, CT 06830

203-863-3240

The Hearing, Speech and Language Center offers hearing, speech, language, voice evaluations and therapy, hearing aid dispensing, speaking instructions and ear molds. Hearing aids are available for loan.

FEES: Call for information.

OUTPATIENT CENTER – BEHAVIORAL HEALTH CLINIC

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-3316

Mon. – Fri., 8:00 a.m. – 4:00 p.m.

A comprehensive range of treatment is available for people of all ages, children through seniors, who are suffering from emotional distress and mental illness. Services include individual, marital and family therapy, counseling for those who have lost loved ones, and treatment for psychological trauma. Medication management, monitoring and evaluation are also available.

We serve individuals with in-network insurance plans as well as those who do not have insurance and qualify for membership in the Outpatient Center.

For questions about eligibility, call 203-863-3316 between 8am-4pm, Monday through Friday. A registrar will ask some preliminary questions, and a clinical social worker will follow-up to complete a phone screening.

FEES: Sliding Scale. Medicare, Medicaid, and/or insurance coverage, if approved.

OUTPATIENT CENTER - MEDICAL CLINIC

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-3408

Mon. - Fri., 8:00 a.m. to 4:00 p.m., Wed. open until 6:00 p.m.

The Greenwich Hospital Outpatient Center, a hospital-based facility, is Greenwich's primary health care resource for those who have no medical insurance or are under-insured. Eligible members of the Outpatient Center may access a comprehensive range of medical, pediatric, behavioral health services at reduced fees. Our team of physicians and other medical professionals is committed to providing the utmost in quality care in a courteous and efficient setting. Treatment for common medical needs is provided by a rotating team of physicians, medical residents, nurse practitioners and other healthcare professionals. Their services range from prenatal care and child immunizations to remedies for sore throats, stomach ailments and other minor illnesses.

FEES: Sliding Scale. Medicare/Medicaid Accepted

OUTPATIENT MEDICAL/SURGICAL PROGRAM

203-863-3408

This "All-in-a-Day" program allows patients, deemed medically appropriate candidates by their physicians, to be admitted in the morning, undergo required treatment or surgery and return home the same day.

FEES: At hospital rates. Medicare and insurance coverage, if approved.

PARISH NURSE AT FIRST CONGREGATIONAL CHURCH OF GREENWICH

108 Sound Beach Ave., Old Greenwich, CT 06870

203-637-1791, ext. 21

The Parish Nurse program strives to preserve God's gift of health and recognizes the interconnection between body, mind and spirit. Services available to the community include: blood pressure screening, consultation and information on a variety of health topics, support for healthy lifestyle changes, health education programs, support groups and referral to community resources. The Parish Nurse is available on Tuesdays, Thursdays and on many Sunday mornings.

PHYSICIAN REFERRAL SERVICE- Greenwich Hospital

203-863-3627

Mon. – Fri., 8:30 a.m. to 4:30 p.m.

This service can match you with a local doctor to suit your specific needs.

THE RECOVERY PROGRAM

203-863-4673, 24/7

The 16-bed center treats people with chemical addictions through medical management, individual and group counseling, AA participation, physical therapy and family support. Admissions are twenty-four hours a day, seven days a week. Several outpatient programs are available for both the addicted and their families.

FEES: Sliding scale. Medicare and insurance coverage, if approved.

PULMONARY LAB

203-863-3170

Mon. - Fri., 9:00 a.m. to 3:00 p.m.

Greenwich Hospital's recognized pulmonary physiology section offers diagnostic studies and treatment for inpatients and outpatients.

FEES: Sliding scale. Medicare and insurance coverage, if approved.

PHYSICAL & OCCUPATIONAL MEDICINE

203-863-3290

The team coordinates rehabilitative services (medical, nursing, physical/occupational therapy, language/speech pathology, and social services) for a diverse patient group.

FEES: Call for fees and/or additional information

SPEECH PATHOLOGY

203-863-3000

Speech and language pathologists at Greenwich Hospital evaluate and treat speech, language and voice disorders in people of all ages. Known for their experience and expertise, these specialists use many of the most advanced techniques available for training and rehabilitation. Patients can access a full range of services for various disorders including: Speech conditions we treat include: Aphasia (after stroke or from head trauma), Articulation problems, oral-motor dysfunction, Parkinson's, swallowing problems and voice problems. Parkinson's Voice Training - The Lee Silverman Voice Treatment (LSVT) program was specifically designed to help people with Parkinson's disease speak more clearly. Its primary focus is to strengthen the voice. The therapy includes an intensive 4-week course of one-on-one therapy. Patients also must practice voice exercises at home twice a day. When therapy ends, home practice continues 3-5 times a week to maintain improvement.

FEES: Call for additional information

HEALTH CLINICS

DRS. CHARLOTTE & DAVID BROWN GERIATRIC EVALUATION CLINIC

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Comprehensive medical geriatric assessments and management by a board-certified geriatrician.

FAMILY CENTERS HEALTH CARE

203-717-1760

Our new health clinic located at Wilbur Peck Court in Greenwich is now accepting appointments for medical and dental services. Services include: treatment of illness and injuries, physical exams, immunizations, dental exams and x-rays, restorative dentistry and much more. We serve all patients regardless of ability to pay. Medicaid (Husky) and most commercial insurance plan accepted. Call to make an appointment.

FRANKLIN STREET COMMUNITY HEALTH CENTER

141 Franklin Street, Stamford, CT 06801

203-797-8330

Website: www.chc1.com

The Franklin Street Community Health Center provides primary care, medical, behavioral health and dental services for seniors. Franklin Street CHC is a patient centered medical home, using the latest technology to coordinate care and address each patient's unique needs. Medical interpreter services are available. State medical insurance is accepted and there is a sliding fee scale for the uninsured. Days of operation are Monday through Friday, Saturday and extended evening hours. Please call for information or an appointment at 203-962-0802. Ext. 2202

GERIATRIC PSYCHIATRY

The Center for Healthy Aging, Greenwich Hospital, 5 Perryridge Road, Greenwich, CT

203-863-4373

Mon. – Fri., 8:45 a.m. to 4:45 p.m.)

Depression and behavioral issues accompanying dementia are common in later life. A geriatric psychiatrist, a physician highly trained in the management of emotional and behavioral problems related to aging, provides an individual assessment. Psychotherapy with either a licensed clinical social worker or a therapeutic group may be recommended, as may medication, depending on individual factors. FEES: Call for specific information. Some portion may be covered by Medicare or other insurances.

GREENWICH DEPARTMENT OF HEALTH

Department of Health Immunization Clinic

Town Hall, 101 Field Point Road, 3rd Floor, Greenwich, CT 06836

Monday, Wednesday, Friday 2:30-3:30PM

203-622-6495 (for information)

Website: www.greenwichct.org/HealthDept

The Division of Family Health provides immunization for vaccine preventable diseases, tuberculin skin tests and blood pressure monitoring. Services are provided in order to prevent new cases of communicable or infectious diseases, detect unapparent conditions, implement disease control measure and refer a person for further care. Services are open to all Greenwich residents (school aged children and adults). Immunizations for polio, diphtheria, pertussis, chickenpox, tetanus, measles, mumps and rebelled influenza* and pneumonia (PPSV23 and PCV13), Homophilus influenza type b, Hepatitis A, Hepatitis B, meningococcal meningitis, HPV and shingles vaccine are available to certain groups. Tuberculosis risk assessments, skin tests and education with referral for medical care as needed. Senior Health Clinics for seniors over 65 who live in the Town of Greenwich can go to town clinics which are: Agnes Morley Heights*, 249 Milbank Ave, 2nd Tuesday each month 2:30PM to 3:30PM; Senior Center, 299 Greenwich Ave., Tuesday; 12:30PM-2:00PM; McKinney Terrace* , 71 Vinci Dr. 1st Wednesday each month 2:30PM to 3:30PM; St. Paul's Lutheran Church, 290 Delavan Ave., 2nd Tuesday each month 12:30PM- 1:30PM; Quarry Knoll I & II*, 3rd Tuesday of each month 2:30PM to 3:30Pm; Parsonage Cottage*, 88 Parsonage Rd., 1st Tuesday of each month 10:00AM-12:00 noon. For further information call 203-622-6864. *Facility Residents only

NATIONAL EYE CARE PROJECT

655 Beach Street, San Francisco, CA 94109-1336

800-222-EYES (3937)

The National Eye Care Project is a nationwide outreach program designed to provide medical eye care to elderly persons. Through a toll-free help line, the program provides eligible seniors (65 years of age and older) referrals to qualified ophthalmologists who provide eye care. The following services are not covered: eyeglasses, contact lenses, prescription drugs, hospital services (charged by the hospital) and associated services of other medical professionals, such as

an anesthesiologist. Those callers who want information only are sent an easy to read brochure discussing common eye diseases of aging, such as cataract, glaucoma, diabetic retinopathy and macular degeneration.

FEES: Medicare and private insurance will be billed, with co-payments waived. For those with no insurance, there is no charge.

STAMFORD HEALTH URGENT CARE

2001 West Main Street, Suite 100, Stamford, CT 06903

203-276-8540

Mon.- Fri. 9:00AM – 7:00PM Closed Holidays

Website: www.stamfordhealthurgentcare.org

When your provider is not available, Stamford Health Urgent Care provides fast, high-quality evaluation of and care for non-life-threatening illnesses and injuries. Stamford Health Urgent Care accepts most insurance companies. If you do not have insurance coverage, we have self-pay payment options available. Please check with your insurance company regarding coverage.

VETERAN'S HEALTH & PRIMARY MEDICAL CARE CLINIC

Stamford Hospital, 1275 Summer St. Suite 102 Stamford, CT 06905

203-325-0649

Appointments Wed. 9:30 a.m. to 1:30 p.m.; Clinic hours: Mon. - Fri., 8:00 a.m. to 5:00 p.m.

General health screenings for veterans of all ages who have not seen a physician in a year or more. Primary medical care services are provided on Mondays and Fridays by a VA primary care physician.

FEES: Screenings free; Call for more information.

WALK-IN CENTER FOR CONVENIENT MEDICAL CARE

1200 East Putnam Avenue, Riverside, CT 06878

203-698-1419

Mon. - Sat., 10:00 a.m. to 6:00 p.m.; Sun., 10:00 a.m. to 4:00 p.m.

If you need a doctor and cannot wait for an appointment, you may stop in at the Convenient Medical Care Center in Riverside.

FEES: Examination fee plus x-ray/lab fees. Medicare accepted. Call for more information.

AFC Urgent Care

3000 Summer Street, Stamford, CT 06805

203-969-2000

Mon. - Fri. 8:00am – 7:30pm; Saturday & Sunday 8:00AM – 4:30PM

Website: www.stamfordteam@afcurgentcare.com

Appointments are never a required at AFC Doctors Express urgent Care Stamford. We are a walk in clinic, there is little to no wait and can be a convenient alternative when you cannot get an appointment with your primary care doctor. We are also an alternative to an emergency room for non-life threatening illnesses and injuries. All services are available for walk in services.

We accept most insurances and even are low cost for those without insurance.

FEES: Call for additional information.

WESTMED MEDICAL GROUP

644 West Putnam Avenue – Ground Floor,

GREENWICH, CT 06830

(CVS BUILDING ON WEST PUTNAM AVE)

203-622-030 Monday – Friday 8:00 AM – 9:00 PM WESTMED MEDICAL GROUP will give patients living in and around this area the opportunity for prompt high-quality medical care when a non-emergency injury or illness occurs unexpectedly. We accept most insurances.

HEARING IMPAIRED

BETTER HEARING AT HOME

500 West Putnam Ave., Suite 400, Greenwich CT 06830

203-542-7323

Website: www.betterhearingathome.com

Better hearing at Home provides superior hearing healthcare so you can hear all that life offers. We combine state of the art hearing aid technology with an experienced board certified doctor of audiology. We also offer you discrete and professional service in the privacy of your home (the return of the house call). Offing more than 25 years experience in hearing improvement, we provide exceptional hearing healthcare for clients in Fairfield County. Our practice is limited to private pay patients. More information about the services and qualifications of Better Hearing at Home can be found on our website.

COMMISSION ON DEAF & HEARING IMPAIRED

860-697-3570

Website: www.cdhi.ct.gov

Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy are available.

RELAY CONNECTICUT CAPTIONED TELEPHONE SERVICE

800-743-1219 (Voice TTY)

Website: www.relayconnecticut.com/howtogetcaptel

Free local calling captioned telephone service for persons with hearing loss.

HOME CARE GUIDE

	CT DOH Licensed Agency	Non DOH Licensed Agency	Placement Registry	Privately Hired Independent Contractor
Requires Administrator, Clinical Director & Nursing Care Coordinator	Yes	No	No	No
Care Plans monitored by RN	Yes	No	No	No
Registered Nurse on call 24/7	Yes	No	No	No
CT DOH makes unannounced visits	Yes	No	No	No
Employee drug testing required	Yes	No	No	No
Employee background checks	Yes	Yes	No	No
Caregivers covered under Worker's Compensation	Yes	Yes	No	No
Agency withholds employee taxes	Yes	Yes	No	No

How do I choose a home health agency?

Remember: When you are shopping for a home care agency, you are seeking a company that will

assist you in providing for the health and safety of you or your loved one. Don't be shy about asking any questions that come to mind. And don't hesitate to ask a question more than once if you don't remember the answer or if the first answer was incomplete or unsatisfactory.

License and Certification: Is a state license required for the agency's services? If an agency is supposed to have a state license, but does not, then you should look for another agency.

Is the agency certified by Medicare/Medicaid?

Certified by Medicare/Medicaid: Medicare and Medicaid will only pay for home care provided by a certified home care agency. In order to obtain certification, all home health care agencies that are approved for Medicare/Medicaid payment must meet specific state and federal requirements for patient care and financial management. Non-certification could indicate a problem.

Does the agency provide references?

The agency should provide, upon request, several professional references, including hospitals and social workers that have used their services. Obtain the specific names of individuals and their telephone numbers and call them.

Ability to Provide Services

- What services does the agency provide?
- Can the agency provide all the services you need?
- Will the agency provide a written description of services to be provided?
- Does the agency provide confirmation or proof of malpractice and liability insurance?
- Ask the agency if they will develop a personalized care plan designed to meet your individual needs and requirements as determined by your doctor, your family caregivers, the home care agency and you? How often will this plan be revised and updated?
- Are services available 24 hours, 7 days a week?
- Would services begin immediately? If not, how long is the wait?
- Can the agency make arrangements for the delivery and maintenance of all necessary medical equipment?
- Can the agency provide training for use of any necessary medical equipment by family caregivers?
- How long has the agency been providing home health services?
- Is the agency inspected by an outside organization? Are the inspection reports available?

Agency Staff & Training

- Does the agency require and verify employee references?
- What are the employee qualifications and their specific job descriptions?
- Do the employees receive special training related to caring for home health patients? Is the training ongoing?

Costs

- What are the total costs of the services you require?
- Is the agency certified to be paid by Medicare and Medicaid?
- Does the agency bill Medicare or insurance companies directly?
- Are you required to use the services for a minimum number of hours per day or per week?
- Are there deposits, fees, or any extra costs besides those charged for each service?
- How much of the cost will be covered by your insurance coverage and how much will you have to pay out-of-pocket?
- If you have to pay part of the costs, will the agency provide a sliding scale based on income?

- Does the agency provide payment plan options?
- Are all cost and payment expectations in writing?
- How often does the agency bill?

HOME CARE

AMEDISYS HOME HEALTH CARE

68 Southfield Ave. Suite 215, Stamford, CT 06902

203-327-2680

Website: www.amedisys.com

Whether you are recovering from surgery or illness, or living with an ongoing condition like diabetes or heart problems at Amedisys Home Health Care in Stamford, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most - at home.

Services: skilled nursing, physical therapy, occupational therapy.

BRIGHT STAR OF GREENWICH/STAMFORD

45 Church Street, Suite 205, Stamford, CT 06906

203-883-8560 or 203-984-4988 (cell)

Website: www.brightstarcare.com

Bright Star Home Care services are supervised by a Registered Nurse. Services include: companionship, escort-transportation, medication reminders, household organization, meal preparation and feeding, errands, dressing and grooming, bathing and hygiene. All employees are experienced and have gone through detailed interview, national background screening, training, and are certified, bonded and insured. No minimums.

FEES: Fee for service.

COMFORT KEEPERS

17 Heronvue Road, Greenwich, CT 06831

203-629-5029

Website: www.comfortkeepers.com

Comfort Keepers provides Home Care services to enable seniors and people recovering from illness or injury to maintain themselves at home safely. Services available hourly or live-in and include companionship, incidental transportation, personal care, rehabilitation support, hospice support, relief for family caregivers. All Comfort Keepers staff are employees of the agency. Agency is responsible for all taxes, insurance, bonding and background checks, training and supervision. Locally owned and operated, Comfort Keepers has offices nationwide and adheres to strict levels of quality assurance. We are a member of the Home Care Association of America (HCAOA).

FEES: Fee for service.

COMFORCARE

259 Main Street, Suite 4, Stamford, CT

203-705-0220

We make Your Health and Happiness Our Responsibility. ComForCare remains both professional and personable while providing home care services in the region. We understand that you do not want to leave your elderly parent or family member with just any senior care provider.

ComForCare tackles this responsibility with expert skill while adhering to the highest industry standards. Each of our patients has been carefully paired with one of our care providers according to their personality and interests. Services are available 24/7 everyday of the year.

Same day service and transition of care services are also available.

FEE: Fee for service.

COMPANIONS & HOMEMAKERS

16 Ketchum Street, Westport, CT 06880

203-259-8375

Website: www.companionsandhomemakers.com

Home care services specializing in compassionate care, engaging companionship, homemaking, personal care assistance, meal preparation, medication schedules, transportation assistance, hospice support and respite care on an hourly or live-in basis. Employees are specifically trained in caring for Alzheimer's and other related dementias. All care givers are background checked, trained, bonded and insured as employees of the company. All related taxes are paid by the company. We are voting member of the Home Care Association of America (HCAOA) and registered with Connecticut's Department of consumer Protection-Register #HCA.0000101.

FEES: Fee for service.

COMPASS CARE, LLC

777 Summer Street, Suite 303, Stamford, CT 06901

855-535-2500, Open 24 hrs./day, 7days/week

Website: www.carewhenyouneedit.com

Email: info@compasscarellc.com

Compass Care is a concierge private duty home care company. Founded by a world-renowned geriatrician and managed by gerontologists, we offer the highest quality home care services for older adults. Our leadership has contributed directly to the scientific literature on care for older people and we make that expertise available to our clients at home. We offer home health care that effectively enhances clients' quality of life and provides loved ones peace of mind. Our concierge private duty home care is available to our clients 24 hours a day, 7 days a week 365 days a year. We provide a personalized plan of care that is prepared and monitored for each client by a supervising registered nurse. Our private duty caregivers bring the best of themselves to their work. Our caregivers are experienced certified nursing assistants and/or home health aides that have been thoroughly vetted, background checked and trained. We guarantee your utmost satisfaction with the very first placement of a caregiver. We know how important this is to you and your family.

FEES: Fee for service.

CONNECTICUT HOME CARE PROGRAM FOR ELDERS

Southwestern CT Agency on Aging, 10 Middle Street, Bridgeport, CT 06604

203-333-9288,

Website: www.swcaa.org

Provides supportive home health and non-medical services to persons 65 years and older and at risk of institutionalization. Services are delivered to clients in their own home by local providers and cases are managed by a regional entity. FEES: Sliding scale if eligible.

FAMILY & CHILDREN'S AGENCY HOME CARE PLUS

140 Water Street, Norwalk, CT 06854

203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health agency providing live-in, hourly or respite care supervised by a registered nurse. Homemaking, transportation, chore services, licensed carpenter, social services and Personal Alert emergency response system. All staff thoroughly referenced, extensive background screening and trained. The agency is responsible for employee taxes and benefits. Licensed and bonded. Fee assistance may be available for seniors over 60.

FEES: Fee for service.

HEAVENLY HEARTS HOME CARE

P.O. Box 113149, Stamford, CT 06902

203-243-9343 or 914-316-4430

Website: www.heavenlyheartshomecare.com

Email: heavenlyheartshomecare@yahoo.com

Non medical home or assisted living care offering live an/hourly companionship, and homemaking services. Bonded and insured.

FEES: Fee for service.

HEMOCARE BY RVNA

90 East Ridge, Ridgefield, CT 06877

203-894-5000

Website: www.hcrvna.com

At HomeCare by RVNA, our mission is to assist our clients to maintain a high quality of life in a home-based environment while offering peace of mind to loved ones. We are an affordable non-medical home care agency providing home health aides, homemakers and live-in aides. Our caregivers promote health, safety and comfort to their clients, allowing them to thrive in their own home and personal surroundings. HomeCare by RVNA customized care plans are tailored to each and every client's specific needs. Give us a call. We take pride in responding quickly to each request.

FEES: Fee for service.

HOME HELPERS

15 East Putnam Ave #134., Greenwich, CT 06830

203-680-9148

Website: www.HomeHelpersHomecare.com/Greenwich

Home helpers are more than an in-home health care agency. We are your extended family when family can't be there. We offer compassionate in-home care assistance and will work with you to provide exceptional support for you and your family. We know you're overwhelmed. Home Helpers will guide you through this process to give you peace of mind. The services we provide benefit both the person in need of care AND the family members. Let us focus on caregiving so you can enjoy this time. In-Home Consultation: At no obligation, we will come to you. We want to get to know you and talk about your challenges and needs. We will perform a safety check to make sure your home is safe and sound. We won't send just anyone into your home. Once we know your circumstances, we will place the most compatible caregiver to help you with what you need. Our caregivers become extended members of the family and we ensure that your loved one is placed with a compassionate, attentive caregiver that will provide the services your loved one needs.

FEES: Fee for service.

JEWISH SENIOR SERVICES

4200 Park Ave., Bridgeport, CT 06604

203-365-6400

Website: www.jseniors.org

Experienced nurse leaders arrange for skilled nursing visits, physical and occupational therapy, home health aides, and other home support services. Coordinating with physicians, patients, and families, our team develops and individualized plan to restore health and independence to people living at home. We provide Medicare certified and licensed home care professionals. Our caring staff is available 24/7 to ensure optimal client safety and service.

FEES: Fee for service.

OSBORN HOME CARE

125 Mason St., Greenwich, CT 06830

203-641-7683

Website: www.osbornhomecare.org

Email: mthomas@theosborn.org & lpensiero@theosborn.org

Osborn Home Care is a homemaker companion agency, providing personal care services in Fairfield County to people who need support to continue to live in their own homes. It is part of The Osborn Retirement Community, a 501c3 non-profit charitable organization, founded in 1908 in Rye, NY.

FEES: Fee for service.

PATIENT ADVISORY SERVICES, LLC.

15 Harding Road, Old Greenwich, CT 06870

203-918-8219

Website: www.patientadvisoryservices.com

Email: info@patientadvisoryservices.com

Patient Advisory Services is a concierge healthcare advocacy service dedicated to getting better care for patient and their families. A medical professional and advocate, PA or RN, will accompany patients to medical appointments, take notes, provide critical information, provide confidence and communicate the findings to whomever the patient desires. We will participate in problem solving. The patients and their families can get back to living the life they want to live.

FEES: Fee for service.

RIGHT AT HOME

7 Tokeneke Rd., Darien, CT 06820

203-202-948

Website: www.homecarerah.com

Right At Home provides non-medical, in-home care to seniors and the disabled including Companion Care and Personal Care. All Caregivers are employees, and are certified, bonded, & insured. Only homecare agency recognized as an AARP Team Employer.

FEES: Fee for service.

STERLING CARE

235 Glenville Road, 3rd Floor, Greenwich, CT 06831

203-532-0500, Open 24hrs/day, 7days/wk.

Website: www.sterlingcare.com

Email: info@sterlingcare.com

Sterling Care provides the true continuum of care at home by providing the highest quality home care services tailored to your individual needs. Our services include companions and homemakers, visiting nurses and therapists, geriatric care management and private duty nursing. We are holistic agency offering outstanding care, while focusing on the whole person-mind, body and spirit. A personalized plan of care is prepared and monitored for each client by a supervising registered nurse. All companions and homemakers are employees who are screened with full backgrounds checks, are bonded and insured, and receive extensive and continuous training with regular supervision by our nursing staff. We have specialty trainers on staff for dementia clients. Sterling Care is a local family owned, independent agency based in Greenwich where each client is treated in a caring, compassionate, respectful and individualized manner. We provide a free in-home assessment. .

FEES: Available upon request

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY

761 Main Avenue, Suite 114, Norwalk, CT 06851

203-762-8958 or 800-898-HOME

Website: www.visitingnurse.net

Email: info@visitingnurse.net

For more than 100 years, Visiting Nurse & Hospice of Fairfield County has served individuals and families in the heart of Fairfield County. Our community based, non-profit agency provides professional and compassionate home health and hospice care. Our expert teams of caregivers, headed by skilled nurses, include home health aides, physical, occupational and speech therapists, social workers, spiritual counselors and professionally trained volunteers. All employees are insured, screened, competency tested, professionally trained and receive on-going in-service education and supervision. The Agency is Medicare-certified, state licensed and accredited by the Community Health Accreditation Program (CHAP) and is a member of the Visiting Nurse Association of New England (VNANE), the National Association for Home Care and Hospice (NAHC), and the Connecticut Association for Healthcare at Home.

Visiting Nurse and Hospice of Fairfield County has been recognized as one of the top home health agencies in the United States for the last six years by HomeCare Elite.

FEES: Fee for service.

HOME CARE - NON-MEDICAL

A PLACE FOR MOM

866-333-1352 (toll free), 203-987-6230

Website: www.aplaceformom.com

A Place for mom is the nation's #1 Senior Referral Service. We help over 200k families a year for FREE! We help them find Home Care, memory Care, Assisted Living, Short Term Winter Stays and Adult day cares anywhere in the US or Canada.

ALMOST FAMILY

1150 Summer Street 1st FL, Stamford, CT 06905

203-969-0101

Website: www.almostfamily.com

Almost Family provides the following services to a client in the home, assisted living facility, hospital or nursing home: bathing and grooming, assistance with walking, dressing, medication management, light meal preparation and feeding, grocery shopping and errands, light housekeeping, companionship, caregiver respite. Caregivers are bonded and insured.

FEES: Fee for service.

AMEDISYS HOME HEALTH

68 Southfield Ave., Stamford, CT 06902

203-327-2680 or 866-327-5024

Website: www.amedisys.com

Monday – Friday 8:00am – 5:00pm

Whether you are recovering from surgery or illness, or living with an on-going condition like diabetes or heart problems, at Amedisys home HealthCare in Stamford, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most at home.

FEES: Fee for service.

BRIGHT STAR OF GREENWICH/STAMFORD

45 Church Street, Suite 205, Stamford, CT 06906

203-883-8560 or 203-984-4988 (cell)

Website: www.brightstarcare.com

Bright Star of Greenwich/Stamford provides Home Care services supervised by a Registered Nurse. Services include: companionship, escort-transportation, medication reminders, household organization, meal preparation and feeding, errands, dressing and grooming, bathing and hygiene, 24/7 live phone. All employees are experienced and have gone through a detailed interview, national background screening, training and are certified, bonded and insured. No minimums.

FEES: Fee for service.

BROOK'S HOMECARE

134 Height Road, Darien, CT 06820

203-655-3400

Website: www.brookeshomecare.net

Non-medical, in-home care for seniors and the disabled. We provide personal care as well as transportation and companion care. We will also assist with household tasks, preparation of meal, performing laundry and most importantly engaging in conversation and activities. We specialize in client's that have Alzheimer's and other forms of dementia care. All caregivers are thoroughly trained, vetted, background checked, licensed and bonded. We also specialize in working well with all long term insurance companies and are quite proficient in submitting claims for the client. We strive for superior customer service. We can assist on an hourly or a live-in basis.

FEES: are available on request.

CARE ON CALL, INC.

253 East Putnam Avenue, Cos Cob, CT 06807

203-324-2273

Home care provided by Registered Nurses, Licensed Practical Nurses, Home Health Aides, Personal Care Assistants, Homemakers and Companions around the clock, by shift, or hourly.

FEES: Fee for service.

COMFORT KEEPERS

17 Heronvue Road, Greenwich, CT 06831

203-629-5029

Website: www.comfortkeepers.com

Email: Greenwich@comfortkeepers.com

Comfort Keepers provides Home Care services to enable seniors and people recovering from illness or injury to maintain themselves at home safely. Services available hourly or live-in and include companionship, incidental transportation, personal care, rehabilitation support, hospice support, relief for family caregivers. All Comfort Keepers staff is employees of the agency.

Agency is responsible for all taxes, insurance, bonding and background checks, training and supervision. Locally owned and operated, Comfort Keepers has offices nationwide and adheres to strict levels of quality assurance. We are a member of the Home Care Association of America (HCAOA). Registered with Connecticut DCP 0000108.

FEES: Fee for service.

COMPANIONS & HOMEMAKERS, INC.

16 Ketchum Street, Westport, CT 06880

203-259-8375

Website: www.companionsandhomemakers.com

Home care services specializing in compassionate care, engaging companionship, homemaking, personal care assistance, meal preparation, medication schedules, transportation assistance, hospice support and respite care on an hourly or live-in basis. Employees are specifically trained

in caring for Alzheimer's and other related dementias. All caregivers are background checked, trained, bonded and insured as employees of the company. All related taxes are paid by the company. We are a voting member of the Home Care Association of America (HCAOA) and registered with Connecticut's Department of consumer Protection-Register#HCA.0000101.

COMPASS CARE, LLC

777 Summer Street, Suite 303, Stamford, CT 06901

855-535-2500, Open 24 hrs./day, 7days/week

Website: www.carewhenyouneedit.com

Email: info@compasscarellc.com

Compass Care is a concierge private duty home care company. Founded by a world-renowned geriatrician and managed by gerontologists, we offer the highest quality home care services for older adults. Our leadership has contributed directly to the scientific literature on care for older people and we make that expertise available to our clients at home. We offer home health care that effectively enhances clients' quality of life and provides loved ones peace of mind. Our concierge private duty homecare is available to our clients 24 hours a day, 7 days a week 365 days a year. We provide a personalized plan of care that is prepared and monitored for each client by a supervising registered nurse. Our private duty caregivers bring the best of themselves to their work. Our caregivers are experienced certified nursing assistants and/or home health aides that have been thoroughly vetted, background checked and trained. We guarantee your utmost satisfaction with the very first placement of a caregiver. We know how important this is to you and your family.

FEES: Fee for service.

ELDERCARE LOCATOR

800-677-1116

Website: www.eldercare.gov

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. The Eldercare Locator helps families and friends find information about community services for older people anywhere in the United States and its territories.

EURO HOMECARE, LLC.

100 Queen Street, Southington, CT 06489

860-426-9282

Website: www.eurohomecare.net

Services include: companions, homemakers, daily personal care, housekeeping, cooking, special care, transportation, respite care, 24-hour emergency phone. Insured and bonded.

FEES: Fee for service.

FAMILY & CHILDREN'S AGENCY HOMECARE

140 Water Street, Norwalk, CT 06854

203-831-2900, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

A state licensed home health aide agency providing live-in, hourly or respite care supervised by a registered nurse. Homemaking, transportation, chore services, licensed carpenter, social services, and Personal Alert emergency response system. All staff thoroughly referenced, background screening and trained. Agency responsible for employee taxes and benefits. Licensed and bonded. In operation since 1942.

FEES: Fee for service. Fee assistance may be available for seniors (over 60) and a sliding scale is available for Lifeline services.

FAMILY CARE PLUS

2573 Main Street, Stratford, CT 06615

877- 887-CARE

Website: www.familycareplus.com

A family owned and operated agency specializing in 24 hour live-in/homecare services. Provides complete background checks, including criminal, health, finger printing and random drug testing of all caregivers. Live-in aids assist with basic activities of daily living, including routine housekeeping, meal preparation, and personal care.

FEES: Fee for service.

GREENWICH DEPARTMENT OF SOCIAL SERVICES/HOMEMAKERS

Town Hall, 101 Field Point Rd., Greenwich, CT 06830

203-622-3801

Mon. – Fri. 8:30 a.m. – 5:00 p.m.

Trained and professionally supervised homemaker-home health aides assist families and individuals in their own homes in times of illness or emotional stress. Aides perform light housekeeping chores, laundry, shopping and meal preparation. They also give personal care such as bathing and grooming and help with activities of daily living.

FEES: Sliding scale

HOME CARE ON CALL

354 Pequot Ave., Southport, CT 06890

203-292-3081 Fax; 203-955-1620

Website: www.homecareoncallct.com

Mon. - Fri. 9:00 a.m. – 5:00 p.m.; Sat. & Sun. On Call

Offers a variety of services to give clients the specific care they need, including: Non-medical Home Care, Personal Care (Bathing/Bathroom Assistance), Companion Services, Live-in Home Care, Meal Preparation, Medication Reminders, Light Housekeeping, Transportation, Non-Medical (Shopping, Errands). Home Care on Call is licensed, bonded and insured.

FEES: Fee for service.

HOME INSTEAD SENIOR CARE

128 East Avenue, Norwalk, CT 06851

203-853-0370

Website: www.homeinstead.com

A non-medical service with a staff of screened, trained, bonded and insured caregivers who provide companionship, meal preparation, light housekeeping, medication reminders, errands and incidental transportation.

FEES: Fee for service.

INTERIM HEALTH CARE, INC.

1177 High Ridge Road, Stamford, CT 06905

203-309-0606

Website: www.interimhealthcare.com

The Interim HealthCare brand includes home care, hospice and healthcare staffing services. These services are provided by a network of more than 300 independently operated franchise locations throughout the United States that employ nurses, therapists, aides, companions and other healthcare professionals who provide 25 million hours of home care service to 190,000 people each year.

FEES: are available on request.

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Website: www.ctjfs.org

Mon. – Fri. 9:00 a.m. to 5:00 p.m.

Services include the Home Companion Program, Case Management, Geriatric Counseling and Volunteer Services.

FEES: Fee for service.

JEWISH SENIOR SERVICES-FRIEDMAN HOME CARE

6400 Park Ave., Bridgeport, CT 06604

203-365-6400

Website: www.jseniors.org

The Jewish Home provides home care to seniors throughout Fairfield County. Caregivers are fully trained in providing one-on-one care and promote independence and well-being. Hourly or live in assistance is available.

FEES: Fee for service.

QUALITY CARE SERVICES, LLC.

1698 Post Road, Westport, CT 06880

203-227-4480

Website: www.qualitycareservices.com

Quality Care Services is dedicated to providing the highest standard of homecare services in Connecticut at affordable prices. Services include assistance with bathing, dressing, feeding and ambulation, planning and preparing meals, light housekeeping and laundry, medication assistance, transportation to medical, personal, religious and social activities, companionship and socialization, communication with family members and professionals, shopping and errands and pet care.

FEES: are available on request.

RIGHT AT HOME

7 Tokeneke Rd., Darien, CT 06820

203-202-9488

Website: www.homecarerah.com

Right At Home provides non-medical, in-home care to seniors and the disabled including Companion Care, and Personal Care. All Caregivers are employees, and are certified, bonded, & insured. Only homecare agency recognized as an AARP Team Employer.

FEES: Fee for service.

STERLING CARE

235 Glenville Road 3rd Floor, Greenwich, CT 06831

203-532-0500 , 24/7

Website: www.sterlingcare.com

Email: info@sterlingcare.com

Sterling Care provides the true continuum of care at home by providing the highest quality home care services tailored to your individual needs. Our services include companions and homemakers, visiting nurses and therapists, geriatric care management and private duty nursing. We are a holistic agency offering outstanding care, while focusing on the whole person-mind, body and spirit. A personalized plan of care is prepared and monitored for each client by a supervising registered nurse. All companions and homemakers are employees who are screened with full background checks, are bonded and insured, and receive extensive and continuous training with regular supervision by our nursing staff. We have specialty trainers on staff for dementia clients. Sterling Care is a local family owned, independent agency based in Greenwich

where each client is treated in a caring, compassionate, respectful and individualized manner. We provide a free in-home assessment.

FEES: Available upon request.

SYNERGY HOME CARE

1200 Summer St. Suite 105, Stamford, CT 06905

203-661-6969

Website: www.synergyhomecare.com

Services may include the following but are not limited to: companionship, personal care, light housekeeping, meal preparation, medication reminders, cleaning, escort for shopping and errands, respite care.

FEES: Fee for service.

VISITING ANGELS

1266 E. Main Street, Suite 700 Stamford, CT 06902

203-658-8800

Website: www.visitingangels.com/stamford

A state-certified provider of non--medical hourly or live-in personal care services including hygiene, toileting, meal preparation, medication reminders, light housekeeping and errands, dressing and walking assistance, hospice and rehabilitation support, companionship and caregiver respite and support. Available hourly or for up to 24-hour live-in care, including weekends and holidays. Staff insured and bonded with backgrounds checked. Clients may interview their caregiver before service begins.

FEES: Fee for service.

WAVENY AT HOME

3 Farm Road, New Canaan, CT 06840

203-594-5249

Website: www.waveny.org

Waveny at Home offers professional non-medical homemaker and companion services to help enable clients to remain safely in their own homes and the community.

Based on a plan developed for each client's distinct and individual needs, Waveny at Home staff will assist with household tasks including light housekeeping, meal preparation and laundry, as well as help facilitate or provide transportation to and from personal appointments, events, shopping and errands.

HOME CARE -SKILLED NURSING SERVICES

AMEDISYS HOME HEALTH

68 Southfield Ave. Suite 215, Stamford, CT 06902

203-327-2680

Website: www.amedisys.com

Whether you are recovering from surgery or illness, or living with an ongoing condition like diabetes or heart problems at Amedisys Home Health Care in Stamford, we are focused on helping you recover, live as independently as possible and manage your disease. Our nurses, therapists and aides can deliver the care you need where you need it most at home.

Services: skilled nursing, physical therapy, occupational therapy.

FEES: Fee for service.

BAYADA NURSES

200 Connecticut Avenue, Norwalk, CT 06851

203-854-5100 24/7

Website: www.bayada.com

A full service home care agency providing Skilled Nurses, PT, OT and Speech Therapists, CNA's and Home Health Aides. Medicare, Medicaid, Managed Care and Private Patients.

FEES: Fee for service.

CONSTELLATION HEALTH SERVICES

14 Westport Avenue, Norwalk, CT 06851

203-845-8000

Website: www.constellationhs.com

Constellation Home Care is a State licensed, Medicare certified home health agency providing skilled nursing and behavioral health nursing. Services include cardiac recovery, memory/wellness, telehealth, pulmonary disease management as well as rehabilitation services, including PT, OT, ST, medical social work and home health aides.

Constellation Private Duty provides live-in and hourly care by Certified Nursing Assistants. All staff are certified and bonded, with criminal background checks and references. Free in house evaluation, development of service plan and ongoing assessment by Registered Nurse. 24/7 on call system staffed by coordinator and RN to triage clinical and staffing concerns.

Constellation Geriatric Care Management – our certified RN Geriatric Care Manager serves as a personal guide to elders and their families in navigating the complex and fragmented health care and long term care systems. Comprehensive assessments, customized care plan based upon long and short term needs, identifying and connecting with appropriate community resources, education regarding entitlements and housing options are among the many services offered.

FEES: Call for a free phone consultation and information on fees.

DANIELCARE

188 North Street, Stamford, CT 06901

203-569-4900

Website: www.danielcare.com

Medical and non-medical, CNAs, HHAs, and homemaker/companion services to seniors, those recovering from surgery, and others. Experience with Alzheimer's and Parkinson's diseases. Options include 24-hour live-in, live-out, or hourly care. All staff are insured and bonded, and background checks are made on each employee. Home assessments by a Certified Senior Advisor (CSA) are free.

GREENWICH DEPARTMENT OF HEALTH, DIVISION OF FAMILY HEALTH HOME HEALTH MAINTENANCE PROGRAM

Town Hall, 101 Field Point Rd., 3rd Floor, Greenwich, CT 06830

203-622-7854

Mon. - Fri., 8:00 a.m. - 4:00 p.m.

Website: www.greenwichct.org/HealthDept

The Greenwich Department of Health Home Health Maintenance Program assists people in maintaining their highest level of functioning so that they can continue to live at home. Greenwich residents who have chronic but stable health concerns: Preventive health assessments; functional assessments; monitoring of stable chronic conditions; monitoring of blood pressure and glucose; medication preparation (intermittent); medication administration (intermittent); vaccine administration; case coordination with patient, family, health care providers, home care agencies, social workers, and other support service providers. Where: Client Homes, When: Home visits are determined by need. For more information about the Division of Family Health Programs and Services call 203-622-7854 or visit the Department of Health, Town Hall, 3rd Floor.

GREENWICH NURSING AND HEALTH CARE REGISTRY

360 West Putnam Avenue, Greenwich, CT 06830

203-869-4050, 24/7

Website: www.greenwichregistry.com

Greenwich Nursing and Health Care Registry is a temporary help service specializing in private nursing referrals. Will arrange and provide registered nurses, licensed practical nurses and personal care attendants. Clients interested may directly engage assistance in any setting -home, hospital or nursing home.

FEES: Fee for service.

MASONICARE HOME HEALTH & HOSPICE

104 South Turn pike Road, Wallingford, CT 06492

888-482-8862 Fax: 888-277-6796

Website: www.masonicare.org

As Connecticut's largest provider of senior healthcare, senior living, homecare and hospice, Masonicare provides specialized services and person-centered care each day to people all across our state with the same compassion, caring and commitment that began over a century ago.

Founded by the Masons-but open to all, Masonicare's people services, programs and communities are "Here for You". **FEES: Fee for service.**

RVNA (RIDGEFIELD VISITING NURSE ASSOCIATION)

90 East Ridge, Ridgefield, CT 06877

203-438-5555

Website: www.ridgefieldvna.org

RVNA is a Medicare-certified, fully-accredited non-profit home health care agency that provides compassionate, quality care to our patients, and has been for over 100 years. We offer a complete array of services to patients in 27 towns in Western Connecticut, delivered by our highly-trained interdisciplinary teams, including skilled nursing, paraprofessional home care (such as certified nursing assistants, homemakers and live-ins), rehabilitation therapy (physical, occupational, and speech), disease management, wound care, mobility assessments and more. We accept Medicare, Medicaid, private insurance and private pay patients. Call us today to join the RVNA "Circle of Caring."

FEES: Fee for service.

PREMIER HOME HEALTH CARE of CT.

777 Summer Street, Suite 401, Stamford, CT 06901

203-323-3000, 24/7

Website: www.premierhomehealthcare.com

Licensed by the State of Connecticut Department of Health as a Homemaker-Home Health Aide Agency and Accredited by the Joint Commission (JCAHO). Provides a continuum of services (non-medical &) Live-In and Hourly Home Health Aides, Homemakers & Companions and assists individuals live safely and independently in the comfort of their own home. Staff, professionally trained and supervised by a Registered Nurse, are certified, insured, bonded and screened. Provides disease specific training to home health aides, specializing in Alzheimer's and Dementia Care and also a specialty "White Glove" training in order to provide services which include but are not limited to personal care (assistance with bathing, dressing, grooming), light housekeeping chores, shopping & errands, meal preparation, laundry and incidental transportation. Clinical assessments, case management services and routine visitation in the home by a Registered Professional Nurse. Works with several certified home care agencies in the region providing supplemental home care services.

FEES: Fee for service.

STERLING CARE

235 Glenville Road, 3rd Floor, Greenwich, CT 06831

203-532-0500, 24/7

Website: www.sterlingcare.com

Email: info@sterlingcare.com

Sterling Care provides the true continuum of care at home by providing the highest quality home care services tailored to your individual needs. We are a Connecticut Licensed Medicare and ACHC Certified Home Health Agency with specialty programs for CHF, COPD, Stroke, Fall Prevention and Orthopedic Rehabilitation. Our medical staff consists of nurses, physical therapists, occupational therapists, speech therapists, medical social workers and home health aides. We accept Medicare, Medicaid, Commercial insurance and Private Payment. Our non-medical companion and homemaker agency can offer additional private pay companion and homemaker services, and geriatric care management. Ask for us by name upon discharge from a hospital or a facility if you are eligible for home health care service.

FEES: Available upon request.

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY

761 Main Ave, Suite 114, Norwalk, CT 06851

800-898-HOME

Website: www.visitingnurse.net

For more than 100 years, Visiting Nurse & Hospice of Fairfield County has served individuals and families in the heart of Fairfield County. Our community based, non-profit agency provides professional and compassionate home health and hospice care. Our expert teams of caregivers, headed by skilled nurses, include home health aides, physical, occupational and speech therapists, social workers, spiritual counselors and professionally trained volunteers. All employees are insured, screened, competency tested, professionally trained and receive on-going in-service education and supervision. The Agency is Medicare-certified, state licensed and accredited by the Community Health Accreditation Program (CHAP) and is a member of the Visiting Nurse Association of New England (VNANE), the National Association for Home Care and Hospice (NAHC), and the Connecticut Association for Healthcare at Home.

FEES: Fee for service.

WAVENY HOME HEALTHCARE

3 Farm Road, New Canaan, CT 06840

203-594-5249

Website: www.waenyhomehealthcare.org or www.waveny.org

Waveny Home Healthcare proudly offers a full spectrum of high-quality licensed and certified professional in-home services. Our interdisciplinary team is comprised of Registered Nurses, Physical, Occupational and Speech Therapists, and Medical Social Workers who are dedicated to meeting the needs of our clients. Supportive services are provided by trained and certified home health Aides under the supervision of our professional staff. Care is coordinated with the client's physician and is provided by our team of experienced, fully insured and carefully screened Home Health professionals and paraprofessionals.

FEES: Fee for service.

HOSPICE CARE

CONNECTICUT VNA

535 Connecticut Ave., Norwalk, CT 06854

888-482-8862, 203-831-8882, Greenwich satellite office 203-537-1393

Website: www.connecticutvna.org

Hospice is a concept of caring for people with a life limiting diagnosis. It involves a

multidisciplinary team of healthcare professionals who provide physical, social, emotional and spiritual support to our patients and their loved ones. Our philosophy of caring includes nursing, counseling and complementary therapies such as massage and expressive arts therapy.

GREENWICH HOSPITAL HOME HOSPICE PROGRAM

500 West Putnam Ave., Suite 500, Greenwich, CT 06830

203-863-3883

Website: www.greenwichhospital.com

Hospice is a program and philosophy of care dedicated to improving the quality of life for both patients with advanced illness as well as their families. Home hospice services support a patient's choice to remain at home and include: skilled nursing, physical and occupational therapies, home health aides, nutritional counseling, psychological and spiritual support and the companionship of dedicated volunteers. Registered nurse phone consultation is available 24 hours a day.

FEES: Medicare and commercial insurance accepted. Sliding scale available.

JEWISH SENIOR SERVICES-CHAIFETZ FAMILY HOSPICE

4200 Park Ave., Bridgeport, CT 06604

203-396-1136

Website: www.jseniors.org/hospice

For individuals with life limiting illness, the Chaifetz Family Hospice provides comfort care, pain and symptom management, emotional support, and spiritual guidance for patients and families. Our team consists of specially trained nurses, physicians, social workers, home health aides, clergy, volunteers, and bereavement specialists with years of dedicated service. Services offered at home, hospitals, The Jewish Home or assisted living facilities.

MASONICARE HOME HEALTH & HOSPICE

104 South Turn pike Road, Wallingford, CT 06492

888-482-8862 Fax: 888-277-6796 General Questions 888-679-9997

Website: www.info@masonicare.org

As Connecticut's largest provider of senior healthcare, senior living, homecare and hospice, Masonicare provides specialized services and person-centered care each day to people all across our state with the same compassion, caring and commitment that began over a century ago. Founded by the Masons-but open to all, Masonicare's people services, programs and communities are "Here for You."

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY

P.O. Box 489, Wilton, CT 06897

203-762-8958 or 800-898-HOME

Website: www.visitingnurse.net

Email: info@visitingnurse.net

For more than 100 years, Visiting Nurse & Hospice of Fairfield County has served individuals and families in the heart of Fairfield County. Our community based, non-profit agency provides professional and compassionate home health and hospice care. Our expert teams of caregivers, headed by skilled nurses, include home health aides, physical, occupational and speech therapists, social workers, spiritual counselors and professionally trained volunteers. All employees are insured, screened, competency tested, professionally trained and receive on-going in-service education and supervision. The Agency is Medicare-certified, state licensed and accredited by the Community Health Accreditation Program (CHAP) and is a member of the Visiting Nurse Association of New England (VNANE), the National Association for Home Care and Hospice (NAHC), and the Connecticut Association for Healthcare at Home. Visiting Nurse and Hospice of Fairfield County has been recognized as one of the top home health agencies in the United States for the last six years by HomeCare Elite.

VISITING NURSE AND HOSPICE CARE OF SOUTHWEST CONNECTICUT

1266 East Main Street, Stamford, CT 06902

203-276-3000

Website: www.vnhcsw.org

The hospice division of Visiting Nurse and Hospice Care operates a home hospice program that focuses on providing comfort and symptom management in the individual's home or, in some cases, in a skilled nursing facility. The broad spectrum of hospice services includes: skilled nursing, physical, occupational and speech therapy, home health aides, social work, pastoral care, bereavement counseling, massage and comfort therapies. A Registered Nurse is available 24/7, 365 days/year for care-related consultations.

VITAS INNOVATIVE HOSPICE CARE

99 Hawley Lane Suite 1204, Stratford, CT 06614-1204

203-455-3300 or 1-800-938-4827

Website: www.VITAS.com

Vitas' approach to "Palliative Care" is orchestrated by an interdisciplinary team consisting of a Medical Director, RN, LPN, Social Worker, Chaplin, Bereavement Specialist and Volunteer. Vitas is a quality hospice provider working locally with patients, families, hospitals and physicians, nursing homes and assisted living facilities. Hospice Care is a Medicare based benefit that is available to all. The benefit is for 6 months and allows the patient to enjoy the comforts of "palliative care" at the end of life without incurring any expense to them or their families. There is NO "out of pocket expenses." This also includes all professional services, medical equipment, program drugs and all supplies. Private insurance is also accepted.

HOUSING - ACCESSORY APARTMENTS

PLANNING & ZONING COMMISSION

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-7894

Mon. - Fri., 8:30 a.m. - 4:30 p.m.

A resident homeowner may convert part of his/her home into a small apartment with kitchen. Either the apartment or main part of the house must be occupied by someone 62 years or older. Applications and further information regarding accessory apartment conversion can be obtained by visiting or calling the Planning & Zoning Commission at Town Hall.

HOUSING – ASSISTED LIVING

A PLACE FOR MOM

866-333-1352 (toll free), 203-987-6230

Website: www.aplaceformom.com

A Place for mom is the nation's #1 Senior Referral Service. We help over 200k families a year for FREE! We help them find Home Care, memory Care, Assisted Living, Short Term Winter Stays and Adult day cares anywhere in the US or Canada.

THE BRISTAL – ASSISTED LIVING

90 Business Park Drive, Armonk, NY 10594

914-269-2375

Website: www.thebristal.com/armonk

The Bristal at Armonk assisted living is a gracious residence situated in northern Westchester

County. The location of our assisted living facility is an ideal setting for the creative, active and interesting life you will experience at The Bristol. Our genuinely skillful and caring professionals attend to your needs and well-being each day, providing a perfect balance of care and independence.

THE GREENS AT GREENWICH

1155 King Street, Greenwich, CT 06831

203-531-5500, Daily

Website: www.thegreensatgreenwich.com

The Greens at Greenwich is an assisted living residence, with 28 apartments and assistance available 24 hours a day. Assistance with daily living is provided for residents with memory impairment. The Greens is also affiliated with Greenwich Woods Health Care Center, which will provide priority admission to Greenwich Woods and its specialized Alzheimer's Unit. Please call the above number for additional information.

MAPLEWOOD AT DARIEN

599 Boston Post Road, Darien, CT 06820

203-293-6872

Website: www.maplewoodatdarien.com

Maplewood at Darien offers luxury assisted living and memory care to area seniors. This purposefully built assisted living community also serves the needs of residents with two levels of memory care, Farm to Table dining, 24/7 on-site nursing, housekeeping and linen services, complimentary local transportation, engagement opportunities, and an emotion-based approach of care.

MAPLEWOOD AT STRAWBERRY HILL - NORWALK

73 Strawberry Hill Avenue, East Norwalk, CT 06855

203-293-6554

Website: www.maplewoodatstrawberryhill.com

Whatever your needs, Maplewood can help. Your loved one's wellness is at the top of your priority list -- and ours, too. It shows in the highly experienced team of professionals -- including our licensed nurses, located on-site 24 hours a day, seven days a week. We specialize in the care of individuals living with neurological disorders -- including Alzheimer's care, dementia, Parkinson's disease, Multiple Sclerosis, and more. Call for additional information and to arrange a tour.

OASIS – SENIOR ADVISORS

Lifestyle Options for Senior Living

475-619-4123

Website: www.FairfieldCounty.OasisSeniorAdvisors.com

Oasis Senior Advisors is a FREE service to families, which helps them find senior living options. Our Senior Living Advisors have extensive knowledge of the local senior care industry. We can quickly identify and match a senior to those communities which will best meet their specific needs. Our guidance will provide the information you need to make an educated and informed decision. Anyone who is in need of assisted senior living, care or housing options now or who wants to begin investigating options for the future is welcome to take advantage of our FREE, personalized service.

THE OSBORN RETIREMENT COMMUNITY

101 Theall Road, Rye, NY 10580

914-925-8000

Website: www.osbornhomecare.org

The Osborn Retirement Community is a 501c3 not-for-profit charitable organization founded in

1908. The Osborn provides a true continuum of care. Residents live in a variety of settings from Sterling Park Independent Living apartments and garden homes, to Assisted Living apartments, The H.O.P.E. Center for memory Care, and the Pavilion skilled nursing facility for long-term care or for short-term and outpatient rehabilitation. Osborn Home Care is The Osborn's own New York State licensed Home Care Services Agency and Connecticut Licensed Homemaker Companion Agency, CT license HCA 0000933.

THE VILLAGE AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Assisted Living Dedicated to Caring for People with memory loss Featuring our award-winning "Main Street" replica of a quaint New England town, The Village at Waveny is uniquely designed to provide the most advanced therapeutic benefits for people with memory loss. Our innovative programs and quality of care serve as benchmarks of excellence throughout the nation. A licensed nurse and certified nursing assistants are always on site and are devoted to helping every resident feel secure, comfortable and happy so that each day is a fulfilling one. Residents of The Village also benefit from priority access to Waveny LifeCare Network's comprehensive continuum of healthcare services, programs and professional resources. This includes on-site physical, occupational and speech rehabilitative therapies, a geriatric evaluation clinic, a team of professional care managers, a wonderful skilled nursing facility and more. We welcome short-term guests for respite stays as brief as four days or longer. Like our residents, respite guests enjoy all amenities, including a private apartment, personal care, delicious meals and therapeutic, social, recreational and spiritual activities.

HOUSING – CONGREGATE/INDEPENDENT LIVING

HILL HOUSE

10 Riverside Avenue, Riverside, CT 06878

203-637-3177

Website: www.hillhousefriends.org

Daily 8:00 a.m. to 3:00 p.m.

Hill House is a non-profit congregate housing facility for people 62 years and over offering individual apartments with kitchen and private baths. One meal a day is served in the dining room. Services provided are 24-hour security, housekeeping, recreation and transportation. Exercise class, bridge, and outings are available for all. Call for additional information.

THE MEWS

½ Bolling Place, Greenwich, CT 06830 203

203-869-9448

Daily 9:00 a.m. to 5:00 p.m.

Website: www.themewsingreenwich.org

The Merry-Go-Round, Mews is a Senior Residence for people 65 years and over who are ambulatory. The Mews provides studio and one bedroom apartments with weekly housekeeping services. For residents who require assistance with activities of daily living, the Mews operates its own assisted living services agency (ALSA.) Varied activities such as art, music, literary club and history lectures are offered. We get raves for our three daily meals that are expertly prepared by our Executive Chef. The offerings are not only nutritious but are uniquely varied. Call for additional information.

THE OSBORN RETIREMENT COMMUNITY

101 Theall Road, Rye, NY 10580

914-925-8000

Website: www.osbornhomecare.org

The Osborn Retirement Community is a 501c3 not-for-profit charitable organization founded in 1908. The Osborn provides a true continuum of care. Residents live in a variety of settings from Sterling Park Independent Living apartments and garden homes, to Assisted Living apartments, The H.O.P.E. Center for Memory Care, and the Pavilion skilled nursing facility for long-term care or for short-term and outpatient rehabilitation. Osborn Home Care is The Osborn's own New York State Licensed Home Care Services Agency and Connecticut Licensed Homemaker Companion Agency, CT license HCA 0000933.

HOUSING IN NEIGHBORING COMMUNITIES CONGREGATE AND ASSISTED

Atria Rye Brook, NY: 914-939-2900 (Independent and Assisted)

Atria Stamford, CT: 203-327-4551 (Independent and Assisted)

Atria Darien, CT: 888-640-1090 (Independent and Assisted)

Brighton Gardens, Stamford, CT: 203-916-5392 (Assisted)

The Bristol, Armonk, NY: 914-269-2375 (Independent and Assisted)

Edgehill Lifecare Community, Stamford, CT: 203-323-2323 (Independent and Assisted)

The Inn, New Canaan, CT: 203-594-5450 (Independent)

Maplewood at Darien, Darien, CT 203-293-6872

Maplewood at Strawberry Hill, Norwalk, CT 203-293-6554

The Osborn, Rye, NY: 914-925-8205 (Independent and Assisted)

Ridgefield Crossings, Ridgefield, CT: 203-431-2255 (Independent and Assisted)

Scofield Manor, Stamford, CT: 203-325-0200

Sunrise Assisted Living, Stamford, CT: 203-968-8393 (Assisted)

Wormser Congregate Senior Housing, Stamford, CT: 203-968-1092 (Independent)

HOUSING - PLACEMENT SERVICES

A PLACE FOR MOM

866-333-1352 (toll free), 203-987-6230

Website: www.aplaceformom.com

A Place for mom is the nation's #1 Senior Referral Service. We help over 200k families a year for FREE! We help them find Home Care, memory Care, Assisted Living, Short Term Winter Stays and Adult day cares anywhere in the US or Canada.

ASSISTED LIVING DIRECTORY – Facilities Information and Senior Care

Web: www.assisted-living-directory.com/content/greenwich.cfm

This web site lists licensed assisted living and senior care options for Greenwich with varying degrees of services and amenities. Has helpful links to other resources.

OASIS – SENIOR ADVISORS

Lifestyle Options for Senior Living

475-619-4123

Website: www.FairfieldCounty.OasisSeniorAdvisors.com

Oasis Senior Advisors is a FREE service to families, which helps them find senior living options. Our Senior Living Advisors have extensive knowledge of the local senior care industry. We can

quickly identify and match a senior to those communities which will best meet their specific needs. Our guidance will provide the information you need to make an educated and informed decision. Anyone who is in need of assisted senior living, care or housing options now or who wants to begin investigating options for the future is welcome to take advantage of our FREE, personalized service.

HOUSING – SENIOR

BISHOP CURTIS HOMES OF GREENWICH (31 units)

1040 East Putnam Avenue, Riverside, CT 06878

203-637-8065 (Management Office)

Mon. - Fri., 12:00 p.m. to 4:00 p.m.

Bishop Curtis Homes is a federally subsidized housing facility that provides 31 units of low income housing for qualified persons 62 years and over and for persons permanently disabled. One-bedroom apartments and studios, including kitchen and bathroom, are offered. A community room and patio are available for the residents' recreation and enjoyment.

Call for additional information.

GREENWICH HOUSING AUTHORITY

249 Milbank Avenue (Agnes Morley Heights), Greenwich, CT 06830

203-869-1138

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

The Greenwich Housing Authority maintains 331 low income rental housing units for persons 62 years or over and for the handicapped and disabled at any age. Applications may be obtained from the Housing Authority office. The senior public housing facilities in Greenwich are:

Agnes Morley Heights - 249 Milbank Avenue (1973 - 150 units)

Quarry Knoll I - Quarry Knoll Drive (1962 - 50 units)

Quarry Knoll II - Quarry Knoll Drive (1980 - 40 units)

McKinney Terrace - Vinci Drive (1988 - 51 units)

Parsonage Cottage - Parsonage Road (1997- 40 rooms)* (See detail below)

Please call the above number for additional information, and ask for an application for senior housing.

THE INN - Waveny LifeCare Network

73 Oenoke Ridge, New Canaan CT 06840

203-594-5450

Website: www.waveny.org

Nestled in a scenic neighborhood that is walking distance from New Canaan's lovely town center, The Inn is a cozy, not-for-profit rental community for independent living that welcomes seniors from everywhere. With three delicious meals served daily, a caring and attentive professional staff and just 40 private apartments, residents at The Inn enjoy the benefits of living in a thriving, yet intimate retirement community. Wonderful amenities are all included in a modest rental fee. Inn residents also have priority access to Waveny LifeCare Network's continuum of healthcare services, programs and facilities, including Waveny Care Center and Waveny Home Healthcare.

PARSONAGE COTTAGE SENIOR RESIDENCE

88 Parsonage Road, Greenwich, CT 06830

203-869-6226

Website: www.parsonagecottage.org

A licensed residential care home for seniors, offering 32 private rooms with bath and 4 semi-

private rooms. Staff is available 24 hours a day for assistance with the activities of daily living. Three meals a day and snacks are provided, along with laundry and housekeeping services and supervision with the self-administration of medication. Each room is equipped with emergency call bells and individual temperature control. An activity program and transportation are available.

Call the Parsonage Cottage directly at 203-869-6226 for additional information.

PAVILION HOUSE

70 Parsonage Road, Greenwich CT. 06831

203-618-4200

Five units of affordable rental housing.

Please call for additional information, and ask for an application for senior housing.

HOUSING – SUPPORTIVE FOR PERSONS WITH DISABILITIES

ABILIS

50 Glenville Street, Greenwich CT 06831

203.531.1880; Fax: 203.531.9367

Website: www.abilis.us

Abilis provides people with developmental disabilities and their families with supports and advocacy for building able lives and strong communities. Abilis provides residential support to adults in more than a dozen homes owned by Abilis in Greenwich and Stamford as well as to people living more independently in apartments and condominiums.

Call for additional information.

PATHWAYS, Inc.

175 Milbank Avenue, Greenwich, CT 06830

203-869-5656

Website: www.pathways-greenwich.org

Programs include safe, affordable housing with varying levels of support, case management, and rehabilitation services. Call for additional information

INFORMATION AND REFERRAL

AT HOME IN GREENWICH

139 East Putnam Avenue, Greenwich, CT 06830

203-422-2342

Website: www.athomeingreenwich.org

At Home in Greenwich is a non-profit membership organization founded to give Greenwich seniors both the practical means and the confidence to live their lives to the fullest in their own homes as they grow older. Provides problem-solving, information, specific referral to Town services, vetted commercial services, volunteers, social activities such as trips, book clubs, potluck suppers. Call for information about membership fees.

BOARD OF EDUCATION AND SERVICES FOR THE BLIND

184 Windsor Avenue, Windsor, Connecticut 06095

860-602-4000

Website: www.ct.gov/besb

Maintains confidential registry of people who are blind in Connecticut and provides, within

available resources, comprehensive low vision services, specialized education services, life skills training, case management, and vocational services to individuals of all ages who are legally blind. The agency assists them in acquiring the skills and support services necessary to be independent.

THE CAREGIVER RESOURCE CENTER

PO Box 122, Cos Cob, CT 06807-0122

203-861-9833 - Day, evening and weekend appointments are available

Website: www.CaregiverResourceCenter.com

Email: care4you@optonline.net

The Caregiver Resource Center provides nationwide information and referral services via the telephone and our website. We offer access to a variety of aging, health, mental health, senior and caregiving resources. Literature is also available on a variety of topics.

FEES: Call the number above for information.

COMMUNITY ANSWERS - GREENWICH UNITED WAY

1 Lafayette Court, Greenwich, CT 06830

203- 612- 9590

Website: www.greenwichunitedway.org

or www.communityanswers.org

Who? What? Where? When? in Greenwich

Real people and reliable local information. Community Answers has been serving the Town of Greenwich for over 44 years and has been the go to source for everything in Greenwich.

COMMUNITY HEALTH AT GREENWICH HOSPITAL

203-863-4444

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

Website: www.greenwichhospital.org

Greenwich Hospital is dedicated to providing quality, value-driven healthcare to all we serve, regardless of their ability to pay. As our community outreach arm, CH@GH offers a wide range of free health screenings, support groups and education to the public. Its strong partnerships with other community organizations benefit residents of all income levels. Information and referral on health services. Printed materials are available. **Call for more information.**

GREENWICH COMMISSION ON AGING

299 Greenwich Avenue, Greenwich, CT 06830

203-862-6710

Website: www.greenwichct.org

Mon. - Fri., 8:00 a.m. to 4:00 p.m.

The Commission on Aging is the Town department dedicated to the needs of older adults. It is a community resource to older adults and their families that responds to questions on aging issues and services. The Commission office can locate resources in Greenwich and surrounding areas as well as provide information on state and national resources. Information and assistance is available on various aging issues including housing, health care, finance, insurance counseling, transportation, social services and recreation. The Directory of Aging and Disability Services for Greenwich is available free of charge.

Call the Commission on Aging for additional information.

GREENWICH DEPARTMENT OF SOCIAL SERVICES

101 Field Point Road, Town Hall, 3rd Floor, Greenwich, CT 06830

203-622-3800

Website: www.greenwichct.org

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

The Greenwich Department of Social Services provides information and assistance to residents about benefits and services and lends application assistance.

INFOLINE

211 or 1-800-203-1234, 24/7

Trained staff members are available 24 hours a day to provide human service information, help in locating services and crisis intervention.

SILVERSOURCE, INC.

2009 Summer Street, Suite 301, Stamford, CT 06905

203-324-6584

Website: www.silversource.org

As Stamford's leading resource for older adults we offer a range of services geared toward helping older adults from all walks of life to live more secure, independent and fulfilled lives.

SOUTHWESTERN CONNECTICUT AGENCY ON AGING

10 Middle St Fl 9a, Bridgeport, CT 06604

203-333-9288 or 800-994-9422

Website: www.swcaa.org

STATE OF CONNECTICUT: ATTORNEY GENERAL'S OFFICE

Attorney General George C. Jepsen

55 Elm Street, Hartford, CT 06106

860-808-5318

Website: www.ct.gov/ag

WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES

9 South First Avenue, 10th floor, Mt. Vernon, NY 10550-3414

914-813-6400

Information about senior programs and services in Westchester County and New York State.

INSURANCE COUNSELING

CONNECTICUT INSURANCE DEPARTMENT – CONSUMER AFFAIRS

800-203-3447; 860-297-3900

Website: www.ct.gov/cid

Call for information and complaints about all forms of insurance.

FEES: None

HEALTH INSURANCE COUNSELING PROGRAM

Greenwich Commission on Aging/Family Centers, Inc.

299 Greenwich Avenue, Greenwich, CT 06830

203 862-6710

Mon.-Fri., 8:00 a.m. to 4:00 p.m.

Website: www.greenwichct.org/government/commissions/commission_on_aging

Call to arrange a personal and confidential meeting with a trained and experienced volunteer counselor. The Health Insurance Counseling team provides personal and confidential guidance to assist individuals through the complexities inherent in the Medicare program. Trained and experienced volunteer counselors assist individuals in understanding Medicare A, Medicare B, Medicare Managed Care, Medicare D and the various levels and options available in Medicare Supplemental Insurance Coverage. Call for an appointment.

FEES: None

PERSONAL FINANCIAL ORGANIZER

Judith Heft and Associates Financial Concierge

1177 Summer St., Stamford CT 06905

15 East Putnam Avenue, #122, Greenwich, CT 06830

203-978-1858

Website: www.judithheft.com

A personal financial organizer to assist older adults with handling routine financial transactions, maintaining and reconciling bank accounts, resolving billing discrepancies, submitting and reviewing routine medical claims, organizing home files and compiling year-end tax information. CPA, Bonded, Notary Public.

LEGAL ASSISTANCE

AIDS LEGAL NETWORK FOR CT (ALN)

999 Asylum Avenue, 3rd Floor, Hartford, CT

860-541-5000

ALN responds to the legal needs of people living with HIV/AIDS.

BETTER BUSINESS BUREAU

29 Berlin Rd., Cromwell, CT 06416

860-740-4500

Website: www.ct.bbb.org

CENTER FOR MEDICARE ADVOCACY

860-456-7790 or 800-262-4414

Website: www.medicareadvocacy.org

Private non-profit advocacy group lending legal advice on issues concerning Medicare.

CONNECTICUT BAR ASSOCIATION

Website: www.ctbar.org

The Connecticut Bar Association, Inc. (CBA) is the preeminent organization for lawyers and the legal profession in Connecticut. The CBA is a non-profit organization pursuant to section 501(c)(6) of the Internal Revenue Code. Through its members, the CBA is dedicated to promoting public service and advancing the principles of law and justice. Public resources include links to finding an attorney. To connect with the Lawyer Referral Service in Connecticut, contact:

Fairfield County Lawyer Referral Service

203-335-4116

Website: www.fairfieldlawyerreferral.com

*These are not pro bono services; you will have to pay for an attorney to represent you.

CONNECTICUT FAIR HOUSING CENTER

221 Main Street, Hartford, CT 06106

860-247-4400, 9 a.m. – 5:00 p.m. Monday - Friday

A statewide organization dedicated to enforcing housing laws. The Center provides advocacy, attorney referrals and information in relation to housing discrimination complaints.

CONSUMER LAW PROJECT FOR ELDERS HOTLINE

800-296-1467

Website: www.ctelderlaw.org

Mon. – Fri., 9:00 a.m. to 5:00 p.m.

Advice, representation and referral to seniors 60 and older with such consumer problems as credit

card debt, medical debt, abusive and harassing debt collection practices and identity theft.
FEES: Free to seniors 60 and over.

DEPARTMENT OF CONSUMER PROTECTION - CONNECTICUT

165 Capitol Avenue, Hartford, CT, 06106,
860-713-6050
Website: www.ct.gov

DOVETAIL RESOLUTIONS, LLC (MEDIATION)

24 Dixwell Avenue, #214, New Haven, CT 06511
203-887-1160
Website: www.dovetailresolutions.com

Dovetail Resolutions, LLC is a Connecticut-based mediation and consulting firm with a focus on preventing conflicts through strategic planning, and on resolving conflicts through business mediation (especially in family businesses) and family wealth mediation for extended families. Mediation is a voluntary, flexible approach to resolving disputes with the help of a mediator, a neutral third party. Parties work with the mediator, and their attorneys or other advisors if they choose, to create unique solutions to solve their unique conflicts.

FEES: Call for additional information.

EVICITION AND FORECLOSURE PREVENTION PROGRAM

203-241-3074

Automated message line

LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS

Naval Legal Service Office
84 Grayling Avenue, Groton CT 06349
860-694-3741
Website: www.cnic.navy.mil/newlondon

Academy Legal Office
U.S. Coast Guard Academy
31 Mohegan Avenue,
New London, CT 0632031
860-701-6795

Website: www.CGALegal@uscg.mil

Coast Guard and Navy attorneys provide general legal assistance for a variety of concerns, including wills and probate, powers of attorney, health care directives, landlord/tenant disputes, consumer issues, domestic relations, and small claims procedures. Assistance does not, however, extend to court representation. Services are provided free to active duty and retired military personnel and their dependents that have valid Department of Defense or Coast Guard I.D. cards.

NATIONAL ACADEMY OF ELDER LAW ATTORNEY'S, INC.

Leading the way in special needs and elder law

Website: www.naela.org

The National Academy of Elder Law Attorney's does NOT provide direct legal assistance, but rather resources and linkages to legal and other services. Educational resources for consumers on topics such as choosing an elder law or special needs attorney, coordination of health insurance benefits and traditional Medicare, Durable Powers of Attorney, Estate Planning and Probate, elder abuse, neglect and exploitation, guardianship and conservatorship, long term care insurance, Q & A when looking for an elder law attorney. Direct links to national associations and valuable resources.

NATIONAL ELDER LAW FOUNDATION

Website: www.nelf.org

The National Elder Law Foundation is the only national organization certifying practitioners of elder and special needs law. NELF's Certified Elder Law Attorney designation is itself certified by the American Bar Association. There are over 400 CELAs in 48 states, and our numbers are

growing steadily. If you are looking for an attorney who has demonstrated expertise in special needs and elder law, who has passed a rigorous examination, who maintains continuing education and involvement standards, and who has been recognized by his or her peers and colleagues, the National Elder Law Foundation can help!

STATEWIDE LEGAL SERVICES OF CONNECTICUT

800-453-3320

Bridgeport Office: 203-336-3851, 211 State Street

Stamford Office: 203-348-9216, 20 Summer Street

Monday – Friday - 9:00 a.m. to 12:00 p.m. and 1:00 p.m. – 2:00 p.m.

Free legal assistance in civil matters to those who qualify, with special attention to government benefits. Represents senior citizens who are living on limited incomes, such as Social Security and/or pensions, in matters such as Title XIX, medical benefit hearings before the Department of Income Maintenance, Social Security Disability, eviction where they are the tenant and other miscellaneous concerns. Wills are not prepared. Homebound clients can be visited under appropriate circumstances. **FEES: Free to those who have very low income.**

THE DISPUTE SETTLEMENT CENTER, INC. (DSC) of Connecticut (MEDIATION)

5 Mott Ave, Ste 2, Norwalk, CT

203-831-8012

Website: www.dscct.org

Mediation is a voluntary, private and safe process in which people in a conflict situation meet with a trained impartial person – a mediator. The mediator helps both sides listen to each other and assist the participants in reaching their own agreement. The Dispute Settlement Center, Inc (DSC) of Connecticut is a non-profit mediation agency offering skilled mediation, conflict resolution and victim-offender dialog services in Connecticut including Bridgeport, Danbury, Greenwich, Norwalk, Stamford, Torrington, Waterbury and Wilton. Through the use of mediation and dialog, we aim to reduce damaging conflict which leads to crime, violence, homelessness and the burden on the courts.

FEES: Call for additional information.

THE NEW ENGLAND PENSION ASSISTANCE PROJECT

888-425-6067 (Toll-Free) or 617-287-7307

Website: www.umb.edu/pension

The Project offers counseling and recovery assistance regarding pension benefits to which you are entitled. It can help you understand pension plan provisions, address eligibility problems and locate pension benefits. Services are provided to residents of Connecticut at no charge.

LEGAL - COURTS

CT JUDICIAL BRANCH/SUPERIOR COURT/HOUSING COURT

17 Belden Avenue, Norwalk, CT 06850

203-846-4332

Help with landlord-tenant matters and evictions.

PROBATE COURT

Greenwich Town Hall, 1st Floor, 101 Field Point Rd., Greenwich, CT 06830

203-622-7880

Probates wills, administers estates and trusts, appoints conservators of persons and estates of incapable persons and appoints guardians.

LONG TERM CARE - GREENWICH

FAIRVIEW REHABILITATION & HEALTH CARE CENTER

1188 King Street, Greenwich, CT 06831

203-531-8300

Website: www.fairviewgreenwich.com

We are a 75-bed facility that provides individualized care in a family-like environment. Our staff is dedicated to help you attain your short term and/or long term rehabilitation goals. We are conveniently located on the Greenwich/Rye, NY, border, minutes away from the Hutchinson River, Merritt Parkway & Interstate 684 at Westchester County Airport. We accept Medicare, NY & CT Medicaid and most insurance plans.

GREENWICH WOODS REHABILITATION & HEALTH CARE CENTER

1165 King Street, Greenwich, CT 06831

203-531-1335 - Contact: Admissions

Website: www.greenwichwoods.com

Email: greenwichwoods@aol.com

Greenwich Woods Health Care Center is a privately owned facility that provides both short-term rehabilitation and long-term skilled nursing care. Set on 20 picturesque acres, our facility is conveniently located near the Merritt parkway, minutes for Greenwich hospital. Our dedicated 65 bed short-term rehabilitation unit offers private rooms with hotel amenities. Services include Physical Speech, Respiratory and occupational Therapies, up to 7 days weekly, when indicated. Pulmonary, Neuro-Muscular, and Cardiac Therapies, including outpatient services and Respite Care are also available. Our 45 bed secure unit for residents with Alzheimer's disease and related disorders is staffed with specially trained caregivers. Admissions are accepted 7 days. Greenwich woods accepts Medicare, Medicaid, and private insurance.

THE NATHANIEL WITHERELL

70 Parsonage Road, Greenwich, CT 06830

203-618-4232

Website: www.greenwichct.org/NathanielWitherell

The Nathaniel Witherell offers inpatient short-term rehab/sub-acute care. Short-term rehab offers admission 7 days a week with the availability of physical, occupational and speech therapies and professional discharge planning. In addition, long-term care is available including a specialized unit for dementia. Medicare/Medicaid certified.

LONG TERM CARE - NEIGHBORING COMMUNITIES

JEWISH SENIOR SERVICES

4200 Park Ave., Bridgeport, CT

203-365 6400

Website: www.jseniors.org

A 5-star skilled nursing and short-term rehabilitation facility that has been serving the community for 40 years. Provides specialized Alzheimer's and dementia care, case management, geriatric assessments, adult day programs, and physical therapy, as well as a full range of home care and companion services throughout Southwestern Connecticut. An interdisciplinary integrated approach to a client's recover with training in neurologic, cardiac, orthopedic and post-surgical rehabilitation. Individually designed care plans ensure continuity of care after returning home.

KING STREET REHAB

787 King Street, Rye Brook, NY 10573

914-937-5800

Website: www.kingstreetrehab.com

A family owned and operated facility with 120 beds on 10 acres on the Greenwich, Connecticut/New York state line. King Street Rehab provides short term rehabilitation services, respite care, long term skilled services, various therapies, recreational and social services.

LONG RIDGE POST-ACUTE CARE

710 Long Ridge Road, Stamford, CT 06902

203-329-4026

Website: www.longridgepac.com

Long Ridge Post-Acute Care is a leading provider of sub-acute and long-term care services and provides quality rehabilitative programs designed to maximize wellness and independence. Our resident first approach and commitment to exceptional care helps residents reach their highest level of functioning before returning home.

ST. CAMILLUS HEALTH CARE CENTER

494 Elm Street, Stamford, CT 06902

203-325-0200

St. Camillus is a 124 bed non-denominational skilled nursing facility (SNF) operated by the Diocese of Bridgeport. Physical, occupational and speech therapies are provided. The home also offers an Alzheimer's Day Care Program.

WAVENY CARE CENTER

3 Farm Road, New Canaan CT 06840

203-594-5200

Website: www.waveny.org

Waveny Care Center is a not-for-profit skilled nursing and rehabilitation facility that offers short- and long-term care and a special unit for individuals with advanced memory loss. Our inpatient and outpatient rehabilitation services feature state-of-the-art equipment, expert therapists and a pleasant environment to help patients achieve their highest potential.

Since 1975, the Care Center has maintained its high standards of excellence in providing quality care to those we serve through our patient-oriented philosophy and highly experienced, compassionate staff. We assist individuals in maintaining their dignity and encourage them to live as independently as circumstances permit.

LONG TERM CARE - OMBUDSMAN PROGRAM

The Ombudsman Program is mandated by the Older Americans Act to protect the health, safety, welfare and rights of residents and applicants of nursing homes, residential care homes and assisted living communities. The Ombudsman investigates complaints from residents and family members and is responsible for monitoring state and federal laws and regulations affecting long term care residents and making recommendations for improvements. All Ombudsman activity is performed on behalf of and at the direction of these residents. Communication with residents, their family members or legal guardians is held in strict confidence.

CONNECTICUT LONG TERM CARE OMBUDSMAN: 860-424-5200 or 866-388-1888

SOUTHWEST CT REGIONAL LONG TERM CARE OMBUDSMAN: 203-551-5531

MEDICARE – IMPORTANT INFORMATION

The MEDICARE PROGRAM has four parts:

- **Traditional Medicare:**
 - Part A (Hospital Insurance)**
 - Part B (Medical Insurance)**
 - **Part C (Medicare Advantage – instead of Medigap Plan)**
 - **Part D (Rx Drug Coverage)**

MEDICARE Parts A & B ENROLLMENT:

There are 3 types of “Enrollment Periods” for traditional Medicare Parts A & B.*

1. **INITIAL ENROLLMENT:** The INITIAL ENROLLMENT PERIOD for traditional Medicare is 7 months long. It begins three months before the month you turn 65, includes the month you turn 65, and ends three months after the month you turn 65.
2. **SPECIAL ENROLLMENT PERIOD:** SPECIAL ENROLLMENT PERIODS apply for those who are still working at age 65 and have coverage through their employer or through their spouse's active employment. A SPECIAL ENROLLMENT PERIOD begins the month after the employee coverage ends or employment ends (whichever comes first) and lasts for eight months.
3. **GENERAL ENROLLMENT PERIOD:** The GENERAL ENROLLMENT PERIOD occurs the first 3 months of every year (January 1 to March 31st). You may enroll during these three months but your Part B coverage won't begin until July 1st of that year. A penalty will be assessed for late enrollment. Individuals on Medicare Savings Programs obtain Medicare Part B on the date the State starts paying for the Part B premium.

***Please note: Enrollment in Medicare is handled by the Social Security Administration. MEDICARE PART D (Rx Drug Coverage) & MEDICARE ADVANTAGE (Medicare C) ANNUAL ELECTION PERIODS: The ANNUAL ELECTION PERIODS for Medicare D and Medicare Advantage Plans occurs October 15th through December 7th of every year. Coverage begins January 1st of the following year. A late enrollment penalty applies if you did not enroll during your INITIAL ENROLLMENT PERIOD and don't qualify for a SPECIAL ENROLLMENT PERIOD (Medicare Savings Programs recipients are not subject to late enrollment fees.)**

MEDICARE ADVANTAGE PLAN DISENROLLMENT:

The 45 day disenrollment period begins January 1st and ends February 14th. The Annual Disenrollment period is designed to allow you to do one thing: Cancel your Medicare Advantage Plan membership and return to original Medicare. Once you cancel your Medicare Advantage Plan you have a couple of choices.

- Return to traditional Medicare and purchase a stand-alone Part D Plan.
- Purchase a Medigap policy and a stand-alone Part D Plan.

MEDICARE SAVINGS PROGRAMS:

Medicare Savings Programs are a group of programs that provide financial assistance in paying Medicare premiums and in some cases co-pays and deductibles. There are three MSP programs each with their own income guidelines. The programs are:

- QMB (Qualified Medicare Beneficiary)
- SLMB (Specified Low Income Medicare Beneficiary)

ALMB (Additional Low Income Medicare Beneficiary)

Enrollment in MSP is continuous (all year long) and there are no asset limits.

Website: www.medicare.gov or call the Greenwich Commission on Aging at 203-862-6710.

CENTER FOR MEDICARE ADVOCACY, INC.

P.O. Box 350, Willimantic, CT 06226

860-456-7790

The Center for Medicare Advocacy, Inc. is a national, non-partisan, education and advocacy organization with its headquarters in Connecticut that works to ensure that older adults and persons with disabilities have fair access to Medicare and quality health care. The Center works to advance access to necessary health care for these individuals by addressing the many concerns they have regarding Medicare and related programs. The Center for Medicare Advocacy provides free legal advice, self-help materials, and representation to elderly and disabled Connecticut residents who are unfairly denied Medicare coverage. Employees of the Center for Medicare Advocacy do not act as your private attorney. **For general information about Medicare refer to www.medicare.gov.**

MEDICAID TITLE 19

866-663-9300 or 203-251-9300

A state and federally funded needs based program that provides health coverage for low income and disabled individuals. Strict income and asset limits apply. Medicaid is administered by the CT Dept. of Social Services.

MEDICARE

Social Security Administration, 2 Landmark Square, Suite 105, Stamford, CT 06901

866-770-1881 or 800-772-1213

Mon. - Fri., 9:00 a.m. to 4:30 p.m.

A Federal Medical Insurance Program for those 65 years or older, or disabled, regardless of income. To apply for benefits, call the Social Security Office.

STATE OF CONNECTICUT - DEPT. OF SOCIAL SERVICES – REGIONAL OMBUDSMAN

1057 Broad Street, Bridgeport, CT 06106

203-551-5530

Mon. - Fri., 8:30 a.m. – 4:30 p.m.

Advocacy for health, safety, welfare and rights of people living in nursing homes.

STATE OF CONNECTICUT - DEPT. OF SOCIAL SERVICES - STATE OMBUDSMAN

25 Sigourney Street, Hartford CT 06106

860-424-5200

Mon. - Fri., 8:30 a.m. - 4:30 p.m.

Advocacy for health, safety, welfare and rights of people living in nursing homes.

THE MEDICAID WAIVERS

CT has seven Medicaid waivers also known as 1915 (c) waivers. These are individual service packages that allow individuals who are at a skilled nursing home level of care to receive their long term care services in the community with home and community based services. Although all waivers have the same income and asset qualifications, they don't all have the same functional and diagnostic criteria in order to qualify. Extensive waiting lists apply for many of the waivers except the CT Home care Program for Elders and WISE program.

ACQUIRED BRAIN INJURY WAIVER (ABI)

DSS Social Work Services

Bridgeport Office: **203-551-2706**, Stamford Office: **203-251-9392**

For individuals between the ages of 18-64 who have a traumatic brain injury and require assistance with at least three Activities of Daily Living.

CT HOMECARE PROGRAM FOR ELDERS (CHCPE)

The Alternate Care Unit at the State Department of Social Services: **860-424-4904**

For individuals over the age of 65 who require assistance with at least three Activities of Daily Living.

DEPARTMENT OF DEVELOPMENTAL DISABILITIES (DDS)

DDS Eligibility Unit; **866-433-8192**

For individuals with developmental disabilities who either are living in group homes or living with family.

KATIE BECKETT WAIVER

Department of Social Services: **800-445-5394**

For individuals with severe disability. There is no age limit however, most participants are children. The program provides case management and in-home services. Extensive waiting list exists for this waiver.

MEDICAID (Title 19)

866-663-9300 or 203-251-9300

A state and federally funded needs based program that provides health coverage for low income and disabled individuals. Strict income and asset limits apply. Medicaid is administered by the CT Dept. of Social Services.

MEDICAID FOR LOW INCOME ADULTS (MLNA)

CHOICES: 800-994-9422

Open to CT residents age 19 through 64 who do NOT receive federal supplemental security income or Medicare and who are NOT pregnant. Strict income limits apply.

MEDICARE SAVINGS PROGRAMS (MSP)

Greenwich Department of Social Services; **203-622-3800 OR Greenwich Commission on Aging; 203-862-6710**

MSPs are a group of programs that provide financial assistance in paying Medicare premiums and in some cases co-pays and deductibles. There are three MSP programs each with their own income guidelines. The programs are QMB, SLMB, ALMB.

PERSONAL CARE ATTENDANT WAIVER (PCA)

DSS Social Work Services; Bridgeport Office: **203-551-2881**; Stamford Office: **203-251-9418**

For individuals between the ages of 18 – 64 who have physical disabilities and require assistance with at least two activities of daily living. Individual must be able to self-direct or have someone that can direct their care.

WISE PROGRAM

Department of Mental Health and Addiction Services (DMHAS): **860-418-7000**

Operated by the Dept. of Mental Health & Addiction Services. For people with serious & persistent mental illness who meet additional eligibility criteria.

MEDICARE SUPPLEMENTAL INSURANCE/LONG TERM CARE INSURANCE

If you are not a Greenwich resident and would like free, non-biased information on Medicare and Medicare Supplement options, contact:

**SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES 800-994-9422
HEALTH INSURANCE COUNSELING PROGRAM**

Greenwich Commission on Aging/Family Centers Inc.

299 Greenwich Avenue, Greenwich, CT 06830

203-862-6710

Mon. - Fri., 9:00 a.m. to 4:00 p.m.

Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare supplementary health insurance options and/or long-term care insurance.

FEES: None

MEDICAID TITLE 19

866-663-9300 or 203-251-9300

MEDICARE/MEDICAID

CONNMAP (Medical Assignment)

25 Sigourney Street, Hartford, CT 06106

800-443-9946, 860-424-4925

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

ConnMAP is the Connecticut Medicare Assignment Program available to Connecticut residents enrolled in Medicare Part B administered by the State of Connecticut Department on Aging. ConnMAP provides eligibility cards to qualified Medicare Part B enrollees whom physicians are required to charge no more than Medicare approved rates for services provided. ConnPACE cardholders need not apply for a Medicare Assignment Card. Valid ConnPACE cards can be presented to physicians in lieu of a Medicare Assignment (ConnMAP) card. An applicant must meet income guidelines. (These figures change periodically.)

GREENWICH COMMISSION ON AGING

299 Greenwich Avenue, Greenwich, CT 06830

203 862-6710

Mon.-Fri., 8:00 a.m. to 4:00 p.m.

Website: www.greenwichct.org/government/commissions/commission_on_aging

Call to arrange a personal and confidential meeting with a trained and experienced volunteer counselor. The Health Insurance Counseling team provides personal and confidential guidance to assist individuals through the complexities inherent in the Medicare program. Trained and experienced volunteer counselors assist individuals in understanding Medicare A, Medicare B, Medicare Managed Care, Medicare D and the various levels and options available in Medicare Supplemental Insurance Coverage. Call for an appointment.

FEES: None

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800

Website: www.greenwichct.org/government/departments/social_services

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

The department provides direct assistance to residents of Greenwich who are in need. It also provides referrals to Federal and State assistance programs and to private sources of aid. Call for an appointment and/or additional information.

MEDICAID/TITLE 19

866-663-9300 or 203-251-9300

SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES

10 Middle, St Floor 9a, Bridgeport, CT 06604

800-994-9422

Website: www.swcaa.org

CHOICES helps Connecticut's older adults and younger disabled individuals with Medicare understand their Medicare and health care options. Our goal is to help you make informed health insurance decisions and to help prevent, detect and report healthcare fraud and abuse. We provide INFORMATION (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related state & federal programs. We also provide community outreach, information and referral services on a wide variety of topics. CHOICES is funded in part by the Centers for Medicare & Medicaid, the state of CT and Administration on Aging. CHOICES is operated regionally by the Area Agencies on Aging.

MEDICAL EQUIPMENT AND SUPPLIES

ACCESS INDEPENDENCE

203-378-6977 Ext. 111

Website: www.accessinct.org

Core services provided by Access Independence include advocacy, Independent Life Skills, information and referral, peer support and nursing facility transition. Additional programs such as Durable Medical Equipment Loan Closet are also available.

The Durable Medical Equipment Loan Closet is a program transitioned from the American Red Cross. A small stock of common durable medical equipment including walkers, rollators, canes, wheelchairs and more are available for short-term loan. Pickup of loaned items is available BY APPOINTMENT ONLY at locations in Stratford, Norwalk and **Greenwich (River House)**.

R.A. CALDWELL CO., INC.

474 West Main St., Stamford, CT 06902

203-348-0174

Website: www.caldwellhomecare.com

R. A. Caldwell Co. Inc. is a home medical equipment company located in Stamford, CT. We offer a wide range of wheelchairs, ambulatory aides, incontinence products, transport chairs, lift chairs, aids to daily living, diagnostic products, muscle stimulators, dressing and wound care supplies and hospital beds.

DIAMOND POINT DIABETIC SUPPLIES, INC.

888-349-6436

Website: www.diamondpointds.com

Diamond Point is a durable medical equipment supplier that specializes in diabetic supplies. They provide in-home/on-site personal care.

MEDICATION DISPOSAL

DISPOSITION OF MEDICATIONS

Greenwich Public Safety Complex (Greenwich Police Building)

11 Bruce Place (off Greenwich Avenue), Greenwich, CT

203-622-8007 (Desk Sargent)

Medications can be disposed of by placing them in the large green receptacle located in the lobby of the Greenwich Public Safety Complex. Medications need to be in original containers or sealed in a plastic bag. 24 hour availability.

MENTAL HEALTH HOTLINES & SERVICES

Southwestern Connecticut 24-Hour Crisis Intervention Line: 800-586-9903

DuBois Center Crisis Hotline: 203-358-8500 24x7 mobile crisis access at F.S. Dubois Center.

PATHWAYS, Inc.

175 Milbank Avenue, Greenwich, CT 06830

203-869-5656

Website: www.pathways-greenwich.org

Pathways is a private, non-profit agency which provides services for adults who suffer from serious and prolonged mental illnesses such as schizophrenia, bipolar disorder, and major depression. Programs include safe, affordable housing with varying levels of support, case management, and rehabilitation services. Staff provides individualized care and attention, enabling each client to focus on personal strengths while learning and refining community living skills. Service plans are flexible and reflect a client's goals, ability, and current level of functioning. Short term, transitional, and long-term support are available, depending on need. Clients receive psychiatric care at local mental health clinics. Pathways' staff works closely with psychiatrists and other members of the clinical team to ensure clients follow through with all treatment recommendations. Medication monitoring, psycho-education, and crisis intervention are provided by Pathways to support clients' efforts to manage their mental illness and live safely and productively in their home community.

- **Greater Bridgeport Community Health Center, Bridgeport (Inpatient, Outpatient): 800-586-9903**
- **Bridgeport Hospital REACH Program, Bridgeport (Inpatient, Outpatient): 203-384-3377**
- **Catholic Charities of Fairfield County, Bridgeport (Outpatient): 203-416-1318**
- **CT Self Help Network; The Consultation Center, Whitney Ave., New Haven: 203-789-7645**
- **Fairfield Counseling Center, Fairfield (Outpatient): 203-255-5777**
- **Family Services of Woodfield, Bridgeport (Outpatient): 203-368-4291**
- **Laurel House, Stamford: 203-324-1816**
- **St. Vincent's Behavioral Health/ Hall Brooke, Westport (Inpatient, Outpatient): 203-227-1251**
- **Jewish Family Services, Bridgeport (Outpatient): 203-366-5438**
- **National Alliance on Mental Illness (NAMI – CT), 576 Farmington Ave., Hartford, CT: 860-882-0236**
- **Optimus Behavioral Health, Bridgeport (Outpatient): 203-696-3260**
- **Trumbull Counseling Services, Trumbull (Outpatient): 203-261-5110**
- **Silver Hill Hospital, New Canaan (Inpatient): 866-542-4455**
- **Southwest Community Health Center, Bridgeport (Outpatient): 203-330-6000**

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800, Mon. - Fri., 8:30 a.m. - 5:00 p.m.

After-hours emergency services through **Infoline. Call 211 or 911**

The Department administers financial, supportive and protective services for families, children, and the elderly, ill and handicapped. Services for adults include: Financial Aid, Information and Referral, Counseling, Protective Services for Elderly - people 65 and over in danger of abuse, exploitation, or neglect (including dangerous self-neglect), Homemaker-Home Health Aide Service, Social Services at the Senior Center, Municipal Agent for Elderly, Community-Based Residential Care Program and assistance in housing search. **FEES: None**

MONEY FOLLOWS THE PERSON

CONNECTICUT DEPARTMENT OF SOCIAL SERVICES

888-992-8637

Website: www.ct.gov/dss

A Federally funded initiative dedicated to assuring Connecticut residents access to a full range of high quality, long-term care options that maximize autonomy, choice and dignity. Money Follows the Person gives individuals residing in institutions such as skilled nursing facilities and chronic disease hospitals, the option of returning to the community to live with home and community based services. No age limit, however, an individual must be institutionalized for at least three months and must be on or eligible for Medicaid.

MORTGAGE LOAN INFORMATION

MORTGAGE LOAN.COM

Website: www.mortgageloan.com

Mortgageloan.com is a website that provides information about mortgages and loans and does not offer loans or mortgages directly or indirectly through representatives or agents.

SECURITY ONE LENDING

Reverse Mortgage Solutions, Inc.

800-659-7971

Website: www.security1.com

As one of the largest providers of reverse mortgages, Security 1 Lending prides itself on making senior homeowner's decision to obtain financial independence using a Reverse Mortgage as comfortable as possible. We are dedicated to creating a positive experience in providing the information you will need to make a sound decision for you and your family. With a commitment to finding the right financial solutions for its customers through a full-service educational approach, Security 1 Lending goes beyond just making loans to changing people's lives.

ORGANIZATIONAL ASSISTANCE

GOCLUTTERLESS

347-585-3422

Website: www.goclutterless.com

Email: goclutterless@gmail.com

Go Clutterless is realtor owned and operated by a former social service worker and Alzheimer's care provider. Services include: MoveIn/MoveOut, downsizing and spacemaking.

Go Clutterless specializes in senior safety by cleaning entrances, exits, doorways, hallways for easy safe mobility throughout the home. Go Clutterless can also assist with downsizing – a pre-move option for seniors who are transitioning to a smaller home or Senior Living Facility. We declutter rooms, kitchens, garages; sort through piles of clothes, paper, books; and organize closets and pantries. Estates clear out as well.

FEES: Fee for service

DE CLUTTER BY DEIRDRE -A SENIOR MOVE MANAGEMENT COMPANY

203-733-1073

Website: www.declutterbydeirdre.com

DeClutter By Deirdre, A Senior Move Management Company helps individuals and their families

through the process of right-sizing (up sizing or downsizing) the home, decluttering, organizing, remodeling and/or aging-in-place decluttering/rearranging of space. We are clutter clearing, moving and home organizing managers who make the household moving project easier. Contact us to handle the whole house, one area or just to help you jump start the process. Member: National Association of Senior Move Managers.

FEES: Fee for service

MATT BAIER ORGANIZING – TEAM CLUTTER RELIEF

203-428-6294

Website: www.mattbaier.com

If you are overwhelmed by clutter, you are not alone. It probably means you are busy with more important matters. We can bring your clutter under control and teach you how to keep it that way. Professional Organizer Matt Baier and his team declutter and organize homes and offices in Stamford, New Canaan, Greenwich, Westport, Darien, Norwalk, Fairfield, Westchester County, and New York City.

FEES: Fee for service

QUALIESSENCE

600 Mamaroneck Ave., Suite 400, Harrison, NY 10528

844-782-5448

Website: www.qualiessence.com

Email: info@qualiessence.com

Senior Map Service: Be prepared with an organized map to your key information and contacts and control its release. Be prepared, stay organized, control the release of information and help your loved ones.

FEES: Call for additional information

UNDER CONTROL

5 Pocantico Road, Ossining, NY 10562

914-923-1057

Email: undercontrol@mindspring.com

Assistance in organizing projects, managing files and papers, planning a move, cataloging possessions for insurance purposes, arranging storage, researching resources.

FEES: Fee for service.

PROTECTIVE SERVICES FOR THE ELDERLY

GREENWICH DEPARTMENT OF SOCIAL SERVICES

Town Hall, Third Floor, 101 Field Point Road

Greenwich, CT 06830

203-622-3800

Mon. - Fri., 8:30 a.m. to 5:00 p.m.

The department intervenes in suspected cases of abuse, neglect (including self-neglect) or exploitation. Intervention may involve only an initial contact or may consist of arranging for needed services, ongoing monitoring of the situation or arranging for appointment of a conservator. **FEES: None**

JEWISH SENIOR SERVICES – THE CENTER FOR ELDER ABUSE PREVENTION & EMERGENCY SHELTERING

203-396-1097

Website: www.jseniors.org

The Center for Elder Abuse Prevention opened in September 2007 to empower victims through safe haven and services, and champion safer communities for older adults.

The Center is the first of its kind to serve frail elderly in Connecticut, and only the second in the nation.

**CT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)
STATE OF CONNECTICUT DEPARTMENT OF SOCIAL SERVICES
888-385-4225**

Website: www.ct.gov/dss

This program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect and abandonment and/or financial abuse and exploitation. DSS social workers devise a plan of care aimed at assuring an elder's safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services. The Social Work service plan may include crisis intervention, arranging for and coordinating any of the following services: adult day-care, companionship, counseling, homemaker, home health care, home-delivered meals, long-term care or, if necessary, emergency convalescent placement. In extreme cases, DSS can seek court authorization to provide services to a person who appears to "lack the capacity" to give consent to reasonable and necessary services to assure personal safety. Under certain circumstances, the Department may apply to the Probate Court for the appointment of a Conservator whose role is to make decisions on behalf of an incompetent person.

To report cases of suspected abuse, neglect or exploitation, call:

- **In-State referral line: 888-385-4225**
- **Bridgeport Office: 203-551-2701**
- **Stamford Office: 203-251-9392**
- **Out of State, call Infoline: 800-203-1234**

After Hours Elder Abuse Emergencies call:

- **In State call Infoline: 211 - • Out of State, call Infoline: 800-203-1234**
- State of CT, Office of Protection & Advocacy for People with Disabilities: 860-297-4300
60 B Weston Street, Hartford, CT**

DOMESTIC VIOLENCE HOTLINES

- **Statewide 24 Hour Hotline: 888-774-2900**
- **Stamford 24 Hour Hotline: 203-588-9096**
- **Center for Women & Families of Eastern Connecticut
Bridgeport, CT: 203-384-9559 (24 Hour Hotline)**

MENTAL HEALTH ASSOCIATION OF CONNECTICUT

4270 Main Street, Bridgeport, CT 06606

203-365-8444, x3008

Gatekeeper 8's purpose is to identify Connecticut senior residents (60+) in need of medical, social or mental health services in the Greater Bridgeport, Greater Waterbury and Torrington areas. If you are concerned about a Connecticut senior regarding: physical appearance, mental/emotional state, physical changes, living conditions, call 203-365-8444, x3008. A trained coordinator will take the necessary information. Please be prepared to indicate this is a Gatekeeper referral and provide: the senior's name and address (and phone number if possible), a brief description of the problem or situation, your name and phone number in case we need to reach you for additional information. All referrals are confidential.

REHABILITATION SERVICES

AMERICAN CANCER SOCIETY

372 Danbury Rd., Wilton, CT 06987

800-227-2345 or 203-563-0740

Website: www.cancer.org

Reach to Recovery: A one-to-one support program that matches newly-diagnosed breast cancer patients with a trained volunteer survivor.

Look Good ... Feel Better: A free program that teaches beauty, skin and nail care techniques to women cancer patients in active treatment. Women learn how to cope with the appearance-related side effects of chemotherapy and radiation treatments. The program helps to restore their appearance and self-esteem. The programs are conducted by licensed cosmetologists at Greenwich Hospital on a regularly scheduled basis.

BURKE REHABILITATION CENTER

785 Mamaroneck Avenue, White Plains, NY 10605

914-597-2500 or 888-99-BURKE

Website: www.burke.org

Mon. - Fri., 9:00 a.m. –5:00 p.m.

Burke is a 150-bed acute hospital, dedicated to rehabilitation medicine. Burke provides inpatient and outpatient care for a broad range of neurological, musculoskeletal, cardiac, and pulmonary disabilities caused by disease or injury. Burke treats patients who have suffered a stroke, spinal cord injury, brain injury, amputation, joint replacement, complicated fracture, arthritis, cardiac and pulmonary disease, and neurological disorders. Patients are most frequently transferred to Burke from acute care hospitals once their condition is stable and they are able to participate in intense physical, occupational and speech therapy. Burke also offers many free support groups and educational programs.

GREENWICH WOODS REHABILITATION & HEALTH CARE CENTER

1165 King Street, Greenwich, CT 06831

203-531-1335

Website: www.greenwichwoods.com

Email: greenwichwoods@aol.com

Greenwich Woods Health Care Center is a privately owned facility that provides both short-term rehabilitation and long-term skilled nursing care. Set on 20 picturesque acres, our facility is conveniently located near the Merritt parkway, minutes from Greenwich hospital. Our dedicated 65 bed short-term rehabilitation unit offers private rooms with hotel amenities. Services include Physical, Speech, Respiratory and Occupational Therapies up to 7 days weekly, when indicated. Pulmonary, neuromuscular, and Cardiac Therapies, including outpatient services and Respite Care are also available. Our 45 bed secure unit for residents with Alzheimer's disease and related disorders is staffed with specially trained caregivers. Admissions are accepted 7 days a week. Greenwich Woods accepts Medicare, Medicaid, and private insurance.

KING STREET REHAB

787 King Street, Rye Brook, NY 10573

914-937-5800

Website: www.kingstreetrehab.com

A family owned and operated facility with 120 beds on 10 acres on the Greenwich, Connecticut/New York state line. King Street Rehab provides short term rehabilitation services, respite care, long term skilled services, various therapies, recreational and social services.

LONG RIDGE POST-ACUTE CARE

710 Long Ridge Road, Stamford, CT 06902

203-329-4026

Website: www.longridgepac.com

Long Ridge Post-Acute Care is a leading provider of sub-acute and long-term care services and provides quality rehabilitative programs designed to maximize wellness and independence. Our resident first approach and commitment to exceptional care helps residents reach their highest level of functioning before returning home.

THE NATHANIEL WITHERELL

70 Parsonage Road, Greenwich, CT 06830

203-618-4232

Website: www.greenwichct.org/NathanielWitherell

The Nathaniel Witherell offers inpatient short-term rehab/sub-acute care 7 days a week with the availability of physical, occupational and speech therapies and professional discharge planning. In addition, long-term care is available including a specialized unit for dementia.

Medicare/Medicaid certified.

REHABILITATION SERVICES AT WAVENY CARE CENTER

3 Farm Road, New Canaan CT 06840

203-594-5340

Website: www.waveny.org

Waveny Care Center's Outpatient Rehabilitation Services are available to people from all areas who are recovering at home from an injury, illness or other type of medical condition that requires rehabilitative therapy. We also offer short-term rehabilitation services on an inpatient basis (see Waveny Care Center).

STAMFORD - REHABILITATION HOSPITAL

30 Shelburne Rd., Stamford, CT 06902

203-353-2233

Stamford Rehabilitation Hospital offers a wide range of in-patient services, including physical and occupational therapy, speech therapy and provides social and psychological counseling. We provide state-of-the-art physical, occupational and speech therapies as well as therapeutic massage. To complement these services, we also offer nutritional counseling and health promotion programs.

TULLY HEALTH CENTER

32 Strawberry Hill, Stamford, CT 06902

203-276-2000

Tully Health Center offers outpatient rehabilitation services (including Aquatics, Occupational Therapy, Physical Therapy, Pulmonary Rehab, Rehabilitation Psychology and Speech Therapy).

RETIREMENT AND PENSION ASSISTANCE**SOCIAL SECURITY ADMINISTRATION**

2 Landmark Square, Suite 105, Stamford, CT 06901

866-770-1881; 800-772-1213

Mon. - Fri., 7:00 a.m. to 7:00 p.m.

Website: www.ssa.gov

The Social Security Administration processes applications for Social Security account numbers, takes applications for retirement, survivors and disability benefits. It also takes applications for and administers the Medicare program and the SSI (Supplemental Security Income) program. If

you are a Medicare beneficiary and you have lost, damaged, or need to replace your Medicare Card, you can now easily order a replacement Medicare card using your online My Social Security account. If you are still working, don't forget to use your my Social Security account to view your yearly Social Security Statement and verify the accuracy of your earnings record and obtain updated estimates of your future Social Security benefits.

SAFETY - DRIVER

AARP 55 ALIVE DRIVING COURSE

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830

203-863-4277 or 888-305-9253

Call for additional information.

BURKE REHABILITATION CENTER-DRIVER EVALUATION PROGRAM

785 MAMARONECK Avenue, White Plains, NY 10605

914-597-2500 or toll free 888-992-8753

Website: www.burke.org

How can people find out if they or someone they know is still capable of driving safely as they advance in age or after an illness? Burke's Driver Evaluation Program addresses that issue with a practical stimulated test that assesses one's ability to safely drive. The program helps families get an impartial third-party evaluation as to whether or not someone should continue driving. Burkes Driver Evaluation Program is one of the few programs in the nation that is administered by licensed occupational therapists. The program evaluates vision, perception, attention, reaction time, memory, judgment, safety awareness and cognition. Each is thoroughly assessed to determine if the patient can continue to drive safely for themselves and those around them. The in-vehicle evaluation, performed by participating certified driving instructors, allows a third-party professional to assess how all areas come together during the actual task of driving. This comprehensive testing enables professionals to make a reliable recommendation based on medical knowledge. A physician's referral including a medical diagnosis is required. For additional information about the program contact the Burke Outpatient Occupational Therapy office at 914 5967-2326.

FEES: Fee for service

MASONICARE'S CENTER FOR OPTIMAL AGING – DRIVING ASSESSMENT

22 Masonic Avenue

Wallingford, CT 06492

203-679-5900 or 888-679-9997

SAFETY - HOME

FAMILY & CHILDREN'S PERSONAL ALERT SERVICE

9 Mott Avenue, Norwalk, CT 06850

203-853-3116, 1-800-330-9747, Fax: 203-831-2904

Website: www.familyandchildrensagency.org

Personal Alert Service is a personal emergency alarm and response system that links seniors or disabled individuals to 24-hour emergency assistance at the push of a button enabling them to live independently in their own homes. Care Calls are available to offer clients peace of mind during potentially hazardous or risky emergency or non-emergency situations like a stranger at the door or before taking a walk. Licensed and bonded.

FEES: Fee for service. Sliding scale fee with income verification.

FILE OF LIFE**Greenwich Emergency Medical Service (GEMS)**

1111 East Putnam Avenue, Riverside, CT 06878

203-637-7505**Website: www.greenwichems.org**

Mon. - Fri., 8:30 a.m. to 4:30 p.m.

Medical information is stored in a file on the refrigerator door. Rescue workers will check the File of Life for pertinent health data. Free kits may be obtained by calling Greenwich Emergency Medical Service.

FEES: None**NONNATECH**

76 Progress Drive, Suite 235F, Stamford CT, 06902

888-446-6147**Website: www.nonnatech.com**

Nonnatech gives family members and other caregivers the ability to monitor seniors in real-time the entire day and allows seniors to age in home independently. Monitoring can be done from a computer or phone and for those interested, adding live video is possible as well. Sensors allow family members to set up alerts that can be sent as a text or e-mail. Monitor how often a senior wakes up in the middle of the night and going to the bathroom, if the senior is eating regularly, if they are taking their medications according to schedule, if there was a potential slip and fall, if the temperature in the home is within a certain threshold, and if there is wandering outside a certain area in the home. The system allows family members and caregivers the ability to deal with safety as well as quality of life issues confronted on a daily basis.

SAFETYNET BY LOJACK TM**877-434-6384****Website: www.safetynetbylojack.com**

The SafetyNet™ by LoJack service helps public safety agencies manage the challenge of searching for and rescuing people with autism, Alzheimer's, Down syndrome, dementia or other cognitive conditions who may wander and become lost.

Under the SafetyNet™ program, your loved one wears a SafetyNet™ Bracelet. Each Bracelet emits a signal on a channel used by law enforcement for tracking people at risk. Once your loved one is enrolled in the service, he/she is assigned a frequency and unique digital ID verification number

SERVICES FOR THE DISABLED

Services for the disabled include programs that provide direct services, emotional support, advocacy, and guidance for people who have disabilities. These services help them cope more effectively with their disability and empower them to make personal choices which will maximize their ability to function independently.

ABILIS

50 Glenville Street, Greenwich CT 06831

203-531-1880; Fax 203-531-9367**Website: www.abilis.us**

Abilis provides a broad array of supports for individuals with disabilities and their families throughout their life span. Services to senior citizens with disabilities include residential support in more than a dozen homes owned by Abilis in Greenwich and Stamford as well as to people

living more independently in apartments and condominiums. Abilis Community Network helps adults with intellectual disabilities develop opportunities for recreation, leisure and fun close to home, from theater to restaurants, to concerts and sports, and to find ways to connect with neighbors and make new friends. Abilis Employment Services works with regional employers from the public and private sectors to develop work and community opportunities for adults with intellectual disabilities in lower Fairfield County. Abilis also offers retirement supports to help individuals get the most out of their retirement years accessing town services and in pursuing their own interests.

ACCESS INDEPENDENCE

80 Ferry Blvd., Suite #205

Stratford, CT 06615

203-378-6977

Website: www.accessinct.org

Core services provided by Access Independence include advocacy, Independent Life skills, information and referral, peer support and nursing facility transition. Additional programs such as Durable Medical Equipment Loan Closet are also available.

The Durable Medical Equipment Loan Closet is a new program adopted from the American Red Cross. A small stock of common durable medical equipment including walkers, rollators, canes, wheelchairs and more are available for short-term loan. Pickup of loaned items is available BY APPOINTMENT ONLY at locations in Stratford, Norwalk and **Greenwich (River House)**.

BOARD OF EDUCATION AND SERVICES FOR THE BLIND

184 Windsor Ave., Windsor, CT 06095

860- 602-4000

Website: www.ct.gov/besb

BRAIN INJURY ALLIANCE OF CONNECTICUT

200 Day Hill Road #250, Windsor, CT 06095

860-219-0291; 800-278-8242

Website: www.biact.org

Email: general@biact.org

BUREAU OF REHABILITATIVE SERVICES

1057 Broad Street, Bridgeport, CT

203- 551-5500

1642 Bedford Street, Stamford, CT

860-859-5720

Website: www.ct.gov/brs

CONNECTICUT ASSOCIATION OF CENTERS OF INDEPENDENT LIVING (CACIL)

151 New Park, Hartford, CT

860- 656-0430

Website: www.cacil.net

CONNECTICUT DEPARTMENT OF DEVELOPMENTAL SERVICES

460 Capitol Ave., Hartford, CT

860-418-6000; 800-418-6000

Website: www.ct.gov/dds

Email: ddsct.co@ct.gov

DISABILITY RESOURCE NETWORK, INC.

340 Capitol Ave. Bridgeport, CT

203-873-0743

Website: www.disability-resource.org

KENNEDY CENTER, INC.

2440 Reservoir Ave., Trumbull, CT

203-365-8522

Website: www.thekennedycenterinc.org

LIFE BRIDGE COMMUNITY SERVICES – Deaf Outreach and Interpreting Services

475 Clinton Ave, Bridgeport, CT

203-368-4291; 888-676-8554

Website: www.lifebridgect.org

LifeBridge Community Services Sign Language Interpreting Services is the lead provider of sign language interpreting, and our Community Services for the Deaf and Their Families provides statewide services of case management, information and referrals, and independent living skills for the deaf and hard-of-hearing. Additional supportive services are also provided.

MUSCULAR DYSTROPHY ASSOCIATION

1952 Whitney Ave Suite #10, Hamden, CT 06517

203-248-6500

Website: www.mda.org

NATIONAL MS SOCIETY, CT Chapter

659 Tower Ave, Hartford, CT 06112

860-913-2550

Website: www.nationalmssociety.org/Chapters/CTN

Email: info@ctfightMS.org

NATIONAL SPINAL CORD INJURY ASSOCIATION OF CT

P.O. Box 400

Wallingford, CT 06492

203-284-2910

Website: www.sciat.org

Email: nscia@sciact.org

NEAT CENTER (New England Assistive Technology)

33 Coventry Street, Hartford, CT 06112

80 Ferry Blvd., Stratford, CT 06614

84 Progress Lane, Waterbury, CT 06705

866-526-4492; 860-243-2869 (Hartford area)

Website: www.neatmarketplace.org

The NEAT (New England Assistive Technology) Center is a place to learn about the latest technologies, products, equipment, and services that assist people with day-to-day activities that they have trouble doing themselves, either because of a disability or the effects of aging. It is also a place to donate or buy durable medical equipment. (See Access Independence)

OFFICE OF PROTECTION AND ADVOCACY

800-842-7303; 800-842-7303(CT only)

60B Weston Street, Hartford, CT 06120

Website: www.ct.gov/opapd

OPA is an independent state agency providing information, referral, advocacy assistance and limited legal services to individuals with disabilities whose civil rights have been violated.

PATHWAYS, Inc.

175 Milbank Avenue, Greenwich, CT 06830

203-869-5656

Website: www.pathways-greenwich.org

Email: info@pways.org

Pathways is a private, non-profit agency which provides services for adults who suffer from serious and prolonged mental illnesses such as schizophrenia, bipolar disorder, and major depression. Programs include safe, affordable housing with varying levels of support, case management, and rehabilitation services. Staff provides individualized care and attention, enabling each client to focus on personal strengths while learning and refining community living skills. Service plans are flexible and reflect a client's goals, ability, and current level of functioning. Short term, transitional, and long-term support are available, depending on need. Clients receive psychiatric care at local mental health clinics. Pathways' staff works closely with psychiatrists and other members of the clinical team to ensure clients follow through with all treatment recommendations. Medication monitoring, psycho-education, and crisis intervention are provided by Pathways to support clients' efforts to manage their mental illness and live safely and productively in their home community.

SOCIALIZATION, RECREATION AND EDUCATION

SOCIALIZATION AND RECREATION

ADULT DAY PROGRAM AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

The Adult Day Program at Waveny Care Center is dedicated to improving the quality of life for older adults who are still living at h home, but who may require personal assistance, more social interaction or medical monitoring throughout the day. The program is available five days a week with flexible hours and transportation provided to and from Norwalk, Stamford, Wilton, Darien and New Canaan.

AMERICAN ASSOCIATION OF RETIRED PERSONS (AARP)

21 Oak Street, Suite 104, Hartford, CT 06106

860-240-7544

AARP offers informative programs and organizes trips and social events of interest to senior citizens. It also provides information and help regarding income taxes, health and retirement planning. There are three local chapters within the town: Chapter #1210 (Central Greenwich), Chapter #2549 (Eastern Greenwich), Chapter #3020 (Western Greenwich).

AT HOME IN GREENWICH

139 East Putnam Avenue, Greenwich, CT 06830

203-422-2342

Website: www.athomeingreenwich.org

Call for information about membership and fees.

COMMUNITY CENTERS, INC. (CCI)

61 East Putnam Avenue, Greenwich, CT 06830

203-869-1276

Website: www.ccigreenwich.org

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

CCI, a community not-for-profit agency, provides educational and recreational services and individual counseling to residents in senior public housing in Greenwich.

FEES: None

DEPARTMENT OF PARKS AND RECREATION

Town Hall, Second Floor, 101 Field Point Road, Greenwich, CT 06830

203-622-7814

Website: www.greenwichct.org

Mon. - Fri., 8:00 a.m. to 4:00 p.m.

The Department of Parks and Recreation encourages the constructive use of leisure for all Greenwich residents at its parks, beaches, golf course, skating rink, and Town facilities. Call the department for information on recreation programs, special events, and program fees. Greenwich has four beaches: Greenwich Point, Byram Beach, Island Beach and Captain's Island. Summer ferry service is available to Island Beach and Captain's Island. Beach cards are available for Greenwich seniors 65 years or older, free of charge.

FRIENDLY CONNECTIONS

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich, CT 06830

203-629-2822

Website: www.familycenters.org

Telephone Groups: This program links people together via telephone conference call groups. The groups include recreational, discussion, support and educational topics. No special equipment is necessary, only a telephone. Call for complete schedule of groups. FEE: None
Special Groups: Recovery, Low Vision and Caregivers.

Friendly Callers: Friendly Callers volunteers call for a social conversation. Call for more information.

Friendly Visitor Program: Trained and supervised volunteers provide weekly home visits (of 1-2 hours) for homebound elderly persons who are lonely and isolated due to frail health. Volunteers provide friendship and a link to the outside world. Volunteers help with correspondence, play cards, or simply provide conversation.

GREENWICH SENIOR CENTER

299 Greenwich Avenue, Greenwich, CT 06830

203-862-6700

Website: www.greenwichct.org/seniors

Mon. - Fri., 9:00 a.m. to 4:00 p.m.

The Senior Center offers a wide range of recreational, intellectual, cultural and physically stimulating activities. Classes in a variety of subjects are offered as well as programs that change daily. Monthly calendars, brochures and informational flyers which list trips, special events and all other activities may be obtained at the center. Also available on the premises is a Social Worker, Public Health Nurse Practitioner, the offices of The Commission on Aging, Utilize Senior Energy(USE). A hot lunch for a nominal fee is served Monday through Friday, and free transportation for Greenwich residents to the Senior Center is available upon request.

FEES: Membership is free for Greenwich residents age 55. Separate fees do apply for computer classes, parking passes and selected trips and lunch.

OLD GREENWICH RIVERSIDE COMMUNITY CENTER

Civic Center, Second Floor, Harding Road, Old Greenwich, CT 06870

203-637-3659

Mon. - Fri., 9:00 a.m. to 4:30 p.m.; Sat. 9:00 a.m. to 3:00 p.m.

The center provides recreational, athletic, educational and social programs for the residents of Old Greenwich and Riverside. Call for a brochure.

MEMORY CAFÉ

First United Methodist Church (Between High Ridge and Long Ridge Roads), Stamford, CT

203-322-7549

2nd Wednesday of each month from 1:00 p.m. – 3:00 p.m.

A new social gathering place for people whose memory is impaired; a place where folks concerned about their memory or who are in the early stages of dementia can come together once each month with family, caregivers and friends to enjoy good conversation and have fun.

Call for more information.

RIVER HOUSE ADULT DAY CENTER

125 River Road Ext., Cos Cob, CT 06807

203-622-0079

Mon. - Sat., 8:00 a.m. to 4:30 p.m.

Website: www.GADCRiverHouse.org

River House provides solutions to families confronted with age-related illnesses. Seniors can continue to live at home and spend the day enjoying activities such as the Poker Club, Watercolor Class, and Music Therapy with their peers. The therapeutic recreation staff delivers personalized activity rich programs, memory enhancement programs, and exercise while RNs and health Aides attend to the participant's medical needs. River House offers door-to-door transportation, nutritious meals and special programs for clients with Alzheimer's/dementia.

SENIOR CLUBS

AARP 3020

Byram Senior Citizens

Retired Men's Association

St. Catherine's Social Seniors

St. Roch's Senior Group

Call the Commission on Aging, 203-862-6710 for further information on the above clubs.

YMCA

50 East Putnam Avenue, Greenwich, CT 06830

203-869-1630

Website: www.greenwichymca.org

Mon. – Fri. 5:00a.m. – 10:00 p.m.; Sat. 6:30 a.m. to 7:00 p.m.; Sun. 8:00 a.m. to 5:00 p.m.

The full spectrum of YMCA programs and memberships is offered to all people regardless of age. Activities that may be of particular interest to senior citizens: volleyball, water fitness swimming, healthy back, P.E.P. and morning stretch.

FEES: Call for information. Reduced rates for seniors.

YWCA

259 East Putnam Avenue, Greenwich, CT 06830

203-869-6501

Website: www.ywcagreenwich.org

Mon. - Fri., 6:00 a.m. to 9:30 p.m.; Sat. 7:00 a.m. to 5:00 p.m. Sunday 9:00a.m. – 3:00p.m..

The YWCA offers various programs for seniors to encourage active lives, emotionally and physically. Activities that may particularly interest older adults: senior aqua toning, Encore, which is a post mastectomy program, recreational swimming and adapted aquatics for handicapped persons. Ongoing health and fitness programs include sports and exercise.

FEES: Call for information. Reduced rates for seniors.

EDUCATION

AARP 55 ALIVE DRIVING COURSE

Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-4277 or 888-305-9253 Call to pre-register.

CAMP CONNRI LODGE

Ashford, CT
860-429-6840

Operated by the Salvation Army, Camp Conri is a summer camp designed especially for men and women 50 years and up. A weeklong session includes all traditional summer activities as well as special entertainment programs. The camp is wheelchair accessible but no special diets can be accommodated. Reservations should be made as far ahead as possible.

FEES: Upon request. Scholarships and transportation are available through Greenwich

CHARTER OAK PASS

State of Connecticut, Dept. of Environmental Protection, State Parks Division
79 Elm Street, Hartford, CT 06106-5127
860-424-3200

The Charter Oak Pass enables Connecticut residents, age 65 or older to enter Connecticut State Park and Forest Recreation day use areas, or State Boat Launches, free of charge. The pass is issued to one person and can only be used by that person. It is not valid for camping or special events having separate admission charges.

EDUCATION AND EMPLOYMENT INFORMATION CENTER

61 Woodland Street, Hartford, CT 06105
860-947-1810

Website: www.edinfo@ctohe.org

Seniors aged 62 and older are eligible for tuition waivers at any public college or university in the state - the University of Connecticut, Connecticut State University and the 12 community technical colleges. Fees and costs for books and supplies are not waived.

FEES: For specific details, contact the college or university.

GOLDEN AGE PASSPORTS

USDA Forest Service

1400 Independence Ave.
Washington, DC 20250-1111
800-882-1355

Golden Age Passports admits persons free of charge to National Parks, monuments, historic sites and recreation areas in the National Parks System that charge entrance fees. Golden Age passports, for persons 62 and older who are residents of the U.S., can be obtained for a small fee. The pass is good for life. Golden Age Passports must be obtained in person and proof of age is required at the time of application. Camping, boating and parking charges are discounted 50%. The passport also admits anyone accompanying the passport holder.

GREENWICH CONTINUING EDUCATION

Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT 06830
203-625-7474, 7475, 7476

Mon. - Thurs., 9:00 a.m. to 3:00 p.m.

Greenwich Continuing Education offers two semesters of evening courses per year including such categories as business and careers, computers, investments, languages, arts, consumer concerns, fitness and recreation, and "do-it-yourself." Programs begin in September and again in January and run from one to ten weeks. **FEES: Vary according to courses. Senior discount available.**

COMMUNITY HEALTH AT GREENWICH HOSPITAL
203-863-4444

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

Greenwich Hospital is dedicated to providing quality, value-driven healthcare to all we serve, regardless of their ability to pay. As our community outreach arm, CH@GH offers a wide range of free health screenings, support groups and education to the public. Its strong partnerships with other community organizations benefit residents of all income levels. Information and referral on health services. Printed materials are available. Call for more information.

GREENWICH LIBRARY

Website: www.greenwich.lib.ct.us

Branches: **Byram Shubert Library, 21 Mead Ave., Byram: 203-531-0426**
Cos Cob Library, 5 Sinawoy Rd., Cos Cob: 203-622-6883
Greenwich Library, 101 West Putnam Avenue: 203-622-7900

The Library provides bookmobile service to the Mews, Agnes Morley Heights, Nathaniel Witherell, and Quarry Knoll. Books on cassette and CD, large print books, videocassettes, and DVDs are available at the Library and the branches. The main Library offers adaptive technology workstations to aid the visually impaired in accessing information on the Internet. Information on the Library of Congress Books for the Blind and Physically Handicapped is available. Greenwich residents who wish to have their materials mailed to them at home are asked to submit a letter from a doctor, nurse or social worker stating that the individual is unable to visit Greenwich Library in person. The materials are sent via U.S. mail with extra mailing envelopes for return. Postage is pre-paid by the Library. For information about this service call 203-625-6524.

INSTITUTE FOR RETIRED PROFESSIONALS

School of Continuing Education, Fairfield University

200 Barlow Road, Fairfield, CT 06430

888-254-1566 or 203-254-4220

An association of retired professionals who participate in broadly based monthly symposia, audit a wide range of university courses of their choice, and attend special interest programs. The Institute is open to all retired and semi-retired people over age 55. Members have the privilege of auditing one undergraduate or non-credit course each semester. Members may also enroll in special mini-courses or activities with a single focus.

FEES: Call for information about fees.

LIFETIME LEARNERS INSTITUTE

Norwalk Community Technical College,

188 Richard Avenue, Norwalk, CT 06854

203-857-3330

A non-profit educational institute for seniors 50 years and older offering courses in art, history, math, music, opera, computers, law, finance and more. All courses are devised by volunteer teachers with the aid of volunteer program committees. The institute is affiliated with State of Connecticut Community College system and the Elderhostel network.

FEES: Call for information about fees.

ROAD SCHOLAR (Formerly Elderhostel)

80 Boylston Street, Suite 400, Boston, MA 02116

800-443-9946 or 877-426-8056 or 617-426-7788

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

Road Scholar is a low-cost academic program in the liberal arts and sciences offering unique and challenging study opportunities for persons 55 years of age or older. Programs take place at over 800 colleges and universities in the U.S., Canada and overseas. Small groups of 30-40 persons

provide an informal learning atmosphere and opportunities to develop friendships. For a free catalog, send a postcard to the above address. Catalog includes description of courses, campuses and necessary registration instructions and forms.

FEES: Programs vary in cost. Prices given upon request. For information on scholarships to assist seniors on limited income please call 203-341-1067.

UCONN/Stamford

1 University Place, Stamford, CT 06901

203-251-8400

Seniors 62 years of age or older may audit undergraduate courses on a space available basis and must obtain the instructor's written consent prior to enrollment. Seniors are not permitted to audit laboratory courses. Regular fees and registration procedures for graduate level credit courses apply should a senior wish to switch from audit to credit earning status.

FEES: Call for information about fees.

PERROT MEMORIAL LIBRARY

90 Sound Beach Avenue, Old Greenwich, CT 06870

203-637-1066 Please call for hours.

Large print books, telephone reference service, videos and other special programs during the year.

SPEECH-LANGUAGE PATHOLOGY

GREENWICH HOSPITAL SPEECH PATHOLOGY

5 Perryridge Road, Greenwich, CT

203-863-3000

Website: www.greenwichhospital.org

Speech and language pathologists at Greenwich Hospital evaluate and treat speech, language and voice disorders in people of all ages. Known for their experience and expertise, these specialists use many of the most advanced techniques available for training and rehabilitation. Patients can access a full range of services for various disorders including: Speech conditions we treat include: Aphasia (after stroke or from head trauma), Articulation problems, oral / motor dysfunction, Parkinson's, swallowing problems and voice problems. Parkinson's Voice Training - The Lee Silverman Voice Treatment (LSVT) program was specifically designed to help people with Parkinson's disease speak more clearly. Its primary focus is to strengthen the voice. The therapy includes an intensive 4-week course of one-on-one therapy. Patients also must practice voice exercises at home twice a day. When therapy ends, home practice continues 3-5 times a week to maintain improvement.

FEES: Call for additional information

SPEECH & LANGUAGE PROFESSIONALS, LLC.

2437 Bedford St. Suite C6, Stamford CT 06905

203-613-5103

Provides speech-language services to seniors in their homes. Experienced with aphasia, following a stroke and dysphagia (swallowing issues), certified by the American Speech-Language-Hearing Association (ASHA) and licensed in Connecticut.

FEES: Call for additional information

SUPPORT GROUPS - BEREAVEMENT

BEREAVEMENT SUPPORT GROUP

Greenwich Hospital Home Hospice

203-863-3883

A support group to help those grieving the loss of a friend or relative. Programs meet at the Second Congregational Church, 139 East Putnam Ave., Greenwich.

FEES: Free. Call for dates and times.

CANCERCARE

111 East Avenue/ Suite 207, Norwalk, CT 06851

203-854-9911 1-800-813 HOPE (4673)

Website: www.ctinfo@cancercare.org

CancerCare is a national nonprofit organization which provides services to anyone with a cancer diagnosis, their loved ones or the bereaved. We provide telephone, online and face to face counseling, support groups, education, publication and financial and copayment assistance. Professional oncology social workers offer personalized care, and all of our services are free of charge.” We have a regional office located in Norwalk Connecticut where we provide counseling services and offer wig fittings by appointment. We also offer services for children who have a family member with cancer.

FAMILY CENTERS / CENTER FOR HOPE

590 Post Road, Darien, CT 06820

203-655-0547

Mon. - Thurs., 9:00 a.m. to 6:00 p.m.; Fri. 9:00 a.m. to 5:00 p.m.

Website: www.familycenters.org

The Center provides support groups for adults and children with life-threatening illness and their families, or bereavement counseling for families and friends of those who have experienced the loss of a loved one.

FEES: Sliding scale after free initial consultation.

FAMILY CENTERS, INC.

20 Bridge Street, Greenwich CT 06830

203-629-2822

Website: www.familycenters.org

Family Centers, Inc., provides a support group for widows and widowers to build connections with others while developing strategies to cope with the loss of a loved one.

FEES: Sliding scale. Call for dates and times.

GREENWICH CENTER FOR HOPE AND RENEWAL

237 Taconic Road, Greenwich, CT 06831

203-340-9816

Website: www.hopeandrenewal.org

The Greenwich Center for Hope & Renewal is a faith-based professional counseling and resource center based in beautiful backcountry Greenwich, Connecticut.

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Website: www.jfsgreenwich.org

While looking through the lens of Jewish wisdom and tradition, adults who have lost a family member, spouse or companion any time within the last five years can gain support, strength and friendship from this six-week support group.

The group meets on Thursdays from 10:15 a.m. to 11:15 a.m.

FEES: No Charge. Call to register.

JEWISH FAMILY SERVICE OF STAMFORD

733 Summer Street, Stamford, CT 06901

203-921-4161

Mon. – Thur., 9:30 a.m. to 5:30 p.m.

Website: www.ctjfs.org

Bereavement Support Group is open to those coping with loss of a loved one.

For information and to register, call 203-921-4161 x.122

SUPPORT GROUPS - COMMUNITY

AMERICAN CANCER SOCIETY

372 Danbury Rd., Wilton, CT 06987

800-227-2345 or 203-563-0740

Website: www.cancer.org

Reach to Recovery: A one-to-one support program that matches newly-diagnosed breast cancer patients with a trained volunteer survivor.

Look Good ... Feel Better: A free program that teaches beauty, skin and nail care techniques to women cancer patients in active treatment. Women learn how to cope with the appearance-related side effects of chemotherapy and radiation treatments. The program helps to restore their appearance and self-esteem. The programs are conducted by licensed cosmetologists at Greenwich Hospital on a regularly scheduled basis. Call for additional information.

APHASIA SUPPORT GROUP/GREENWICH HOSPITAL

203-863-3240

Aphasia Support Group is for persons having difficulty speaking and understanding language as a result of stroke, head trauma or other causes. Meets Mon - Thursday 8:00 a.m.- 4:00 p.m.

FEES: None

CANCERCARE

111 East Avenue/ Suite 207, Norwalk, CT 06851

203-854-9911 or 800-813 HOPE (4673)

Website: www.ctinfo@cancercare.org

CancerCare is a national nonprofit organization which provides services to anyone with a cancer diagnosis, their loved ones or the bereaved. We provide telephone, online and face to face counseling, support groups, education, publication and financial and copayment assistance. Professional oncology social workers offer personalized care, and all of our services are free of charge.” We have a regional office located in Norwalk Connecticut where we provide counseling services and offer wig fittings by appointment. We also offer services for children who have a family member with cancer.

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER

3 Farm Road, New Canaan, CT 06840

203-594-5200

Website: www.waveny.org

Waveny Care Center hosts a biweekly public support group for caregivers coping with the impact of Alzheimer’s Disease. This group is sponsored by the Alzheimer’s Association of Connecticut and focuses on the enormous responsibility of caring for a loved one with memory loss. Waveny welcomes caregivers from all areas to attend. Meetings are held on the second and fourth Tuesdays of every month at 1:45 p.m. and last for approximately one hour.

GREENWICH HOSPITAL

Center for Healthy Aging

5 Perryridge Rd., Greenwich, CT 06830

203-863-4375

Support groups offered through the Center for healthy Aging are FREE. Please call ahead before attending to make sure the group is suitable for your needs.

Please call 203-863-4375 for specific information about support groups and meeting sites.

JEWISH FAMILY SERVICES OF GREENWICH

1 Holly Hill Lane, Greenwich, CT 06830

203-622-1881

Website: www.jfsgreenwich.org

Jewish Family Services of Greenwich brings its support group services directly to you via the Online Support Group Project (OSGP). Perhaps you don't drive, or are unable to leave the house due to advanced age or illness. You may not be able to leave the house because you care for young children or a loved one who's chronically ill. Some of us have a hard time getting out due to depression, illness, or simple time constraints. If you have a computer, smart phone or tablet, OSGP brings a support group to you by using state-of-the-art real-time video conferencing technology to provide you with counseling services and a caring community.

FEES: Sliding scale fee available.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

Greenwich Support Group

125 Greenwich Ave., Greenwich, CT 06830

203-629-7053

This chapter meets on the second Saturday of each month. 1:00pm – 3:00pm

PARKINSON'S DISEASE SUPPORT GROUP/GREENWICH HOSPITAL

203-863-3000

Weekly education, support therapy, exercise, social activities and rap sessions for patients with Parkinson's disease, their family and friends. Group meets on Tuesdays, 1:30 p.m.-2:30 p.m. at the Old Greenwich Civic Center.

FEES: None. Call for additional information.

PROSTATE CANCER SUPPORT GROUP/GREENWICH HOSPITAL

203-863-3000

A program of support and education for men with prostate cancer, their wives and family members to better live with the diagnosis and treatment. Meets at the Bendheim Cancer Center, 2nd floor Community Room Wednesdays 5:00 p.m. - 6:30 p.m.

FEES: None

SELF HELP GROUPS

Alcoholics Anonymous: 866-783-7712

Cocaine Anonymous: 800-347-8998

Narcotics Anonymous: 800-627-3543

Gamblers Anonymous: 800-346-6238

SUPPORTIVE SERVICES

AT HOME IN GREENWICH

139 East Putnam Avenue, Greenwich, CT 06830

203-422-2342

Website: www.athomeingreenwich.org

At Home in Greenwich is a non-profit membership organization founded to give Greenwich seniors both the practical means and the confidence to live their lives to the fullest in their own homes as they grow older. Provides problem-solving, information, specific referral to Town services, vetted commercial services, volunteers, social activities such as trips, book clubs and “potluck” suppers. Call for information about membership fees.

PATIENT ADVISORY SERVICES, LLC.

15 Harding Road, Old Greenwich, CT 06870

203-918-8219

Website: www.patientadvisoryservices.com

Email: info@patientadvisoryservices.com

Patient Advisory Services is a concierge healthcare advocacy service dedicated to getting better care for patient and their families. A medical professional and advocate, PA or RN, will accompany patients to medical appointments, take notes, provide critical information, provide confidence and communicate the findings to whomever the patient desires. We will participate in problem solving. The patients and their families can get back to living the life they want to live.

QUALIESSENCE

600 Mamaroneck Ave., Suite 400, Harrison, NY 10528

844-782-5448

Website: www.qualiessence.com

Email: info@qualiessence.com

QualiCalls are check-in phone calls made by our call specialists. They are designed to check in on a family member or friend and provide you with peace of mind. In addition, Qualiessence offers a special service to honor your loved one's life and preserve memories with a video tribute.

FEES: Call for additional information

TAX PREPARATION

AARP - INCOME TAX ASSISTANCE PROGRAM

Income tax assistance for older adults and low-income taxpayers is given by persons qualified and trained in income tax preparation. Assistance is available from early February until April 14th. Location: Greenwich Town Hall. Counseling service is part of AARP Tax Aide/TCE Program. For further information call the Greenwich Town Hall, 203-622-7700 or the Greenwich Commission on Aging, 203-862-6710.

FEES: None

TAX RELIEF AND ASSISTANCE

RENTER'S REBATE PROGRAM

Greenwich Department of Social Services

Town Hall, 101 Field Point Road, Greenwich, CT 06830

203-622-3800

Mon. - Fri., 8:30 a.m. to 5:00 p.m.

Website: www.greenwichct.org/government/departments/social_services

This program benefits older adults 65 and over or disabled persons who have resided in Connecticut for at least one year. There is an income limitation for unmarried persons and for married couples that includes Social Security. Applicants must file between May 15th and September 15th and must provide income information, rent and utility receipts.

Call for more information and to schedule an appointment.

SENIOR HOMEOWNERS' TAX RELIEF ACT (State Program)

Town Hall, Tax Assessor's Office, Greenwich, CT 06830

203-622-7885

Mon. - Fri., 9:00 a.m. to 3:00 p.m.

Website: www.opm.state.ct.us

This program arranges tax abatement for a Greenwich taxpayer 65 or over who is a property owner and who has lived in his house for at least one year. There is an income limitation: check the above Website and click on GRANTS/SERVICES. Applicants must file between February 1st and May 15th for previous year.

SENIOR PROPERTY TAX RELIEF (Town Program)

Town Hall, Tax Assessor's Office, Greenwich CT 06830

203-622-7885

Website: www.greenwichct.org/government/departments/assessor

Mon. - Fri., 9:00 a.m. - 3:00 p.m.

This program arranges tax abatement for a Greenwich taxpayer 65 or over who is a property owner or co-op owner and who has lived in his house for a least one year as their primary residence. Must apply first for tax relief under other programs available (see State program). There is an income limitation that changes periodically and includes adjusted gross income plus tax exempt interest and Social Security. **Applicants must file between February 1st and May 15th.**

VETERAN'S TAX EXEMPTION

Town Hall, Tax Assessor's Office, Greenwich CT 06830

203-622-7885

Website: www.greenwichct.org/government/departments/assessor

Veterans who file their DD-214 papers with the Town Clerk prior to October 1st will receive a property tax exemption off their assessment of real estate or automobile (if disabled or over 65 years of age, and meet an income requirement, the exemption will be increased).

TRANSPORTATION

AAA

1101 High Ridge Rd. Stamford, CT 06905

203-388-2189

Join AAA Today and start taking advantage of your membership right away. Your AAA membership not only provides peace-of-mind in the event of a breakdown, but also serves as your special passport to valuable services, benefits and discounts.

Renewal of driver's license

ACCESS AMBULANCE COMPANY, INC.

1111 East Putnam Avenue, Riverside, CT 06878

203-637-2351

Access is a cooperative effort between Greenwich EMS and Stamford Emergency Medical Services to provide professional non-emergency medical transportation. Services include ambulance and Invalid Coach. Access operates 7 days a week, 24 hours a day by appointment.

FEES: Check with dispatcher for Medicare, Medicaid and insurance billing coverage.

CALL-A-RIDE

37 Lafayette Place, Greenwich, CT 06830

203-661-6633

Mon. - Fri., 9:00 AM. to 3:00 PM

Call-A Ride is an independent non-profit volunteer organization, founded in 1975. Provide free

door-to door transportation for Greenwich's ambulatory senior citizens, over age 60, who lack other means of transportation. Three cars provide rides five days a week to anywhere in Greenwich. Clients need to call well in advance and usually make a small donation to help defray operating costs. Call-A-Ride does not operate on holidays or snowy days if schools are cancelled, tune in to WGCH Radio. Call-A-Ride follows the Greenwich Senior Center's Schedule of holidays.

CONNECTICUT LIMOUSINE SERVICE

1-800- 472-5466

Serves all New York airports. Senior round-trip discount tickets can be purchased in advance through a travel agency or at the office in the Marriott Hotel in Stamford.

FEES: Call for rates and reservations.

CONNECTICUT TRANSIT BUS SERVICE

203-327-7433

Public transportation users who are disabled with mobility impairment or are at least 65 years of age may take advantage of the CT Department of Transportation's reduced senior/disabled fare policy. A CT Transit Disabled identification card or your Medicare ID Card may be presented for the discount on all publicly sponsored buses. Bus service runs from Stamford RR Station (North State Street) to Liberty Square, Port Chester, with stops in between. It runs weekdays 5:50 a.m. - 10:30 p.m.; Saturday 5:50 a.m. - 9:00 p.m.; Sunday 6:00 a.m. – 9:00 p.m. Have exact fare and ID when boarding. Call CT Transit for bus schedule.

FEES: According to zones. Senior citizens entitled to discount with Medicare card.

DEPARTMENT OF MOTOR VEHICLE (DMV)

Stamford Photo License Center

137 Henry Street, Stamford, CT 06902

Tuesdays – Fridays, extended hours on Thursdays

Hours of Operation: By Appointment Only, Appointments can be made online

Website: www.ct.gov/dmv/Stamford

Stamford Photo License Center offers the following services: noncommercial driver's license-renewals, duplicates and name changes; Non-driver ID cards, Disabled parking permits; registrations and renewals; plate returns and cancellations and driver histories.

GO AIRPORT SHUTTLE CONNECTICUT

45 Connair Rd., Orange, CT

1-866-284-3247

Website: www.2theairport.com

We provide the convenience of affordable, Door-to-Door service to LaGuardia, John F. Kennedy International and White Plains Westchester County airport.

GREENWICH EMERGENCY MEDICAL SERVICE (GEMS)

Emergency - call 911

1111 East Putnam Avenue, Riverside, CT 06878

Administrative business: 203-637-7505

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

GEMS is the town's 24-hour emergency ambulance service. Equipped with advanced life-saving equipment and staffed by trained EMTs and paramedics, each ambulance is an "emergency room" on wheels. **FEES: State assigns rate. Covered by insurance, Medicare and Medicaid.**

GREENWICH SENIOR CENTER TAG TRANSPORTATION
Greenwich Senior Center, 299 Greenwich Ave, Greenwich, CT
203-862-6700

Website: www.greenwichct.org

To get the shuttle please sign up directly at the Senior Center or call 203-862-6700 the day before you wish to come. Transportation is provided to and from Greenwich Senior Center only. Transportation is Mon. – Fri. 9:00AM to 3:00PM. This door-to-door service is FREE for registered Senior Center members.

HANDICAP PARKING PERMITS
860-263-5154

Website: www.dmvct.org

To obtain a Handicap Parking Permit, you must complete a “Special Permit Application and Impairment Certificate” (Form B-225). Section A of the form must be completed by the applicant. Section B of the form must be completed and signed by a licensed medical professional. Upon completion for the form, submit the form to one of the following:

Mail: Department of Motor Vehicles

Handicapped Permit Unit

60 State Street

Wethersfield, CT 06161

Email: dmv.hpapp@ct.gov

Fax: 860- 263-5556

A Special Permit Application and Impairment Certificate (B-225) can be certified by any one of the following:

A Physician, A Physician’s Assistant, An Advance Practice Registered Nurse (APRN)

In the case of blindness, the following can certify:

An Optometrist, An Ophthalmologist, A member of the Connecticut Board of Services and Education for the Blind

NOTE: In lieu of certification, DMV will accept a VA disability certificate for blindness, amputation of legs or arms, or loss of use of legs or arms, traumatic brain injury, paraplegic and hemiplegic disabilities.

RAILROAD (Amtrak - New Haven Line)

800-872-7245, General information & reservations:

For information on rail service schedules and discounts, call above number.

FEES: Discounts for senior citizens over 65. Medicare card required.

SHARE-THE-FARE TAXI PROGRAM

Commission on Aging, 299 Greenwich Avenue, Greenwich, CT 06830

203-862-6710

Reduced fare for seniors 62 years and over seven days a week. Taxi books are available for purchase at the Commission on Aging office located at the Senior Center, Monday through Friday, 9:00 a.m. to 3:00 p.m.

For taxi service, call 203-869-6000 daily between 5:30 a.m. and 1:30 a.m.

FEES: \$20.00 coupon book may be purchased for \$10.00

TAG (TRANSPORTATION ASSOCIATION OF GREENWICH)

13 Riverside Avenue, Riverside, CT 06878

203-637-4345

Website: www.ridetag.org

Tag is a not-for-profit specialized transportation service for the elderly and people with disabilities of all ages. Tag administers the following services:

DIAL-A-RIDE

203-637-4345

Hours: Mon.-Fri. 9:30am-2:30pm and Saturdays 9:30 am- 3:00 pm.

Greenwich residents 60 yrs. + or person with a disability. Service area includes all of Greenwich, Stamford, Norwalk and Darien, Westchester, Port Chester, Rye and White Plains. Call 1 day in advance for reservations or e-mail at reservations@ridetag.org. Call for fees. Tickets can be purchased at 13 Riverside Ave., Greenwich.

EASY ACCESS

203-637-4345

Hours: Mon. – Sat. 9:30 AM – 6:00 PM

Website: www.norwalktransit.com

Paratransit service coordinated through Norwalk Transit District as door-to-door transportation for ADA certified individuals unable to use the regular public bus. Riders can be ambulatory or wheelchair users, but ADA certification is required through TAG or Norwalk Transit. Services include all of Greenwich, Stamford, Norwalk and Dairen, Westchester, Port Chester, Rye and White Plains. Rides require at least 1 day advance reservation. Fare tickets can be purchased in advance by phone, by mail or in person.

TRANSPORTATION SERVICES - MEDICAL

ACCESS AMBULANCE COMPANY, INC.

1111 East Putnam Avenue, Riverside, CT 06878

203-637-2351

Access is a cooperative effort between Greenwich EMS and Stamford Emergency Medical Services to provide professional non-emergency medical transportation. Services include ambulance and invalid coach. Access operates 24/7 by appointment.

FEES: State assigns rate. Check with dispatcher for Medicare, Medicaid and insurance billing coverage.

GREENWICH EMERGENCY MEDICAL SERVICE (GEMS)

Emergency - call 911

1111 East Putnam Avenue, Riverside, CT 06878

Administrative business: 203-637-7505

Mon. - Fri., 9:00 a.m. to 5:00 p.m.

GEMS is the town's 24-hour emergency ambulance service. Equipped with advanced life-saving equipment and staffed by trained EMTs and paramedics, each ambulance is an "emergency room" on wheels. **FEES: State assigns rate. Covered by insurance, Medicare and Medicaid.**

VETERAN'S SERVICES

FINANCIAL ASSISTANCE

AMERICAN RED CROSS

99 Indian Field Road, Greenwich, CT 06830

203-869-8444

Mon. - Fri., 24 hour availability

Emergency and disaster services are available for Veterans and the elderly

CT DEPARTMENT OF VETERANS AFFAIRS - OFFICE OF ADVOCACY & ASSISTANCE

287 West Street, Rocky Hill, CT 06067

860-616-3683, 3684,

Website: www.ct.gov/ctva

Mon. – Fri., 8:00 a.m. - 4:00 p.m.

Provides assistance to any veteran as well as their eligible spouse and dependents in obtaining benefits as provided for under federal, state and local laws. Eligibility requirements may vary according to the benefit program.

LEGAL ASSISTANCE FOR MILITARY RETIREES AND DEPENDENTS

Naval Legal Service Office

North Central Groton Dept.

Box 10 Naval Submarine Base,

Naval Submarine Base, New London

860-694-3741

Academy Legal Office

U.S. Coast Guard Academy

15 Mohegan Avenue

New London, CT 06333

860-701-6792

Coast Guard and Navy attorneys provide general legal assistance for a variety of concerns, including wills and probate, powers of attorney, health care directives, landlord/tenant disputes, consumer issues, domestic relations, and small claims procedures. Assistance does not, however, extend to court representation. Services are provided free to active duty and retired military personnel and their dependents that possess valid Department of Defense or Coast Guard I.D.'s.

VETERAN'S TAX EXEMPTION

Veterans who file their DD-214 papers with the Town Clerk prior to October 1st of each year will receive a property tax exemption off their assessment of real estate or automobile (if disabled or over 65 years of age and meet an income requirement the exemption will be increased). **Contact the Assessor's office for further information 203-622-7885.**

HEALTH CARE AND MENTAL HEALTH

CONNECTICUT DEPARTMENT OF VETERANS AFFAIRS

The Sgt. John L. Levitow Veteran's Health Center

287 West Street, Rocky Hill, CT 06067

860-616-3600

The hospital is a 350 bed facility, which provides specialized programs for in-patient service for chronic and long-term illness, including medical and rehabilitative care and transitional living, hospice and respite care. Must be a wartime veteran with an honorable discharge.

STAMFORD VA PRIMARY CARE CLINIC

VA CONNECTICUT HEALTHCARE SYSTEM

1275 Summer Street, Suite #102, Stamford, CT 06905

203-325-0649

Website: www.connecticut.va.gov

The Stamford VA Primary Care Clinic provides general internal medical care. This includes care for immediate and chronic health concerns, preventive medical care, physical exams, diagnostic laboratory testing, general x-rays and limited immediate pharmacy service. Enrollment information: Download enrollment application from VA CT Healthcare System website. Mail a completed application, along with a copy of your DD-214 and discharge papers to:

VA Connecticut Healthcare System

950 Campbell Avenue

West Haven, CT 06517

Attn: Eligibility Office

SUPPORT SERVICES

U.S. DEPARTMENT OF VETERANS AFFAIRS

450 Main Street, Hartford, CT 06103

800-827-1000 (Benefits)

800-829-4833 TDD

877-222-8387 (Healthcare)

800-273-8255 (Crisis Line)

Mon. - Fri., 8:00 a.m. to 4:30 p.m.

Service and non-service related disability, widow's pension, (non-service related death), widow's DIC, burial allowance, medical benefits, GI insurance.

U.S. DEPARTMENT OF VETERANS AFFAIRS MEDICAL CENTER

950 Campbell Avenue, West Haven, CT 06516

203-932-5711

Mon. – Fri., 8:30 a.m. to 4:30 p.m.

Provides hospital services to all veterans; may refer patients to other VA hospitals as needed.

Prescription co-pay plan available. Eligibility is determined by income. Also, in order to access the prescription co-pay plan, a veteran must have a medical care screening by a VA primary care physician.

STATE DEPARTMENT OF VETERANS' AFFAIRS HOME AND HOSPITAL

287 West Street, Rocky Hill, CT 06067

860-529-2571 24/7

The Veteran's Home and Hospital is a 350 bed facility, which provides specialized programs and inpatient services for chronic and long-term illness, including medical and rehabilitative care, transitional living, hospice and respite care. Person seeking services must be a wartime veteran with an honorable discharge.

VOLUNTEER OPPORTUNITIES

FAMILY CENTERS, INC.

40 Arch Street, Greenwich, Ct 06830

203-869-4848

Website: www.familycenters.org

Family Centers offers a variety of enriching volunteer opportunities for people of all ages and commitment levels. Whether it's working with children, seniors or families, Family Centers' volunteers play an integral role in strengthening the community. All volunteers must participate in a registration/orientation process. Training is also provided, where applicable.

GREENWICH COMMISSION ON AGING – HEALTH INSURANCE COUNSELORS

299 Greenwich Avenue, Greenwich, CT 06830

203-862-6710

Website: www.greenwichct.org

Volunteer to assist the Greenwich Commission on Aging and Family Centers, Inc., help individuals to understand health insurance issues including Medicare, Medicare D – Prescription Drug Benefits, Supplemental Medigap Policies and much more. **Training is provided.** Health Insurance Counselors help Medicare beneficiaries and their families become better informed healthcare consumers. Help make a difference in your community. Health Insurance Counselors DO NOT sell insurance or recommend one plan over another, but rather guide individuals through the complexities of Medicare.

Call the Greenwich Commission on Aging for additional information.

GREENWICH UNITED WAY – READING CHAMPIONS

1 Lafayette Court
Greenwich, CT 06830
203.869.2221

Website: www.greenwichunitedway.org; **Email:** info@greenwichunitedway.org

Greenwich United Way Reading Champions is a literacy program partnering Greenwich youth with community volunteers in an effort to build fluency skills during the school year. Currently Greenwich United Way Reading Champions serves 10 out of 11 elementary schools in Greenwich and the Byram Archibald Neighborhood Center, Community Centers, Inc. of Greenwich, Boys & Girls Club of Greenwich and the YWCA of Greenwich. Volunteer tutors are trained, no teaching experience is needed, and tutoring opportunities are always available.

Call 203-869-2221 for additional information.

RETIRED SENIOR VOLUNTEER PROGRAM OF S.W. CT (RSVP)

98 South Main Street, Norwalk, CT 06854
203-899-2442

A non-profit program that recruits people 55 and older to place them in meaningful and challenging volunteer positions in the community.

SCORE (Service Corps of Retired Executives)

111 East Avenue, Norwalk, CT 06851
203-831-0065; 203-831-0067

Website: www.score.fairfieldcounty.org

Mon. - Fri., 9:30 am to 12:30 pm.

SCORE provides professional, confidential, management counseling to individuals who are in business or who wish to start a business.

***Many not-for-profit agencies and organizations in the Town of Greenwich offer a variety of volunteer opportunities.**

AAA.....	89	Accessory Apartments.....	51
AARP	75,79	Assisted Living.....	51,54
AARP 55Alive Driving		Assisted Living Directory.....	54
Course.....	75,82	At Home In Greenwich.....	2,8,56,79,87
AARP Income Tax Assistance.....	88	Atria Darien.....	54
AARP 3020 Senior Group.....	81	Atria Rye Brook.....	54
ABI(Acquired Brain Injury).....	65	Atria Stamford.....	54
AFC Urgent Care.....	34	Attorney General, ST. of CT	58
A Place for Mom.....	41,51,54		
ABILIS.....	4,22,56,76	Bayada Nurses.....	46
Abuse.....	18,71	Beach Cards.....	80
Academy Legal Office.....	60	Behavioral Health Clinic.....	31
Access Ambulance Co.....	89,92	Bendheim Cancer Center.....	30
Access Independence.....	68,77	Benefits.....	25
Accessory Apartments.....	51	Benefits Check-up – National Council	
Acquired Brain Injury Waiver.....	65	on Aging.....	25
Acute Care.....	30	Bereavement Groups.....	85
Addiction-Recovery Program-Gr.		Better Business Bureau.....	59
Hospital.....	20	Better Hearing At Home.....	35
Adult Day Care.....	1,79	Bishop Curtis Homes	55
Adult Program At Waveny		Blind Services.....	4,33,56
Care Center.....	1,79	Blood Pressure Screening.....	33,47
Advocacy Organizations.....	4	Board of Education Services for	
Advocates at Home	9	the Blind.....	56,77
Aging in Place.....	2	Bookmobile.....	83
Aging Life Care Association.....	2	Brain Injury Assoc. of CT.....	65,77
Agnes Morley Heights	55	Bridgeport Hospital- Geriatric	
Aids Legal network for CT (ALN).	59	Assessment Program.....	28
Airport Transportation.....	90	Bright Star of Greenwich.....	10,37,42
Alcoholics Anonymous.....	20,87	Brighton Gardens (Stamford).....	9,54
Almost Family.....	9,41	Bristol, The – Assisted Living.....	51,54
Alzheimer’s Association.....	5,15	Brook’s Homecare.....	10
Alzheimer’s Disease/Dementia.....	5	Brown, Drs. C & D	
Alzheimer’s Disease &		Geriatric Evaluation Clinic.....	16,32
Related Problems.....	5,15	Brown Geriatric Evaluation	
Alzheimer’s Resource Cntr.....	6,15	Clinic.....	16,32
Alzheimer’s State Respite Program..	7	Bureau of Rehabilitative Services.....	77
Ambulance (GEMS/ACCESS)....	90,92	Burke Rehabilitation Center.....	73,75
Amedisys Home Health		Bus (CT Transit).....	90
Care.....	37,41,46	Byram Schubert Library.....	83
American Assoc. of Retired Persons		Byram Senior Citizens.....	81
(AARP).....	75,79		
American Cancer Society.....	73,86	CACIL –CT Assoc. of Centers of	
American Red Cross.....	92	Independent Living.....	77
Amtrak New Haven Line.....	91	CCI.....	79
Anxiety, Depression Family &		CEAP (Energy Assistance).....	23
Grief Counseling.....	16	CHRO-Connecticut Commission on	
Aphasia Support Group.....	86	Human Rights.....	4
Human Rights.....	4	CLRC-Connecticut Lifespan Respite....	3

C. Clery Cusick, Inc.....	25	Community Health at Greenwich Hospital.....	30,57,83
Caldwell Co, Inc.....	68	Community Support Service.....	86,87
Call-A-Ride.....	89	Companionship.....	11,42
Camp Conri Lodge.....	82	Companions and Homemakers.....	11,38,42
Cancercare	85,86	CompassCare	11,38,43
Cardiac Conditioning At Healthy Living Center.....	87	Congregate Housing.....	53
Care for Sick and Aging – St. Catherine of Siena.....	23	Connecticut Assoc. of Centers of Independent Living (CACIL).....	77
Care Managing LLC.....	2	Connecticut Bar Association.....	59
Care on Call, Inc.....	42	Connecticut Commission on Human Rights (CHRO).....	4
Caregiver Resource Cntr.....	2,16,20,57	Connecticut Dept. of Developmental Services.....	77
Caregiver Respite & Counseling.....	7	Connecticut Dept. of Social Services (DDS)	25
Caregiver Support.....	2	Connecticut Dept. of Veterans Affairs	93
Caregiver Support Group, Waveny Care Center	1,8,86	Connecticut Fair Housing Center.....	59
Caretenders.....	2	Connecticut Home Care Program For Elders.....	38
Cash & Other Asst.....	70	Connecticut Insurance Dept.- Consumers Affairs.....	58
Center for Elder Abuse Prevention & Emergency sheltering.....	71	Connecticut Lifespan Respite Coalition (CLRC).....	3
Center for Healthy Aging.....	29,30	Connecticut Limousine.....	90
Center for Hope.....	85	Connecticut Long Term Care.....	63
Center for Medicare Advocacy.....	4,59,65	Connecticut Statewide Legal Services.....	61
Ombudsman.....	65	Connecticut Transit Bus Service.....	90
Chaifetz Family Hospice-The Jewish Senior Service.....	50	Connecticut VNA.....	49
Changing Places.....	10	CONNMAP.....	67
Charter Oak Pass.....	82	Constellation Health Services.....	11,47
CHOICES.....	67	Constellation Geriatric Care Mgmt.....	3
Chore Services.....	9	Consumer Credit Counseling.....	25
Classes.....	80,81	Consumer Law Project for Elders Hotline.....	59
Churches.....	81	Cos Cob Library.....	83
Clinics.....	31,32,34,93	Counseling, Case Mgmt. & Mental Health Services.....	15,18,19,20
Clothing.....	25,27	Courts.....	61
Clubs for Seniors.....	81	Credit Counseling.....	25
Coalition.....	3		
Cocaine Anonymous.....	21,87		
Comforcare.....	10,37		
Comfort Keepers.....	10,37,42		
Commission on Aging.....	57,67,94		
Commission on Deaf & Hearing Impaired.....	35		
Community Answers.....	57		
Community Centers, Inc.....	79		

CT Dept. of Consumer Protection...	60	Edgehill Lifecare Community	
CT Dept. of Social Services..	25,66,70	Stamford, CT.....	54
CT Dept. Veterans Affairs		Education & Employment	
Office and Advocacy	93	Information Center.....	82
CT Fair Housing Center.....	59	Educational Sources.....	82,84
CT Home Care Program		Elder Abuse/Domestic Violence.....	18,71
For Elders.....	66	Elder Locator.....	43
CT Judicial Branch/Superior Court/ Housing Court.....	61	Elderhostel/Road Scholar.....	83
CT Lawyers legal Aid to Elderly.	61	Elderly Renters Tax Relief	88
CT Legal Services	59	Elderly Property Tax Relief	89
CT Protective Services for the		Emergency Management operations –	
Elderly (PSE).....	18,72	Town of Greenwich.....	21
CT. State Park.....	82	Emergency Information.....	21
CT Transit Bus.....	90	Television	
Crisis Intervention.....	33	Town of Greenwich Weather	
		Radio	
		Emergency Preparedness.....	21
DDS(Dept. of Social Services)..	25,66	Emergency Sheltering.....	21
Daniel Care.....	11,47	Employment Assistance.....	22
Deaf.....	35	Energy Assistance (CEAP).....	23
DeClutter by Deirdra.....	70	End Hunger, Connecticut.....	26
Dementia.....	5	Euro Homecare.....	43
Dept. of Consumer Protection-		Eviction & Foreclosure Prevention	
Cpnnecticut.....	60	Program.....	60
Dept. of Developmental		Eye Care.....	30,33
Disabilities.....	66	F.S. Dubois Center.....	17,19,20
Dept. of Motor Vehicle (DMV) ...	90	Fairfield County Lawyer	
Dept. of Parks & Recreation.....	80	Referral Service.....	59
Dial-A-Ride	92	Faith Community Nursing-	
Diamond Point Diabetic Supp.....	68	St. Catherines.....	23
Disability Resource Center.....	78	Fairview Health Care of	
Disability Resource Network.....	78	Greenwich.....	9,12,38
Disability Services.....	76	Fairview Rehabilitation & Health Care	
Disposition of Medications.....	68	Center.....	62
Dispute Settlement Center.....	61	Family Care Plus.....	12,44
Drs. C & D Brown.....	16,32	Family Centers Health Care.....	32
Dorothy Adler Geriatric Assessment		Family Centers Inc.....	17,23,80,85,94
Center – Yale.....	28	Family & Childrens Agency	
Domestic Abuse Service.....	18	Home Care.....	8
Domestic Abuse Service –		Family & Chldrens Personal	
YWCA.....	19	Alert.....	75
Domestic Violence Hotline.....	19,72	Fellowship.....	23
Dovetail Resolutions.....	60	File of Life (was Vial of Life).....	76
Dubois Center, F.S.....	17	Financial Assistance.....	25,59,9
		First Selectman’s Advisory Committee	
EZ Access.....	92	for people with Disabilities.....	4
Information Center.....	82		

Food	
Assistance.....	26
Franklin Street Community Health Center.....	33
Fresh Direct.....	26
Friedman Home Center- Jewish Senior Services.....	45
Friendly Callers.....	18,80
Friendly Connections.....	23,80
Friendly Visitor Program.....	18
Friendship and Support.....	18
GEMS.....	90,92
Gamblers Anonymous.....	21,87
Geriatric Assessment.....	1,28
Geriatric Care.....	1,2,3,28
Geriatric Care Managers.....	2,3
Geriatric Care Management at Waveny Care Network.....	1,3
Geriatric Evaluation Clinic.....	33
Geriatric Psychiatry.....	33
Go Airport Shuttle CT (2theairport.com).....	90
Golden Age Passport.....	82
Goclutterless.....	70
Grasmere by the Sea.....	1
Greens at Greenwich, The.....	6,52
Greenwich Center for Hope & Renewal.....	17,85
Greenwich Chaplaincy Servic... ..	17,24
Greenwich Commission On Aging.....	57,67,94
Greenwich Continuing Education..	82
Greenwich Dept. of Health.....	33,47
Greenwich Department of Social Services.....	17,57,67,69,71
Adult Protective Services.....	60
Financial Assistance.....	25
Homemaker Dept.....	12,44
Winter Heating.....	23
Greenwich Emergency Medical Services (GEMS).....	90,92
Greenwich Health at Greenwich Hospital	30
Greenwich Hospital.....	30
Addiction Recovery.....	20
Aphasia Support Group.....	86
Center for Healthy Living.....	87
Hearing, Speech & Language.....	30
Home Hospice Program.....	30,50
Outpatient Clinic.....	31
Pastoral Home Care	24,31
Recovery Program.....	32
Speech Pathology.....	84
Greenwich Housing Authority.....	55
Greenwich Library	83
Greenwich Nursing & Health Care Registry.....	48
Greenwich Planning and Zoning.....	51
Greenwich Senior Center.....	27,80,91
Greenwich Taxi Tickets	91
Greenwich United Way-Reading Champions.....	95
Greenwich Woods Rehabilitation & Health Care Center	9,62,73
Behavioral Health Clinic.....	31
Center for Healthy Aging.....	87
Grocery Shopping Service.....	13,27,28
Handicap Parking Permits.....	91
Health Clinics.....	32,33,34
Health Care.....	1,3,32,93
Health Education.....	83
Health Insurance Counseling	58,67,94
Health Screening	33
Health Services	30
Hearing Impaired	35
Hearing and Speech and Language Center	30,35
Hearthstone Alzheimer Care	16
Heating Assistance	23
Heavenly Hearts Home Care.....	39
Help in the Home.....	9,39
Hill House	53
Home Care.....	37,41
Home Care – Non Medical.....	41
Home Care- Skilled Nursing.....	46
Home Care Agency Guide.....	35
Home Care on Call.....	12,44
Home Choice Senior Care	13
Home Delivered Meals	27
Home Helpers.....	13,39
Home Instead Senior Care.....	13,44
Homecare by RVNA.....	12,39

Homemaker Department.....	44	Legal Assistance for Military	
Hospice Bereavement Support		Retirees	60,93
Group.....	30	Legal Services.....	59,60,61,93
Hospice Care.....	49,51	Liberation Programs, Inc.....	20
Hospice Program	30	Libraries	83,84
Hospital.....	30	Life Bridge Community Services.....	78
Housing	51,53	Lifetime Learners Institute.....	83
Assisted Living.....	51	Lion’s Low Vision Center.....	30
Congregate/Independent Living..	53	Local Property Tax Rebate.....	89
Congregate & Assisted.....	53,54	Loan Closet.....	68
Placement Services.....	54	Long Ridge Post-Acute care.....	63,74
Senior.....	55	Long Term Care.....	62,63,66,67
Supportive for Persons with		“Lunch Bunch”	28
Disabilities.....	56	Luncheon Programs.....	27
Housing Court.....	61	Low Vision Center.....	30
Housing Placement Services.....	54		
		MFP-Money Follows the Person.....	70
Immunization.....	33	Maplewood at Darien.....	6,52,54
Income Tax Assistance.....	88	Maplewood At Strawberry	
INFOLINE.....	19,58	Hill-Norwalk.....	6,52,54
INN,The.....	54,55	Masonicare’s Center for Optimal	
Institute for Retired		Aging.....	28,48,75
Professionals.....	83	Masonicare’s Center for Driving	
Insurance Counseling.....	58,67	Assessment.....	75
Interim Health Care, Inc.....	44	Masonicare Home Health	
		& Hospice.....	50
Jewish Family Services of		Matt Baier Organizing.....	71
Greenwich.....	13,18,24,27,85,87	Maxim Healthcare.....	14
Jewish Family Service,		McKinneyTerrace.....	55
Stamford.....	3,13,18,22,27,45,86	Meals.....	26
Jewish Family Services		Meals-On-Wheels.....	27
Senior Group.....	87	Mead Counseling Center.....	18
Jewish Senior Services-Chaifetz		Mediation.....	60
Family Hospice.....	50	Medicaid, (Title 19).....	65,66,67
Jewish Senior Services.....	3,39,62	Medicaid for Low Income	
Elder Abuse.....	71	Adults (MLNA).....	66
Emergency Sheltering.....	19	Medicaid Waivers.....	65
Freidman Home Care.....	45	Medical Clinics.....	31,32
Institute on Aging.....	29	Medical Equipment.....	68
		Medical/Surgical Outpatient	
Katie Beckett Waiver.....	66	Program.....	28
Kenndy Center Inc.....	78	Medical Financial Asst.	67
King St. Rehab.....	63,73	Medicare	64,65
		Medicare Parts A & B.....	64
Lawyer Referral Service.....	60	Medicare Advantage Plan	
Legal Assistance.....	59,93	Disenrollment	6
Medicare Assistance Program ...	64,65		
Medicare/Medicaid.....	/.....67		

Medicare Assistance program...	64,65	New Haven Line Railroad.....	91
Medicare/Medicaid.....	67	Non-Medical Home Care	
Medicare Part D.....	58,64,67	Agencies.....	41
Medicare Part D Counseling &		Nonnatech.....	76
Assistance.....	67	Norwalk Hospital.....	29
Medicare Savings Plan.....	64	Nursing Homes	62,63
Medicare Savings Program		Nutrition	26
(MSP).....	64,66	Oasis – Senior Advisors.....	52,54
Medicare Social Security		Occupational Therapists.....	1,62,63
Adm.....	74	Office of Healthcare	
Medicare Supplemental		Advocate (OHA).....	5
Insurance.....	66	Office of Protection &	
Medicare Title 19.....	65	Advocacy (OPA).....	5,78
Medication Disposal.....	68	Office of Victim Services (OVS).....	5
Medication Review.....	64	Old Greenwich/Riverside Community	
Memory Café.....	6,81	Center	80
Mental Health	1,15,18,72,93	Ombudsman Long Term Care.....	63
Mews, The.....	9,53	Ombudsman, Regional.....	65
Mental Health Assoc. of CT.....	72	Ombudsman, State of CT	65
Mental Health Hotlines	19,20,69	On Line Benefits .	
Money Follows the Person(MFP)...	70	Check up.....	26
Money Management	70	Organizational Assistance	70
Mortgage Information.....	70	Osborn Home Care.....	40
Mortgage Loan.com.....	70	Osborn Retirement, The.....	52,54
Move Management.....	70	Outpatient Center/Behavioral Health	
Muscular Dystrophy Assoc.....	78	Clinic.....	31
Narcotics Anonymous.....	21,87	Outpatient Center/Medical.....	31
Nathaniel Witherell,The.....	9,62,74	Outpatient Medical/Surgical	
National Eye Care Project	33	Program.....	31
National Family Caregiver Support		Outpatient Services	31,32,33
Program.....	8	PSE (CT Protective Services).....	18,72
National MS Society		Parkinson Disease Support Group	87
CT Chapter.....	78,87	Parks and Recreation, Dept. of	80
National Spinal Cord Injury.....	78	Parish Nurse, First Congregational	
National Academy of Elder		Church of Greenwich	25,31
Law Attorney’s Inc.....	60	Parsonage Cottage	55
National Elder Law Foundation.....	60	Patient Advisory	
National Eye Care Project.....	33	Services, LLC.....	5,7,9,40,88,97
National Spinal Cord Injury		Pathways, Inc.....	56,69,79
Assoc. of CT.....	18	Pavilion House.....	56
Naval Legal Service Office.....	60	PEAPOD.....	28
Neat Center(New England Assistive		Pension Assistants.....	74
Technology.....	78	Perrot Memorial Library	84
Neighbor to Neighbor	25,27	Personal Care Attendant	
New Canaan Inn	54,55,63	Wavier (PCA).....	66
New England Assistive Technology		Personal Emergency Alert..	75,76
(NEAT).....	78		

Personal Financial	
Organizer.....	26,59
Physical & Occupational	
Medicine.....	1,32
Physical Therapy.....	1,9,62,63
Physician Referral Service	31
Place For Mom, A	41,51
Planning and Zoning.....	51
Premier Home Health Serv, Inc....	48
Prescription Drug Program	64
Prime Time Shuttle go to (www.2theairport.com).....	90
Private Housing.....	51
Probate Court.....	61
Prostate Cancer Support Group.....	87
Protective Services	60,71
Psychiatric Outpatient Clinic	31
Public Health Nursing Service...33,47	
Public Housing for Seniors	55
Pulmonary Lab.....	32
Puzzle with Me.....	16
Qualiessence.....	71,88
Quality Care Services	45
Quarry Knoll I & II	55
R.A. Caldwell Co., Inc.	68
RVNA (Ridgefield Visiting Nurse Assoc.....	39,48
Radio (WGCH-am 1490).....	22
Railroad Amtrak/ New Haven.....	91
Recovery Program.....	32
Recreation	79,80
Red Cross, American.....	92
Rehabilitation Services.....	73
Rehabilitation Services at Waveny Care Center.....	74
Relay Captioned Telephone.....	35
Renter's Rebate Program.....	88
Respiratory Care.....	9,10,11
Respite Care.....	9
Retired Men's Assoc.....	81
Retired Senior Volunteer Program Of SWCT.....	95
Retirement Benefits.....	74
Ridgefield Crossings.....	54
Ridgefield Visiting Nurse Assoc.....	39,48
Right At Home.....	14,40,45
River House.....	1,7,9,81,82
Road Scholar.....	83
SCORE.....	95
SNAP.....	26,28
Safety.....	75
Driver.....	75
Home	75
Safetynet by LoJack.....	76
St. Camillus Health Care Center.....	63
St. Catherine of Siena.....	23,81
St. Roch Senior Group.....	81
St. Vincent's Medical Center- Geriatric Assessment Program.....	29
Scofield Manor, Stamford CT.....	54
Service Corps of Retired Executives(SCORE).....	95
Self Help Groups.....	87
Security One Lending.....	70
Self Help Groups.....	21
Senior Advisors.....	54
Senior Center.....	80
Senior Clubs.....	81
Senior Helpers.....	14
Senior Homeowners' Tax Relief Act State Program.....	89
Town Program.....	89
Service Corps of Retired Executives (SCORE).....	95
Services for the Disabled.....	76
Share-the-Fair Taxi Program.....	91
Shelters & Services-CT Protective Services for the Elderly (PSE)	18,72
Shopping.....	27,28
Siena Commission on Aging	23
Silversource, Inc.....	58
Skilled Nursing	4,6,46,62,63
Snap Info Line.....	26
Snow Shoveling.....	13
Social Security Admin.....	74
Social Services.....	17,25
Socialization.....	73,79,81

Socialization For Homebound	73	Television News.....	22
Southwestern CT 24 HR Crisis.....	69	Telephone Service.....	35
Southwestern CT Agency on Aging/ Choices.....	19,58,67,68	Title 19.....	65
Spiritual Guidance.....	31	Town of Greenwich Emergency.....	22
Stamford -Rehabilitation Hosp.....	74	Town of Greenwich Website.....	22
Stamford Health Urgent Care.....	34	Town Tax Relief Program	89
State of CT –		Train.....	91
Financial Crimes Unit.....	19	Transportation	89
Speech-Language		Transportation Association of Greenwich (TAG).....	91
Pathology.....	32,84	Transportation-Medical.....	92
Speech & Language Professionals Inc.....	32,84	Tully Health Center.....	74
Spiritual Care – Gr. Hospital.....	24	UCONN/ Stamford Education.....	84
Stamford VA Primary Care Clinic..	93	US Dept. of Veterans Affairs.....	94
St. of CT Dept. of Social Services, Regional- Ombudsman.....	65	US Dept. Veterans Affairs Medical Center.....	94
ST. of CT, Attorney Gen.....	58	USE (Utilize Senior Energy).....	22
State Dept. of Veteran’s Affairs Home And Hospital.....	94	Under Control.....	71
State Ombudsman.....	65	United Way(Community Answers)....	57
State Tax Relief Program.....	89	Urgent Care.....	34
Statewide Legal Services of CT- Elderly Law	61	VA Connecticut Healthcare System.....	93
Sterling Care.....	4,14,40,45,49	Veterans Benefits.....	92,93
Stroke.....	32	Veteran’s Exemption.....	93
Substance Abuse.....	21	Veteran’s Health Screening & Primary Med Care Clinic.....	34,93
Sunrise Assisted Living.....	54	Veterans Hospital	94
Supermarketing for Seniors.....	27	Veterans Services	92
Supplemental Nutrition Asst. Program (SNAP).....	28	Veterans Tax Exemption.....	89,93
Support Groups.....	85,86	Vial of Life (now File of Life).....	76
Bereavement.....	85	Village at Waveny Care Center	7,9,53,63
Community.....	85	Visitors, Friendly.....	18
National MS Society.....	87	Visits by Phone.....	18
Parkinson’s Disease.....	87	Visiting Angels.....	15,46
Prostate Cancer.....	87	Visiting Nurse & Hospice of Fairfield County.....	41,49,50
Supportive Services.....	87,94	Visiting Nurse & Hospice Care of Southwest CT.....	51
Suicide Prevention.....	19	Vision	30,33
Support & Self-Help Groups.....	85	Vitas Innovative Hospice Care.....	51
Synergy Home Care.....	15,46	Village at Waveny Care Center.....	9,53,63
TAG.....	91		
Tax Assistance	88		
Tax Preparation.....	88		
Tax Relief	88		
Taxi Share-the-Fare Program.....	91		
Telephone Groups.....	18		

Volunteer Program, Family	
Centers Inc.....	94
Volunteer Opportunities.....	94,95
Walk-In- Center for Convenient	
Medical Care.....	34
WGCH (1490 am radio).....	22
Waveny at Home.....	15,46
Waveny Care Center.....	9,53,63
Waveny Care Network.....	53
Waveny Home Health Care.....	49
Weather.....	22
Week-End Lunch Brunch.....	28
Westchester County Dept. of	
Senior Programs and Services...	58
Westmed Medical Group.....	34
Wilbur Peck Court Clinic.....	32
Winter Heating Asst. Program.....	23
Wise Program.....	66
Wormser Congregate Sr.	
Housing.....	54
YMCA.....	81
YWCA.....	19,81
YWCA Domestic Abuse	
Service.....	19

TRANSPORTATION GUIDE FOR GREENWICH SENIORS

2016	Type of Service	Hours	Phone	Reservations	Service Area	Clients	Fees
Call-A-Ride	Door-to-Door	Mon-Fri 9am – 3pm	661-6633	By appointment	Greenwich	60 and over, ambulatory, in Greenwich	None
Access (GEMS)	Door-to-Door	24 hours, 7 days a week	637-2351 or 1-800-608-8267	By appointment or immediate request	Greenwich Stamford - Beyond by request	Non-emergency medical transportation	Call for fees for Ambulance and Wheelchair
TAG	Dial-A-Ride	Mon-Sat. 10:00am-5:00pm	637-4345	By appointment	Greenwich Stamford Norwalk	If disabled: ambulatory or wheelchair	Call for fees
TAG Senior Center Shuttle	Door-to-Door	Mon-Fri 8:30-10 and 2-3:30	637-4345 or 622-3989	Call to schedule daily runs to Senior Center	To and from Greenwich Senior Center only	Senior Center Members	None
TAG EZ Access	Door-to-Door	Mon-Sat 7:00am – 7:00pm	637-4345	By appointment and scheduled runs	Greenwich-Norwalk, $\frac{3}{4}$ mile corridor off public bus route	Ambulatory or wheelchair; must be certified	Call for fees
CT Transit	Fixed Route	Mon-Fri 5:18am-10:30pm Sat 6:04am-9pm Sun 7:28am-9pm	327-7433	Scheduled runs	Stamford-Pt. Chester, Putnam, Sound Beach & Greenwich Avenue	Ambulatory; vehicles can accommodate 3 wheelchairs, no assistance	60 cents for seniors each way
Greenwich Taxi Share-the-Fare	Curb-to-Curb	Mon-Fri 5am-1:30am Sat-Sun 5am-2:30am	869-6000	By appointment	Greenwich	Ambulatory	Call Commission on Aging at 862-6710 to purchase Taxi Vouchers