DIRECTORY OF
AGING and DISABILITY SERVICES
FOR GREENWICH

TOWN OF GREENWICH
COMMISSION ON AGING
299 GREENWICH AVENUE
GREENWICH, CT  06830
(203) 862-6710

January 2013
DIRECTORY OF
AGING AND 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: Lcontadino@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 AND DIRECT LINKS TO SERVICE PROVIDERS
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.
- MANY LISTINGS OF SERVICE PROVIDERS WILL HAVE WEB
  ADDRESS HOT LINKS. CLICK ON THESE FOR DIRECT
  ACCESS TO THEIR HOME PAGES FOR UP-TO-DATE
  INFORMATION ABOUT FEES, HOURS OF OPERATION AND
  ELIGIBILITY GUIDELINES.
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:
Lori Jackson, Chairperson 203-698-0158
Catherine M. Brennan, Vice Chairperson 203-869-0080
Howard “Chip” Serrell, Secretary 203-661-2498
Patricia Burns 203-869-8681
James B. Dougherty 203-869-3085
Karen LaMonica 203-661-0216
Stephanie Paulmeno 203-637-9227

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ADULT DAY CARE

GREENWICH ADULT DAY CARE (GADC)
THE RIVER HOUSE
125 River Road Ext., Cos Cob, CT 06807
203-622-0079 Mon.-Sat., 8:00 a.m. to 4:30 p.m.
Website: www.gadc.org or email for information: lburgweger@gadc.org
For 30 years GADC has created activity-rich days along with health, therapeutic and personal care for seniors with cognitive and/or physical impairments. Their caregivers benefit from precious daytime hours to maintain their own lives and health, which often makes the difference in allowing their loved ones to remain living at home.

Up to six days a week, seniors participate in individualized programs with fully escorted door-to-door wheelchair-accessible transportation in Greenwich and Stamford. Programs include art therapy, music, gardening, word games, current events, book club, and field trips to museums or beaches, plus nutritious meals with fresh fruits and vegetables. Professional staff delivers exercise and maintenance rehabilitative therapies, and coordinates other medical services with the participant’s physicians. A licensed professional social worker offers individual counseling, home visits, and caregiver programs, including Care Plan for Caregivers, caregiver support and early stage Alzheimer’s groups.

A separate program offers 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 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. GADC is a 501 (c)(3) nonprofit organization. FEES: Call the number above for information about fees (subsidies and grants are available).

ADULT DAY PROGRAM AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 06840 203-594-5200
Website: www.waveny.org
Social and therapeutic program with flexible hours Monday through Saturday.

GRASMERE BY THE SEA ADULT DAY SERVICES - The Jewish Home
1 Post Road Fairfield, CT 06824 203-365-6470
Website: www.jhe.org/adultdayservices or email for information emilne@jhe.org
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.
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 Conn. Agency on Aging (SWCAA), 10 Middle Street, Bridgeport CT 06604 800-994-9422
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. 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, in-patient respite to allow the caregiver to take a needed vacation and other services. Contact SWCAA for information.

GREENWICH ADULT DAY CARE (GADC)
THE RIVER HOUSE
125 River Road Ext., Cos Cob, CT 06807 203-622-0079 Mon.-Sat., 8:00 a.m. to 4:30 p.m. www.gadc.org or email for information: lburgweger@gadc.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.

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 06840 203-594-5200
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 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 am to 8 pm.; Fri., 9 am to 5 pm; Sat., 9 am 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 the number above for information.

CONNECTICUT LIFESPAN RESPITE COALITION (CLRC)
2138 Silas Deane Highway, Rocky Hill, CT 06067 860 513-0712; 877-737-1966
Joy Leibeskind: Medical Home Initiative (all ages) and Non Medical Short Break Resources for Kids – Email: CTRESPITE@cox.net
Peaches Quinn, MPH - CLRC Project Administrator; Non Medical Short Break Resources for Adults - 860 247-2572 Email: Peaches@ctrespite.org
The CT Lifespan Respite Coalition is a non profit coalition made up of family caregivers and representatives from public and private organizations who work to actively promote respite care and advocate for family caregivers across the state. Family caregivers should contact CLRC to learn what medical and non medical home respite care (or "short break") services are available and how these can be accessed. CLRC's website provides a comprehensive list of respite care providers as well as educational material for families caring for adult members or parents with special needs children.
FAMILY & CHILDREN’S AGENCY, INC. / HOME CARE PLUS
9 Mott Avenue, 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.  Stipend available to individuals with spinal cord injuries.

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
Southwestern Connecticut Agency on Aging
10 Middle Street, Bridgeport, CT 06604; 800-994-9422,  Fax: 203-696-3866
e-mail: NLombard@SWCAA.org
Provides information and assistance on caregiver issues over the phone.  Provides funding for Respite and Supplemental Services for a loved one over the age of 60 or to caregivers over the age of 60 caring for a loved one aged 18-59 who is NOT the adult child of that caregiver.

HEARTHSTONE ALZHEIMER CARE
95 South Broadway, White Plains, NY 10601  914-684-1980
Website:  www.thehearth.org
Residential Care, Respite and Social Day Programs

THE FOLLOWING FACILITIES OFFER RESPITE CARE IF SPACE PERMITS:
  Brighton Gardens (Stamford)  203-322-2100
  Fairview Health of Greenwich -  203-531-8300
  Greenwich Adult Day Center / The River House -  203-622-0079
  Greenwich Hospital –  203-863-3200
  Greenwich Woods Rehabilitation and Health Care Center –  203-531-1335
  The Mews –  203-869-9448
  The Nathaniel Witherell –  203-618-4200
  Village at Waveny Care Center (New Canaan)  203-594-5200 (Assisted Living)
  Waveny Care Center (New Canaan)  203-594-5200 (Skilled Nursing)

AT HOME IN GREENWICH
139 East Putnam Avenue, Greenwich, CT  06830
203-422-2342
Website:  www.athomeingreenwich.org
Call for information about services for members.
CHORE SERVICES, HOUSEHOLD HELP & ERRANDS

JEWSH FAMILY SERVICES
1 Holly Hill Lane, Greenwich, CT 06830, 203-622-1881 Mon.-Fri., 9:30 am to 5:30 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.

JEWSH 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: Call 203-921-4161 x.110 for information

ADVOCATES AT HOME
1011 Hope Street, Suite 2C, Stamford, CT 203-276-1506
Website: 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.

ALMOST FAMILY
5 Hillandale Avenue, Suite 100, Stamford, CT 06902 203-969-0101, 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

ALWAYS BEST CARE SENIOR SERVICES
15 East Putnam Ave., #238, Greenwich Ct. 06830 203-403-2353
Website: www.abcsouthwestct.com, Email address: swallenstein@abc-seniors.com
Provider of both non-medical in home care plus assisted living placements. Non-medical home care available on hourly or live in basis for all activities of daily living including, light housekeeping, cooking, companion care, transportation, assistance with bathing, dressing, toileting, medication reminders, provided by well screened caregivers who have been thoroughly background, reference checked and insured.

THE BEST HELP, LLC
P.O.Box 2432, Darien, CT 203-520-5608
Non-medical companion/caregiving services. 24h live-in or hourly care. All caregivers are college-educated Eastern Europeans with a good command of English and have a minimum of 2 years' experience in caregiving. A complete background check is performed prior to placement. Insured and bonded.

CHANGING PLACES
508 Palmer Avenue, Mamaroneck, NY 10543, 914-381-1022
Website: www.changingplaces.info
We help you to move, to nail down the details, to weigh the options, to compare service providers, to anticipate loose ends before they unravel. We are with you every step of the way.
COMPASSIONATE CARE COMPANIONS  
The Jewish Home, 175 Jefferson Street Fairfield, CT 06825 203-374-2273  
www.jhe.org/compassionatecarecompanions or email for information d wesley@jhe.org  
Provides home care to elderly individuals throughout Fairfield County. Caregivers fully trained in providing one-on-one care, promotion of independence and well-being of client. Hourly or live-in.  

C & O HELPERS, LLC.  
203-856-6851 Website: www.cohelpers.com  
Full Spectrum of Transitional Moving Services, Green Cleaning, Handyman, Technology Services, Estate Services, Arranging Charitable Donations  

UNDER CONTROL  
5 Pocantico Road, Ossining, NY 10562 914-923-1057  
e-mail: undercontrol@mindspring.com  
Assistance in organizing projects, managing files and papers, planning a move, cataloging possessions for insurance purposes, arranging storage, researching resources. Fee for service.  

COMFORT KEEPERS  
17 Heronvue Road, Greenwich, CT 06831 203-629-5029  
Website: www.comfortkeepers.com; e-mail: Greenwich@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, incidental transportation, personal care, rehabilitation support, hospice support, relief for family care givers. All Comfort Keepers caregivers 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 National Private Duty Association (NPDA) Registered with Connecticut DCP 0000108 FEES: Fee for service.  

COMPANIONS & HOMEMAKERS  
1618 Post Road, Fairfield, CT 06824 800-348-HOME (4663), a 24/7 emergency line  
Website: www.companionsandhomemakers.com; Email: info@elderly-care.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 National Private Duty Association (NPDA) and registered with Connecticut’s Department of Consumer Protection - Register #: HCA.0000101.  

CONSTELLATION HEALTH SERVICES  
14 Westport Avenue, Norwalk, CT 06851 203-845-8000  
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.  

GREENWICH DEPARTMENT OF SOCIAL SERVICES  
HOMEMAKER DEPARTMENT  
Town Hall, Greenwich, CT 06830, 203-622-3801 Mon.-Fri., 8:30 am to 4:30 pm  
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.  

SENIORS HELPING SENIORS  
P.O. Box 113, Cos Cob, CT 06807 203-422-2024  
Website: seniorshelpingseniors.com  
Seniors Helping Seniors in-home services matches seniors who want to provide help with seniors who are looking for help. An innovative, intra-generational companion service that functions exclusively
with and for seniors, they provide: an experienced and credible resource for older adults who want to stay in their own homes, full-range of home care, companion and home maintenance support services from seniors who enjoy helping. Reasonable hourly rates for seniors who want services and reasonable hourly wages to seniors who provide them.

BRIGHT STAR OF GREENWICH/STAMFORD
45 Church Street, Suite 302F, Stamford, CT 06906 203-883-8560, 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 who have gone through detailed interview, national background screening, training, and are certified, bonded and insured. **FEES: Available upon request.**

DAHLIA’S HOME HEALTH CARE AGENCY
646-220-2240
Aides provide one on one service and offer the first 2 hours free of service. Services include: reminder to take medications, recording of vital signs, including pulse and blood pressure, getting to and from medical and other appointments, grocery shopping, meal preparation, bathing, dressing and grooming, short term care after injuries or procedures, long term care for clients with Alzheimer’s disease and other debilitating conditions.

DANIELCARE
188 North Street, Stamford, CT 06901 Phone: 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.**

FAIRFIELD FAMILY CARE
2009 Summer Street Suite 204, Stamford CT 06905 203-295-3477
Website: www.assistinghands.com
Provides quality, reliable non-medical companion/caregiving services either in the home or at a facility. 24 hour live-in or hourly care is available. Will provide a free daily “safety check” phone call. Fully licensed, insured and bonded. A complete background check is done and all caregivers are employees.

FAMILY & CHILDREN'S AGENCY, INC. / HOME CARE PLUS
9 Mott Avenue, 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 via car or wheelchair-accessible van, chore, licensed carpenter, social services and Medical 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. Stipend available to individuals with spinal cord injuries.**

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.**

HOME CARE ON CALL
1720 Post Road East, Suite 213, Westport, CT 06880 203-557-4240
Website: www.homecareoncall.com
**Hours:** Mon - Fri: 9AM - 5PM, Sat: On Call, 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.

**HOME CHOICE SENIOR CARE**
21 Charles St., Suite 212, Westport, CT 06880. Phone: **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. **Fee for service.**

**HOME INSTEAD SENIOR CARE**
128 East Avenue, Norwalk, CT 06851  **203-853-0370**
Website: [www.homeinstead.com](http://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. **Fee for service.**

**LIBERTY HOME HEALTH CARE**
203-622-9060
Website: [www.libertyhhc.com](http://www.libertyhhc.com)
Services include: Meal preparation, Diet Monitoring, Light housekeeping, Errands and shopping, Assistance with transfers, Assistance with mobility and exercise, Personal Care Services, Joyful Companionship, Transportation Services, Respite for Family Caregivers.

**MAXIM HEALTHCARE SERVICES**
40 Richards Ave., Norwalk, CT 06854  **866-297-2436, (Fax) 203-857-0738**
Website: [www.maximhomecare.com](http://www.maximhomecare.com); Email: norwalkctoffice@maxhealth.com
Home health care, intermittent care and companion services that are 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.

**RIGHT AT HOME**
7 Tokeneke Rd., Darien, CT 06820  **203-202-9488**
Website: [www.homecarerah.com](http://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, & insured. Only homecare agency recognized as an AARP Team Employer. **Fee for service.**

**SENIOR HELPERS**
One Stamford Plaza, 9th Fl., Stamford, CT 06901  **203-564-1591**
Website: [www.seniorhelpers.com](http://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. **Fee for service.**

**SMOOTH TRANSITIONS**
203-733-1073
Website: [movingforseniors.com](http://movingforseniors.com)
Whether advising you on how to do it yourself or contracting for complete services, Smooth Transitions can make the whole process easier for the whole family to find a new place, decide what to take, arrange for the move, unpack and have those household "leftovers" shipped, donated, sold or trashed.
STERLING CARE
235 Glenville Road 3rd Floor, Greenwich, CT 06831 203-532-0500, Open 24hrs/day, 7days/wk
Website: www.sterlingcare.com; e-mail: info@sterlingcare.com
A full service home health care agency offering both non-medical and a complete array of medical care and therapy services including visiting nurse services. A holistic agency offering outstanding care, while focusing on the whole person – mind, body and spirit. Goal is to provide the highest quality of life for clients in the comfort and familiar surroundings of their own home or residence. A personalized plan of care is prepared and monitored for each client by a supervising registered nurse. All caregivers are employees who are screened with full backgrounds checks, trained and supervised by nursing staff, bonded and insured. A local family owned independent agency based in Greenwich and licensed by the Connecticut Department of Health. For the difference between a Licensed Home Health Care Agency, a Licensed Homemaker-Companion Agency, a Licensed Homemaker-Home Health Aide Agency and a Registry, see http://sterlingcare.com/Catalog/TheSterlingCareDifference/WhyUseALicensedAgency.
FEES: Available upon request

SYNERGY HOME CARE
76 Progress Drive, Suite 235L, Stamford, CT 06902; 203-661-6969
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.

VISITING ANGELS
1266 E. Main Street, Suite 700 Stamford, CT 06902 203-658-8800
Website: www.visitingangels.com/stamford
Services include companionship, meal preparation, personal care, transportation assistance and errands, assistance with bathing, dressing and toileting, housekeeping, medication reminders and respite relief for in-family caregivers. Dementia care and hospice support available. Experienced caregivers with comprehensive background screening, state and national criminal background checks. Staff is fully bonded and insured. Available hourly or for up to 24-hour live-in care, including holidays and weekends. Clients may interview their caregiver before the service begins. Connecticut Registered – Reg.# HCA.0000692. Fees are available upon request.

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; 800-272-3900
2075 Silas Deane Highway, Suite 100
Rocky Hill, CT 06067

ALZHEIMER’S RESOURCE CENTER
1261 South Main Street, Plantsville CT 06479
860-628-9000, 7 days, 24 hours
Provides state-wide services including treatment for all aspects of Alzheimer’s disease and related dementia, educational services, support groups and family counseling, 120 Beds.

ALZHEIMER’S DISEASE & RELATED DISORDERS ASSOCIATION
1-800-621-0379 (National Office)
ALZHEIMER'S INFOLINE  
1-866-3 MEMORY, 7 days, 24 hours

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 ongoing management led by a board-certified geriatrician.

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.

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; E-mail; 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.

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.

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 out patient 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 available.

FEES: Call 203-388-1600 for more information.

GREENWICH CHAPLAINCY SERVICES  
Website:  www.greenwichchaplaincy.org  
70 Parsonage Road, Greenwich, CT 06830  203-618-4200, ext. 236, 9:00 a.m. to 5:00 p.m.  
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.

GREENWICH DEPARTMENT OF SOCIAL SERVICES  
Town Hall, 101 Field Point Road, Greenwich, CT 06830  203-622-3800  Mon.-Fri., 8:30 - 5:00  
After-hours emergency services through Infoline. Call 211  
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.

JEWSFAMILY SERVICES
1 Holly Hill Lane, Greenwich, CT 06830  203-622-1881 Mon.-Fri., 9:30 a.m. to 5:30 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.

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

MEAD COUNSELING CENTER
139 East Putnam Avenue, Greenwich, CT 06830  203-869-5063 By appointment only
The Mead Counseling Center offers psychotherapy and spiritual guidance for individuals and their families.

DOMESTIC ABUSE
DOMESTIC ABUSE SERVICE
YWCA, 259 East Putnam Avenue, Greenwich, CT 06830
Emergency Phone: 203-622-0003, 24 hours, 7 days a week. Information and non-emergency:
203-869-6501 Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Offers professional and confidential counseling to persons experiencing violence in his/her life. Provides support groups, legal information and emergency shelter.

INSTITUTE ON AGING/ CENTER FOR ELDER ABUSE PREVENTION-The Jewish Home
175 Jefferson Street Fairfield, CT 06825  203-396-1240
Website: www.jhe.org/elderabuseprevention or email for information lsnow@jhe.org
A community-oriented extension of the Home's Mission to empower victims through a 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.

CONNECTICUT PROTECTIVE SERVICES FOR THE ELDERLY (PSE)
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

HEARING IMPAIRED
COMMISSION ON DEAF & HEARING IMPAIRED
www.melissa.dennis@ct.gov  860-231-8756
Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.

**RELAY CONNECTICUT CAPTIONED TELEPHONE SERVICE**
Website: www.relayconnecticut.com/howtogetcaptel; 1-800-743-1219 (Voice TTY)
Free local calling captioned telephone service for persons with hearing loss.

**SUICIDE PREVENTION**

**INFOLINE: CALL 211**
United Way of Connecticut, 1344 Silas Deane Hwy. Rocky Hill, CT 06067
Immediate telephone counseling and suicide intervention provided 24 hours per day consultation on warning signs. Community education services are also available. INFOLINE holds certification from the American Association of Suicidology. **FEES: None**

**F.S. DUBOIS CENTER- (Dept. of Mental Health & Addiction Services)**
Mobile Crisis Services; Call CRISIS # 203-358-8500 for more information.
780 Summer Street, Stamford, CT 06901
Immediate telephone counseling and suicide intervention provided from 8AM- 8PM. **FEES: None**

**SUBSTANCE ABUSE**

**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.

**NARCOTICS ANONYMOUS**
800-627-3543

**THE CAREGIVER RESOURCE CENTER**
PO Box 122, Cos Cob, CT 06807-0122
203-861-9833 Day, evening and weekend appointments are available
**e-mail:** care4you@optonline.net
**Website:** www.CaregiverResourceCenter.com
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 the number above for 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 8AM- 8PM.
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 are available for immediate evaluations. Bilingual staff. **FEES: None**

**THE RECOVERY PROGRAM at Greenwich Hospital**
203-863-4673; 24 hours
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.**
LIBERATION PROGRAMS, INC.
Older Adults Services, 125 Main Street, Stamford, CT 06901 203-356-1980
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: All services are FREE to adults 55 years and older and to family members of those in treatment.

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

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, potluck suppers. Call for information about membership fees.

DISABILITY SERVICES
ADVOCACY ORGANIZATIONS
THE FIRST SELECTMAN’S ADVISORY COMMITTEE FOR PEOPLE WITH DISABILITIES
203-861-3191 – Voice Message Only
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.

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.

**THE CENTER FOR MEDICARE ADVOCACY (800) 262-4414**
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.

**OFFICE OF HEALTHCARE ADVOCATE (OHA) 866-466-4446**
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) 800-842-7303**
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) 800-822-8428**
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 for victims of crime-related expenses to be eligible claimants.

**CONNECTICUT COMMISSION ON HUMAN RIGHTS (CHRO) 800-477-5737**
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.

**DISABILITY SERVICES**
Programs that provide direct services, emotional support, advocacy, and guidance for people who have disabilities to help them to cope more effectively with disability and to 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](http://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 assist individuals to get the most out of their retirement years accessing town services and in pursuing their own interests.

**PATHWAYS, Inc.**
175 Milbank Avenue, Greenwich, CT 06830; 203-869-5656
Website: [www.pathways-greenwich.org](http://www.pathways-greenwich.org)
Pathways is a private, non-profit agency which provides services for adults 21 and above, including senior citizens, 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 provide
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, psychoeducation, 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.

BOARD OF EDUCATION AND SERVICES FOR THE BLIND
184 Windsor Ave., Windsor, CT; 860-602-4000

BRAIN INJURY ASSOCIATION OF CONNECTICUT
200 Day Hill Road, Windsor, CT; 800-278-8242

BUREAU OF REHABILITATIVE SERVICES
1057 Broad Street, Bridgeport, CT; 203-551-5500
1642 Bedford Street, Stamford, CT; 203-251-9430

CONNECTICUT ASSOCIATION OF CENTERS OF INDEPENDENT LIVING (CACIL)
151 New Park, Hartford, CT; 860-656-0430

CONNECTICUT DEPARTMENT OF DEVELOPMENTAL SERVICES
460 Capitol Ave., Hartford, CT; 860-418-6000

DISABILITY RESOURCE CENTER OF FAIRFIELD COUNTY
80 Ferry Boulevard, Stratford, CT; 203-378-6977

DISABILITY RESOURCE NETWORK
1720 Capitol Ave., Bridgeport, CT; 203-212-3330

FSW SERVICES FOR THE DEAF AND HARD OF HEARING
475 Clinton Ave, Bridgeport, CT; 888-676-8554

KENNEDY CENTER, INC.
2440 Reservoir Ave., Trumbull, CT; 203-365-8522

MUSCULAR DYSTROPHY ASSOCIATION; 860-633-4466

NATIONAL MS SOCIETY, CT Chapter; 860-913-2550

NATIONAL SPINAL CORD INJURY ASSOCIATION OF CT; 203-284-1045

NEW ENGLAND ASSISTIVE TECHNOLOGY (NEAT); 866-526-4492
Provides consumers with gently used and re-conditioned durable medical equipment and assistive technology devices.

OFFICE OF PROTECTION AND ADVOCACY; 800-842-7303
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.

VOLUNTARY SERVICES FOR THE BLIND
945 Summer Street, Stamford, CT; 203-324-6611
EMPLOYMENT ASSISTANCE

ABILIS
50 Glenville Street, Greenwich CT 06831; 203-531-1880; FAX, 203.531.9367
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.

USE (Utilize Senior Energy)
Senior Center, 299 Greenwich Avenue, Greenwich, CT 06830; 203-629-8031 Mon.-Fri., 9:30 am to 12:30 pm.
USE is a non-profit employment service for Greenwich residents over 50 years of age seeking employment (part-time and 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

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.

VOLUNTEER OPPORTUNITIES

INTERNATIONAL EXECUTIVE SERVICE CORPS
PO Box 10005, Stamford, CT 06904; 203-967-6000; Mon.-Thu., 8 am-4:15 pm, Fri. 8 am-3 pm.
Recently retired managers are assigned as consultants to projects in developing countries throughout the world. Volunteer and spouse will have their expenses paid while on assignment.

NATIONAL EXECUTIVE SERVICE CORPS
622 Third Avenue, New York, NY 20027-6753; 212-867-5010; Mon.-Fri., 9:00 am to 5:00 pm.
A non-profit organization providing management consultants who are retired executives to other non-profits in the fields of education, health care, social services, cultural and religious organizations.

THE RETIRED SENIOR VOLUNTEER PROGRAM OF S.W.CT
98 South Main Street, Norwalk, CT 06854; 203-899-2442; Mon.-Fri., 8:30 am - 4:30 pm.
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)
24 Belden Avenue, Norwalk, CT 06850; 203-847-7348 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.

THE VOLUNTEER CENTER OF SOUTHWESTERN FAIRFIELD COUNTY
62 Palmer's Hill Road, Stamford, CT 06902; 203-348-7714 Mon.-Fri., 9:00 am - 4:00 pm.
The Volunteer Center recruits and matches volunteer's skills to specific agency requests, conducts training programs designed to make volunteer service more effective and promotes the concept that citizen participation is the strength of a health community.
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. Programs welcoming volunteers include Friendly Connections, The Den for Grieving Kids, Early Childhood Education, the Center for Hope and many more. All volunteers must participate in a registration/orientation process. Training is also provided, where applicable.

A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

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.

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 is a non-denominational organization that provides supplementary food and clothing for families and individuals. Eligibility is determined through referral or documentation of income.
CONNECTICUT MONEY MANAGEMENT PROGRAM
BILL PAYER PROGRAM
Southwestern CT Agency on Aging, 10 Middle Street, Bridgeport, CT 06604
Toll Free: 1-800-811-9808, 203-333-9288
Trained volunteers provide assistance to low-income older and disabled individuals who are at risk because they cannot manage their financial affairs. The volunteers provide help with monthly bill paying, budgeting and record keeping. This program is co-sponsored with AARP.
FEES: None

ON-LINE BENEFITS CHECK-UP
Southwestern Connecticut Agency on Aging
Website: www.SWCAA.org Click on the $ Benefits Check Up icon.

CREDIT COUNSELING
CONSUMER CREDIT COUNSELING
1-800-450-2808
Non-profit statewide community service offers financial counseling, dept management.

ENERGY AND UTILITIES ASSISTANCE

ENERGY ASSISTANCE (CEAP)
Greenwich Department of Social Services, Town Hall, Greenwich, CT 06830
203-622-3800 Mon.-Fri., 8:30 a.m. to 5:00 p.m.
This program is designed to help low-income individuals and families pay their winter heating bills. Cash payments are available for households where heat is included in the rent. Seniors may apply at the Department of Social Services for Federal, State and privately funded energy assistance programs. Applications may also be made at the Senior Center. Hours may vary. Please call for appointment between 9:00 a.m. and 12:00 noon. Income limits vary depending on family size.

TAX RELIEF AND ASSISTANCE

ELDERLY 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.

ELDERLY PROPERTY TAX RELIEF (Town Program)
Town Hall, Tax Assessor’s Office, Greenwich, CT 06830
203-622-7885- Mon.-Fri., 9:00 a.m. to 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 at 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.
ELDERLY RENTERS' TAX RELIEF ACT
Renter's Rebate Program
Greenwich Department of Social Services, Town Hall, Greenwich, CT 06830
203-622-6458 Mon.-Fri., 8:30 a.m. to 5:00 p.m.
This is a program for rent refund for elderly 65 and over or disabled 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 the number above for income information and an appointment.

VETERAN'S TAX EXEMPTION
Veterans who file their DD-214 papers with the Town Clerk prior to October 1st will receive a property tax exemption of 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 at 203-622-7885.

TAX PREPARATION
AARP - INCOME TAX ASSISTANCE PROGRAM
Income tax assistance for elderly and low-income taxpayers is given by persons qualified and trained in income tax preparation. Active service is available from early February until April 15th. Site locations are announced in January. Counseling service is part of AARP Tax Aide/TCE Program. Call the Commission on Aging, 203-862-6710, or the Senior Center, 203-862-6700, for further information. FEES: None

INSURANCE COUNSELING
HEALTH INSURANCE COUNSELING PROGRAM
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.
Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare supplementary health insurance options and/or Medicare Prescription Drug options. FEES: None

CONNECTICUT INSURANCE DEPARTMENT – CONSUMER AFFAIRS
800-203-3447 (toll free), 860-297-3900
Call for information and complaints about all forms of insurance. FEES: None

RETIREMENT AND PENSION ASSISTANCE
THE NEW ENGLAND PENSION ASSISTANCE PROJECT
Toll Free: 1-888-425-6067, or 617-287-7307, npnln@umb.edu
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.

SOCIAL SECURITY ADMINISTRATION
2 Landmark Square, Suite 105, Stamford, CT 06901
866-770-1881 or 1-800-772-1213 Mon.-Fri., 7:00 a.m. to 7:00 p.m.
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.
FOOD ASSISTANCE & NUTRITION SERVICES

HOME DELIVERED MEALS

MEALS-ON-WHEELS
89 Maple Avenue, Greenwich, CT 06830  203-869-1312  Mon.-Fri., 8:00 am - 1:00 pm.
This service provides home delivered, nourishing meals on a regular basis to the ill, disabled,
elderly and others unable to prepare adequate meals for themselves. Anyone can apply and no
financial restrictions or medical referrals are necessary.
FEES:  Call the number above for information.

LUNCHEON PROGRAM

GREENWICH SENIOR CENTER
299 Greenwich Avenue, Greenwich, CT 06830  
203-862-6700  Mon.-Fri., 9:00 a.m. to 4:00 p.m.
Luncheon is served at noon to senior residents of Greenwich over the age of 55. Now available
are “Lunches to Go”. Reservations must be made the day before by calling or coming into the
Senior Center.  FEES:  Call the number above for information.

SUPPLEMENTARY FOOD

NEIGHBOR TO NEIGHBOR
Christ Church – West Annex, 248 East Putnam Avenue, Greenwich, CT  06830
203-622-9208  Mon – Fri 9:00 a.m. to 12:30 p.m. – clients: 8:00 am to 12:30 pm – donations.
Neighbor-to-Neighbor is a non-denominational organization that provides supplementary food
and clothing to families and individuals. Eligibility is determined through referral or
documentation of income.

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

WEEKEND MEALS

WEEKEND LUNCH BUNCH
Greenwich Hospital, Perryridge Road, Greenwich, CT 06830
203-863-3690  Anytime
Meals are offered to seniors Saturday and Sunday, 12-2 pm, in the Greenwich Hospital Cafeteria.

GROCERY SHOPPING SERVICE

JEWISH FAMILY SERVICES
1 Holly Hill Lane, Greenwich, CT 06830  203-622-1881  Mon.-Fri., 9:30 am - 5:30 pm.
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. If you are able, you may go with your
shopper.  This service is available to any Greenwich resident 60 years or older.
FEES:  None. Donations accepted.
HEALTH, MENTAL HEALTH & LONG TERM CARE

ALZHEIMER’S DISEASE/DEMENTIA (See Also – Long Term Care)

ALZHEIMER'S ASSOCIATION
Website:  www.alzct.org; 1-866-3 MEMORY Toll-Free Phone
Fairfield County Chapter Connecticut Chapter
10 Wall St., 279 New Britain Road, Kensington
Norwalk, CT 06850 CT, 06037

ALZHEIMER’S RESOURCE CENTER
1261 South Main Street, Plantsville CT 06479
860-628-9000, 7 days, 24 hours
Provides state-wide services including treatment for all aspects of Alzheimer’s disease and related dementia, educational services, support groups and family counseling, 120 Beds.

ALZHEIMER’S DISEASE & RELATED DISORDERS ASSOC.
1-800-621-0379 (National Office)

ALZHEIMER’S INFOLINE
1-866-3 MEMORY, 7 days, 24 hours

GREENWICH ADULT DAY CARE (GADC)
THE RIVER HOUSE
125 River Road Ext., Cos Cob, CT 06807 203-622-0079 Mon.-Sat., 8:00 am - 4:30 pm.
Website: www.gadc.org or email for information: lburgweger@gadc.org
GADC offers 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 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.

THE VILLAGE AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 06840
203-594-5200
Website: www.waveny.org

GREENWICH HOSPITAL ACUTE CARE
OUTPATIENT AND COMMUNITY SUPPORT SERVICES

CANCER HELPLINK
1-800-862-3755 Mon.-Fri., 8:00 a.m. to 7:00 p.m.
Cancer HelpLink offers information on cancer screenings, seminars and services. Questions are answered by a registered oncology nurse. FEES: None
CARDIAC CONDITIONING AT THE HEALTHY LIVING CENTER
Greenwich Hospital Center for Wellness and Preventive Medicine
203-863-4278 Mon.-Fri. (call for hours)
The cardiac conditioning program is designed for individuals diagnosed with coronary artery disease and those who are at high risk for heart disease. A true wellness program focusing on exercise, diet modification, and stress management. FEES: None

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.)
Greenwich Hospital's Center for Healthy Aging offers a wide range of programs designed to enhance the quality of life for older adults and their families. Professional clinical services and consultations are offered in several areas, including a memory evaluation, caregiving consultations, geriatric assessments, medication interactions and geriatric psychiatry. The Center works closely with the hospital's new ACE (Acute are for the Elderly) Unit for older patients who need specialized attention during their inpatient visits. Individuals may be referred to the center by their family physician, family members, a concerned friend, social service agencies or other health care providers. The Center also offers a resource library and its popular GENERATIONS program, which provides a variety of educational seminars to members age 50 and older. Learn more about the center by calling 203-863-4373. FEES: Call for specific information.

HEARING, SPEECH AND LANGUAGE CENTER
203-863-3240 Call for appointment
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: Sliding scale. Medicare/Medicaid coverage, if approved.

GREENWICH HOSPITAL HOME HOSPICE PROGRAM
203-863-3883
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.

LIONS LOW VISION CENTER
Sherman & Gloria H. Cohen Pavilion, 77 Lafayette Place, 3rd Floor, Greenwich CT 06830
203-863-3984, by appointment
The Lions Low Vision Center, a low-cost service, offers practical solutions and makes life easier for people learning to live with vision loss. The Center is open to residents throughout the region, by physician referral. The Center is a joint project of Greenwich Health at Greenwich Hospital, the Lions Low Vision Centers of Fairfield County and the Lions Club of Greenwich.
FEES: Medicare accepted

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.)
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, and dental services at reduced fees. Our Behavioral Health Clinic provides diagnostic services, crisis management, emergency intervention and ongoing treatment. These services are provided by our staff of psychiatrists, social workers, a psychologist and a clinical psychiatric nurse specialist.
FEES: Sliding Scale. Medicare, Medicaid, and/or insurance coverage, if approved.
OUTPATIENT CENTER - MEDICAL CLINIC
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, and dental 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
203-863-4357
This "All-in-a-Day" program allows patients, judged 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
203-863-DOCS  Weekdays 8:30 a.m. to 4:30 p.m.
This service can match you with a local doctor to suit your specific needs.

RESPIRATORY CARE
203-863-3170  Mon.-Fri., 9:00 a.m. to 3:00 p.m.
A recognized pulmonary physiology section offers diagnostic studies and treatment for inpatients and outpatients. **FEES: Sliding scale. Medicare and insurance coverage, if approved.**

STROKE TEAM
203-863-3290  Call for time
The team coordinates rehabilitative services (medical, nursing, physical/occupational therapy, language/speech pathology, and social services) for stroke patients. **FEES: None**

THE RECOVERY PROGRAM
203-863-4673  24 hours
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.**

PRIVATE PHYSICIAN PRACTICE - The Jewish Home
175 Jefferson Street Fairfield, CT 06825 203-365-6473
Website: www.jhe.org/physicianservices
Physicians are available to meet the geriatric needs of Residents at the Home and anyone in the community.
GERIATRIC ASSESSMENT

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 an interdisciplinary team that includes 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.

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 ongoing management led by a board-certified geriatrician.

HEALTH CLINICS

GREENWICH DEPARTMENT OF HEALTH
Town Hall, 101 Field Point Road, Greenwich, CT 06836 203-622-7854 (for information)
Website: www.greenwichct.org/HealthDept
Senior health services are provided currently at six clinic sites: The Senior Center, Agnes Morley Heights, McKinney Terrace, Quarry Knoll, Parsonage Cottage and St Paul's Lutheran Church in Byram. Clinics are designed to help seniors maintain wellness through review of health history and counseling. Information about medications, safety measures, high blood pressure, diet, exercise and chronic illnesses is provided. Hypertension screening and immunization clinics are conducted at the Town Hall office of the Department of Health on Monday, Wednesday and Friday from 2:30 to 3:30. Referrals to health care providers or support agencies may be provided as needed. FEES: No fee for screenings. Call for fee schedule on vaccines.

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 led by a board-certified geriatrician.

NATIONAL EYE CARE PROJECT
655 Beach Street, San Francisco, CA 94109-1336 1-800-222-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.
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.

MEDICATION REVIEW
The Center for Healthy Aging, Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-4373 (M-F: 8:45am – 4:45pm)
Learn more about the medications and supplements you take and receive a personalized medication profile. Bring in a list (or the medications themselves) of your prescription drugs, over-the-counter remedies, herbs and other vitamin/mineral supplements. Our clinical pharmacologist will give you a comprehensive explanation of how these substances work and any side effects you should watch for, including allergic responses, and alcohol or drug-herbal interactions. **FEES:** Call for specific information.

VETERAN’S HEALTH SCREENING AND PRIMARY MEDICAL CARE CLINIC
Stamford Hospital, 191 Broad Street, Stamford, CT 06902; 1-888-844-4441
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

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 4:00p.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:** Exam fee plus x-ray/lab fees. Medicare accepted.

DENTAL CLINIC
FRANKLIN STREET COMMUNITY HEALTH CENTER
203-969-0802 x.2216; Website: www.chc1.com
Must be age 60 or over with no dental insurance and need oral care. Call for information.

HEALTH TRANSPORTATION SERVICES
ACCESS AMBULANCE COMPANY, INC.
1111 East Putnam Avenue, Riverside, CT 06878 203-637-2351 for information
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.

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.
MEDICAL FINANCIAL ASSISTANCE

CONNMAP (Connecticut Medicare Assignment Program)
25 Sigourney Street, Hartford, CT 06106
1-800-443-9946, 860-424-4925 Mon.-Fri., 8:30 a.m. to 4:30 p.m.
ConnMAP assures that participants are charged no more than the reasonable and necessary rates approved by Medicare for Medicare-covered services. Applicants must meet income guidelines.

MEDICAID/TITLE 19
1-866-663-9300 or 203-251-9300

MEDICARE PART D COUNSELING AND ASSISTANCE
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.
Call to arrange a personal and confidential meeting with a volunteer counselor to review your Medicare Part D Prescription Drug options. FEES: None

MEDICARE/MEDICAID

MEDICARE
Social Security Administration, 2 Landmark Square, Suite 105, Stamford, CT 06901
866-770-1881 or 1-800-772-1213 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.

COUNSELING: Greenwich residents, call 203-862-6710. 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 1-800-994-9422.

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.

CENTER FOR MEDICARE ADVOCACY, INC.
P.O. Box 350, Willimantic, CT 06226 1-800-262-4414
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.

STATE OF CONNECTICUT - DEPT. OF SOCIAL SERVICES – REGIONAL OMBUDSMAN
1057 Broad Street, Bridgeport, CT 06106 203-551-5530 Mon.- Fri., 8:30 am – 4:30 pm.
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.

PERSONAL CARE ATTENDANT WAIVER (PCA)
DSS Social Work Services; Bridgeport Office; 203-551-2706; Stamford Office; 203-251-9392
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); 866-548-0265
Operated by the Dept. of Mental Health & Addiction Services. For people with serious & persistent mental illness who meet additional eligibility criteria.

MEDICAID (Title XIX)
1-866-663-9300 or 203-251-9300
A state and federally funded needs based program that provides health coverage for low income seniors 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
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.

MEDICARE SUPPLEMENTAL INSURANCE/LONG TERM CARE INSURANCE

HEALTH INSURANCE COUNSELING PROGRAM
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

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, 1-800-994-9422

MEDICAID TITLE 19
1-866-663-9300 or 203-251-9300

MENTAL HEALTH HOTLINES & SERVICES

Southwestern Connecticut 24-Hour Crisis Intervention Line; 800-586-9903
DuBois Center Crisis Hotline; 203-358-8500

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 are 21 and above, including senior citizens, 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 provide 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, psychoeducation, 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); 241 Main Street, 5th Floor, Hartford, CT; 800-215-3021
• Optimus Behavioral Health; Bridgeport (Outpatient); 203-333-6864
• 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

LONG TERM CARE

FAIRVIEW HEALTH OF GREENWICH
1188 King Street, Greenwich, CT 06831 203-531-8300
Fairview Health of Greenwich is a privately owned Skilled Nursing Facility (SNF) that provides physical, occupational and speech therapies for short-term rehabilitation patients. Residential and respite care also available with related therapies for residents. Fairview Health of Greenwich has 75 skilled nursing beds both private and semi-private. Individual attention provided through a formal Hospitality program in a small, homelike setting with enclosed courtyard and garden. Extensive recreation program. Pre and post-home visits to tailor therapy at home. Outpatient rehabilitation. Medicaid/Medicare approved.

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 is a privately owned rehabilitation and skilled nursing facility (SNF) with 217 beds. Our dedicated 33 bed rehabilitation unit offers physical, occupational and speech therapy up to 7 days a week either in-patient or outpatient. We also offer a 33 bed secured dementia unit for residents who have Alzheimer's disease and related disorders. Our licensed professional staff includes an APRN (Advanced Practice Registered Nurse), social workers, recreational therapists, dieticians and our physical, occupational and speech therapists. Both private and semi-private accommodations are available. Medicare/Medicaid certified.

THE NATHANIEL WITHERELL
70 Parsonage Road, Greenwich, CT 06830 203-618-4232
http://www.greenwichct.org/NathanielWitherell/NathanielWitherell.asp
Contact: Swelsh@Witherell.org
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.
NURSING HOMES IN NEIGHBORING COMMUNITIES

KING STREET NURSING HOME
787 King Street, Rye Brook, NY 10573  914-937-5800
A family owned and operated skilled nursing facility (SNF) with 120 beds on 10 acres on the Greenwich, Connecticut/New York state line. Provides Short Term Rehab and Long Term Care. State of the art rehabilitation center, personalized treatment plans (includes PT, OT & Speech Therapy), experienced in Orthopedics, Neurology, Pulmonary, Post Surgical, Cardiac Rehabilitation & Pain Management. Alzheimer’s/Dementia and Hospice.

DARIEN HEALTH CARE CENTER
599 Boston Post Road, Darien, CT 06820  203-655-7727
Darien Health Care Center is a privately owned 120 bed skilled nursing facility. The facility offers 24-hour skilled nursing care, medical services, rehabilitative treatment and activity programs to maximize functional ability and independence for its residents.

THE JEWISH HOME
175 Jefferson Street Fairfield, CT 06825  203-365-6483
Website: www.jhe.org or email for information lockwood@jhe.org
The skilled nursing and short-term rehabilitation facility has been serving the community for 39 years with an unparalleled level of quality and personalized care. Provides specialized Alzheimer’s and dementia care, outpatient rehab, as well as a full range of home care and companion services in client’s homes throughout Southwestern Connecticut.

LONG RIDGE OF STAMFORD
710 Long Ridge Road, Stamford, CT 06902  203-329-4026
Long Ridge is a privately owned 120 bed skilled nursing facility, and offers 24-hour skilled nursing care, medical services, rehabilitative treatment and activity programs to maximize functional ability and independence for its residents.

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.

SMITH HOUSE HEALTH CENTER
88 Rockrimmon Road, Stamford, CT 06902  203-322-3428 or 203-977-4709
Smith House Health Center is a 128 bed skilled nursing (SNF) facility owned by the City of Stamford. It provides residential care with recreational, physical and occupational therapy on a 13-acre facility in North Stamford. Medicaid/Medicare certified. Admission requirement of current or past Stamford residency that may be met by the applicant or a relative.

WAVERLY CARE CENTER
3 Farm Road, New Canaan, CT 06840  203-594-5200
Waveny Care Network’s high-quality continuum of healthcare services, programs and facilities are offered to older adults from any location.

CONNECTICUT LONG TERM CARE OMBUDSMAN
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.
MONEY FOLLOWS THE PERSON

MFP Unit at Connecticut Department of Social Services; 888-992-8637
A Federally funded initiative that 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 applies however, an individual must be institutionalized for at least three months and must be on or eligible for Medicaid.

REHABILITATION SERVICES

GREENWICH WOODS REHABILITATION & HEALTH CARE CENTER
1165 King Street, Greenwich, CT 06831  203.531.1335 - Contact: Lisa Crawford
Website: www.greenwichwoods.com  Email: greenwichwoods@aol.com
Greenwich Woods is a privately owned rehabilitation and skilled nursing facility (SNF) with 217 beds. Our dedicated 33 bed rehabilitation unit offers physical, occupational and speech therapy up to 7 days a week either in-patient or outpatient. We also offer a 33 bed secured dementia unit for residents who have Alzheimer's disease and related disorders. Our licensed professional staff includes an APRN (Advanced Practice Registered Nurse), social workers, recreational therapists, dieticians and our physical, occupational and speech therapists. Both private and semi-private accommodations are available. Medicare/Medicaid certified.

THE NATHANIEL WITHERELL
70 Parsonage Road, Greenwich, CT 06830  203-618-4232
http://www.greenwichct.org/NathanielWitherell/NathanielWitherell.asp
Contact: Swelsh@Witherell.org
The Nathaniel Witherell offers inpatient short-term rehab/sub-acute care. In FY 2005-06, 85% of admissions were for short-term rehab affording 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.

BURKE REHABILITATION CENTER
785 Mamaroneck Avenue, White Plains, NY 10605
914-948-0050 Mon.-Fri., 9:00 am –5:00 pm.
Burke offers inpatient services for persons with amputations, burn injuries, cardiac disorder, stroke, spinal cord injury, head trauma, pulmonary disease, arthritis, orthopedic disabilities and neurological disorders including Parkinson's disease, Multiple Sclerosis and Guillain-Barre syndrome. Burke provides outpatient services for these same disorders (excluding burns) as well as for dementia, speech and hearing problems.

THE JEWISH HOME & GOLDSTEIN REHABILITATION CENTER
175 Jefferson Street Fairfield, CT 06825  203-365-6483
Website: www.jhe.org or email for information llockwood@jhe.org
The skilled nursing and short-term rehabilitation facility has been serving the community for 39 years with an unparalleled level of quality and personalized care. Provides specialized Alzheimer’s and dementia care, outpatient rehab, as well as a full range of home care and companion services in client’s homes throughout Southwestern Connecticut.
OUTPATIENT REHABILITATION THERAPY - The Jewish Home
One Post Road Fairfield, CT 06825  203-365-8454
Website:  www.jhe.org/outpatienttherapy or email for information
outpatienttherapy@jhe.org
Outpatient Physical, Occupational and Speech therapy services focus on assisting clients to
achieve their highest level of independence and functional ability.

KING STREET NURSING HOME
787 King Street, Rye Brook, NY 10573  914-937-5800
A family owned and operated skilled nursing facility (SNF) with 120 beds on 10 acres on the
Greenwich, Connecticut/New York state line. Provides Short Term Rehab and Long Term Care.
State of the art rehabilitation center, personalized treatment plans (includes PT, OT & Speech
Therapy), experienced in Orthopedics, Neurology, Pulmonary, Post Surgical, Cardiac

REHABILITATION CENTER OF SOUTHWESTERN CT
26 Palmer's Hill Road, Stamford, CT 06902  203-325-1544
Tues., Wed., Thurs., 10:00 a.m. to 2:00 p.m.
An adult day care program that helps participants to achieve and/or maintain independence.
Professional staffing provide a full recreational environment including horticulture therapy in the
center's greenhouse. The program offers interaction with other therapeutic disciplines including
physical therapy, occupational therapy, cognitive rehabilitation, speech, vocational services and
psychological counseling.

LONG RIDGE OF STAMFORD
710 Long Ridge Road, Stamford, CT 06902  203-329-4026
Long Ridge offers skilled nursing and rehabilitation therapy services to individuals needing long
and short-term care. Professional services include hospice services, physical therapy, speech
therapy, occupational and respiratory therapy, wound management, and a specialized
rehabilitation program for stroke, orthopedics or amputation.

STAMFORD - REHABILITATION HOSPITAL
128 Strawberry Hill Avenue, Stamford, CT 06904  203-353-2233 –Mon.-Sun. 24 HRS
Stamford Rehabilitation Hospital offers a wide range of in-patient services, including physical
and occupational therapy, speech therapy and provides social and psychological counseling.

WAVENY CARE NETWORK
3 Farm Road, New Canaan, CT 06840  203-594-5200
Website:  www.waveny.org
Waveny Care Network provides a comprehensive continuum of care to serve the growing needs
of older adults from all areas. Waveny is a not-for-profit organization that offers independent
living at New Canaan Inn, assisted living for people with Alzheimer’s and memory loss at The
Village, and skilled nursing at Waveny Care Center. It also includes the Brown Geriatric
Evaluation Clinic, a Geriatric Care Management team that provides 24-hour coverage, an Adult
Day Program available six days a week with flexible hours and transportation from New Canaan,
Stamford, Norwalk, Darien and Wilton, inpatient and outpatient Rehabilitation Services, and
respite and hospice care programs at The Village and Care Center.

AMERICAN CANCER SOCIETY
372 Danbury Rd., Wilton, CT 06878;  1-800-227-2345 (toll free),  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.

**MEDICAL EQUIPMENT AND SUPPLIES**

**AMERICAN CANCER SOCIETY**  
372 Danbury Rd., Wilton, CT 0687 1-800-227-2345 (toll free), 203-563-0740  
**Website:** [www.cancer.org](http://www.cancer.org)  
**Wig Bank:** The American Cancer Society maintains a wig bank in our Wilton Connecticut office. Cancer patients who are actively in treatment can receive up to two brand new wigs for free. **Call for an appointment.**

**LOAN CLOSET – AMERICAN RED CROSS**  
99 Indian Field Road, Greenwich, CT 06830 203-869-8444 Mon.-Fri., 9 am - 5 pm  
The Red Cross Loan Closet will loan small medical equipment such as wheelchairs, crutches, canes and commodes. **FEES:** None

**DIAMOND POINT DIABETIC SUPPLIES, INC.**  
888-349-6436 **Website:** [www.diamondpointds.com](http://www.diamondpointds.com)  
Diamond Point is a Durable Medical Equipment supplier that specializes in diabetic supplies. They provide in-home/on-site personal care.

**VETERAN’S SERVICES**

**STATE DEPARTMENT OF VETERANS' AFFAIRS HOME AND HOSPITAL**  
287 West Street, Rocky Hill, CT 06067 860-529-2571 24 hours  
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.
# HOME CARE AGENCY GUIDE

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<th>CT DOH-Licensed Agency</th>
<th>Non-DOH-Licensed Agency</th>
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## 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 so, ask to see it. A State Department of Health license indicates professional oversight. 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? What is the agency’s quality assurance program?
- Only a Certified Home Health Aide may provide hands-on care to a patient, and in a licensed agency this care is required to be supervised by a Registered Nurse every 14 days.

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?
- Does the agency have agreements with insurance companies, the VA or the Connecticut Home Care Program for Elders for reimbursement of services?
- 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

CONNECTICUT HOME CARE PROGRAM FOR ELDERS (CHCPE)
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.

SENIOR CHOICE AT HOME® - The Jewish Home
175 Jefferson Street Fairfield, CT 06825 203-364-6491
Website:  www.jhe.org/seniorchoiceathome
E-mail for information seniorchoiceathome@jhe.org
Senior Choice at Home® is designed to provide protection for individuals who wish to remain in their home, ensure their care and protect their assets as their healthcare needs change. It is a membership based program that uniquely combines the most important features of long-term care management and services into one comprehensive plan.

SKILLED NURSING SERVICES

BAYADA NURSES
200 Connecticut Avenue, Norwalk, CT 06851 203-854-5100 24 hours a day, 7 days a week
Website:  www.bayada.com
A full-service home care agency – Skilled Nurses, PT, OT and Speech Therapists, CNAs and Home Health Aides. Medicare, Medicaid, Managed Care and Private Patients.

CONNECTICUT VNA
535 Connecticut Ave., Norwalk, CT 06854 1-888-482-8862 (toll-free), 203-831-8882
Greenwich satellite office 203-537-1393
Website:  www.connecticutvna.org
Connecticut VNA is a full service home care agency specializing in telemonitoring for cardiac and CHF patients and advanced wound care techniques.

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, 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. Call for a free phone consultation.

DANIELCARE, LLC
188 North Street, Stamford, CT 06901 Phone: 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.

MASONICARE HOME HEALTH & HOSPICE
535 Connecticut Avenue, Norwalk, CT 06854 888-679-9997
Website: www.masonicare.org
Masonicare Home Health & Hospice is a non-profit Medicare-certified, state licensed provider of home health and hospice care for clients in Connecticut. Through Masonicare Home Health & Hospice, a wide range of services are available, from skilled nursing care and rehabilitation to wound care and hospice care in the privacy and comfort of your home.

PREMIER HOME HEALTH CARE SERVICES, INC.
777 Summer Street, Suite 401, Stamford, CT 203-323-3000 Open 24hrs/day, 7 days/wk.
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 & 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. * Lifeline Medical Alert & Electronic Medication Management Services also available.

PRIVATUS CARE SOLUTIONS
15 Valley Drive, Greenwich, Ct 06831 203-742-1392 or toll free 877-847-5036 24 hrs. /day 7 days/wk.
Website: WWW.Privatuscare.com
A Licensed Private Care Company providing exceptional care for the discerning client since 2005. Our mission is to support lifestyle choice and personal preferences for those facing healthcare and/or aging issues. Services include Nursing Care (including travel nursing), Certified Nurse Aides (CNA), Physical Therapy, and Care Management. Whether providing 24/7 nursing at home as an alternative to a rehab or CNA assistance for safety supervision and household tasks, we customize a plan specifically for you and pay close attention to the details. Either for temporary needs or for ongoing care, our level of customer service is second to none. Call our nurse manager at any time to discuss details or to arrange a consultation.

ROY AND ALINE FRIEDMAN HOMECARE AGENCY, The Jewish Home
175 Jefferson Street Fairfield, CT 06825 203-396-1136
Website: www.jhe.org/medicalhomecare or email for information dwesley@jhe.org
In coordination with the client’s physician, develops a plan of care that promotes restoration of health and independence during an illness or following an injury or surgical procedure in his or her home setting. Also works with individuals who are facing challenges meeting the physical demands of daily living and would benefit from skilled care in their homes.

STERLING CARE, LLC
235 Glenville Road 3rd Floor, Greenwich, CT 06831 203-532-0500, Open 24hrs/day,7days/wk
Website: www.sterlingcare.com; e-mail: info@sterlingcare.com
A full service home health care agency offering both non-medical and a complete array of medical care and therapy services including visiting nurse services. A holistic agency offering outstanding care, while focusing on the whole person – mind, body and spirit. Goal is to provide
the highest quality of life for clients in the comfort and familiar surroundings of their own home or residence. A personalized plan of care is prepared and monitored for each client by a supervising registered nurse. All caregivers are employees who are screened with full backgrounds checks, trained and supervised by nursing staff, bonded and insured. A local family owned independent agency based in Greenwich and licensed by the Connecticut Department of Health. For the difference between a Licensed Home Health Care Agency, a Licensed Homemaker-Companion Agency, a Licensed Homemaker-Home Health Aide Agency and a Registry, see: http://sterlingcare.com/Catalog/TheSterlingCareDifference/WhyUseALicensedAgency.

Sterling’s Telehealth services provide home safety and wellness monitoring equipment. Sterling delivers, installs, services and monitors in-home and mobile personal emergency response systems and automatic pill dispensers.

GREENWICH DEPARTMENT OF HEALTH, DIVISION OF FAMILY HEALTH
HOME HEALTH MAINTENANCE PROGRAM
Town Hall, 101 Field Point Rd., Greenwich, CT 06830 203-622-7859 Mon.-Fri., 8 to 4
Website: www.greenwichct.org/HealthDept
Periodic nursing assessments and monitoring of individuals with chronic health problems are provided in clients' homes. Medications are prepared for self-administration. Care is coordinated with the clients, family, physician and other social service agencies. In addition, public health nurses give advice on self-care, provide supportive services for departmental and community, preventive health programs, and set up special immunization services. FEES: Sliding scale.

GREENWICH NURSING AND HEALTH CARE REGISTRY
360 West Putnam Avenue, Greenwich, CT 06830, 203-869-4050, Open 24hrs/day,7days/wk
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.

NON-MEDICAL HOME CARE AGENCIES

ADVOCATES AT HOME
1011 Hope Street, Suite 2C, Stamford, CT 203-276-1506
Website: 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.

ALMOST FAMILY
5 Hillandale Avenue, Suite 100, Stamford, CT 06902 203-969-0101, 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

ALWAYS BEST CARE SENIOR SERVICES
15 East Putnam Ave., #238, Greenwich Ct. 06830 203-403-2353
Website: www.abcsouthwestct.com, Email address: swallenstein@abc-seniors.com
Provider of both non-medical in home care plus assisted living placements. Non-medical home care available on hourly or live in basis for all activities of daily living including, light housekeeping, cooking, companion care, transportation, assistance with bathing, dressing, toileting, medication reminders, provided by well screened caregivers who have been thoroughly background, reference checked and insured. Assisted living placements and advice available free of charge. This service is provided mainly to seniors who prefer to find comfortable residence at home.
accommodations when their preference is to no longer live at home. We are available to meet with the client and their families to suggest some options available and then assist them to visit the appropriate communities.

ALWAYS THERE HOME CARE
1035 South Main Street, Cheshire, CT 06410  1-800-348-0485
Website:  www.alwaystherehomecare-ct.com
Provides live in care at home for seniors, including personal care, companionship services, light housekeeping, errands and transportation. Supervised by an RN, and all caregivers and CNAs are screened, insured and bonded employees with valid drivers licenses and excellent command of the English language. Care is also available for clients in hospitals, rehabilitation facilities, assisted living and hospice. Free assessments are given, along with free handyman services. Also coordinates care services and facilitates communication between health care providers, clients and their families.

THE BEST HELP, LLC
P.O.Box 2432,Darien,CT  203-520-5608
Non-medical companion/caregiving services. 24h live-in or hourly care. All caregivers are college-educated Eastern Europeans with a good command of English and have a minimum of 2 years' experience in caregiving. A complete background check is performed prior to placement. Insured and bonded.

BRIGHT STAR OF GREENWICH/STAMFORD
45 Church Street, Suite 302F, Stamford, CT 06906  203-883-8560,  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, 27/7 live phone. All employees are experienced who have gone through detailed interview, national background screening, training, are certified, bonded and insured.

CARE ON CALL, INC.
253 East Putnam Avenue, Greenwich, CT 06830  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.

COMFORT KEEPERS
17 Heronvue Road, Greenwich, CT 06831  203-629-5029
Website: www.comfortkeepers.com; e-mail:Greenwich@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, incidental transportation, personal care, rehabilitation support, hospice support, relief for family caregivers. All Comfort Keepers caregivers 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 National Private Duty Association (NPDA) Registered with Connecticut DCP 0000108  FEES: Fee for service.

COMPANIONS & HOMEMAKERS
1618 Post Road, Fairfield, CT 06824   800-348-HOME (4663), a 24/7 emergency line
Website: www.companionsandhomemakers.com; Email: info@elderly-care.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 National Private Duty Association (NPDA) and registered with Connecticut’s Department of Consumer Protection - Register #: HCA.0000101.

**DAHLIA’S HOME HEALTH CARE AGENCY**
646-220-2240
Aides provide one on one service and offer the first 2 hours free of service. Services include: reminder to take medications, recording of vital signs, including pulse and blood pressure, getting to and from medical and other appointments, grocery shopping, meal preparation, bathing, dressing and grooming, short term care after injuries or procedures, long term care for clients with Alzheimer’s disease and other debilitating conditions.

**EURO HOMECARE, LLC.**
17 Pierce Street, Plainville, CT 06062  860-793-9944
53 River St., Unit 6, Milford, CT  06460  203-283-9425
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.

**FAIRFIELD FAMILY CARE**
2009 Summer Street Suite 204, Stamford CT 06905  203-295-3477
Website: www.assistinghands.com
Provides quality, reliable non-medical companion/caregiving services either in the home or at a facility. 24 hour live-in or hourly care is available. Will provide a free daily “safety check” phone call. Fully licensed, insured and bonded. A complete background check is done and all caregivers are employees of Fairfield Family Care.

**FAMILY & CHILDREN’S AGENCY, INC. / HOMECARE PLUS**
9 Mott Avenue, Norwalk, CT 06850  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 via car or wheelchair accessible van, chore, licensed carpenter, social services, and Medical Alert emergency response system. All staff thoroughly referenced, extensive 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 seniors (over 60) and a sliding scale is available for Lifeline services. Stipend available to individuals with spinal cord injuries.

**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.

**GREENWICH DEPARTMENT OF SOCIAL SERVICES/HOMEMAKERS**
Town Hall, 101 Field Point Rd., Greenwich, CT 06830, 203-622-3801 M-F, 8:30 - 4:30
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**
1720 Post Road East, Suite 213, Westport, CT 06880  203-557-4240
Website: www.homercareoncallct.com
Hours: Mon - Fri: 9AM - 5PM, Sat: On Call, 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.

**HOME INSTEAD SENIOR CARE**  
128 East Avenue, Norwalk, CT 06851  **203-853-0370**  
**Website:** [www.homeinstead.com](http://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.

**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](http://www.ctjfs.org)  
Services include the Home Companion Program, Case Management, Geriatric Counseling and Volunteer Services.

**LIBERTY HOME HEALTH CARE**  
203-622-9060  
**Website:** [www.libertyhhc.com](http://www.libertyhhc.com)  
Services include: Meal preparation, diet monitoring, light housekeeping, errands and shopping, assistance with transfers, mobility and exercise, personal care services, companionship, transportation, respite for family caregivers, Home Health Aide, Certified Nurses Aide, companion, sitters, hospital sitters, affordable around the clock care, hourly, 12 hours, 24hr live-in care, days, evenings, holidays.

**LOVING CARE, INC**  
203-268-5400  
**Website:** [www.lovingcare.com](http://www.lovingcare.com)  
Offers reasonable rates for both long and short term care in one's own home or in a facility. Service and availability twenty-four hours a day, seven days per week.

**MAXIM HEALTHCARE SERVICES**  
40 Richards Ave., Norwalk, CT 06854  **866-297-2436**, (Fax) 203-857-0738  
**Email:** norwalkctoffice@maxhealth.com  
**Website:** [www.maximhomecare.com](http://www.maximhomecare.com)  
Home health care, intermittent care and companion services that are comforting, safe and secure. Caregivers are licensed, bonded, insured and undergo a thorough and extensive interview process. Maxim’s clinical managers supervise and evaluate cases to ensure complete satisfaction.

**RIGHT AT HOME**  
7 Tokeneke Rd., Darien, CT 06820  **203-202-9488**  
**Website:** [www.homecarerah.com](http://www.homecarerah.com)  
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.

**SENIOR CHOICE AT HOME**  
175 Jefferson Street, Fairfield, CT 06825  **203-365-6491**  
Provides long-term protection for individuals who want to remain in their own home. Services include: care coordination, transportation to and from medical procedures, an emergency response system, referral services, social programs, home-based care (certified home health aide, companion/homemaker services, live-in assistance, meals, adult day services), assisted living and nursing home care.

**SENIOR HELPERS**  
One Stamford Plaza, 9th Fl., Stamford, CT 06901  **203-564-1591**  
**Website:** [www.seniorhelpers.com](http://www.seniorhelpers.com)
A state registered provider of non-medical live-in or hourly companion, homemaker, and personal care services to seniors. 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. Quality is assured through a customized Care Plan developed for each individual. Senior Helpers caregivers are our employees, are experienced caregivers who have gone through rigorous interview, background screening, skills assessment processes and are certified (personal care), bonded, and insured.

SYNERGY HOME CARE
76 Progress Drive, Suite 235L, Stamford, CT 06902 203-661-6969
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.

VISITING ANGELS
1266 E. Main Street, Suite 700 Stamford, CT 06902 203-658-8800
Website: www.visitingangels.com/stamford
Services include companionship, meal preparation, personal care, transportation assistance and errands, assistance with bathing, dressing and toileting, housekeeping, medication reminders and respite relief for in-family caregivers. Dementia care and hospice support available. Experienced caregivers with comprehensive background screening, state and national criminal background checks. Staff is fully bonded and insured. Available hourly or for up to 24-hour live-in care, including holidays and weekends. Clients may interview their caregiver before the service begins. Connecticut Registered - Reg# HCA.0000692. Fees are available upon request.

ELDERCARE LOCATOR
1-800-677-1116
The Eldercare Locator helps families and friends find information about community services for older people anywhere in the United States and its territories.

A PLACE FOR MOM
866-333-1352 (toll free), 914-238-3344
A free referral service helping families find nursing homes, assisted living, Alzheimer’s care, retirement communities, and home care.

CARETENDERS, 29 Forest Street, Stamford, CT 06901 203-969-0101

INTERIM HEALTH CARE, INC. 800 Summer Street, Stamford, CT 06902 203-977-1553

PERSONALIZED HOME CARE, LTD. 5 Hillandale Av., Stamford, CT 06902 203-348-4292

QUALITY CARE SERVICES, LLC, 599 Riverside Ave., Westport, CT 06880 203-227-2305

STAFF BUILDERS HOME HEALTH CARE, 1010 Summer Street, 1st Floor, Stamford, CT 06905 203-327-2680

SPEECH-LANGUAGE PATHOLOGY

ELEANOR MIRNE, SPEECH-LANGUAGE PATHOLOGY & ACCENT STRATEGIES, 2437 Bedford St. Suite C-6, Stamford, CT 06905 203-613-5103, Fax: 203-356-1889
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 the states of Connecticut and New York.

GERIATRIC CARE MANAGERS AND ASSISTANCE
A geriatric care manager is a health and human services professional, such as a gerontologist, nurse, social worker, accountant or psychologist with a specialized focus on issues related to aging and elder care. Geriatric care managers 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.

NATIONAL ASSOCIATION OF GERIATRIC CARE MANAGERS, INC.
1604 N. Country Club Road, Tucson, AZ 85716  520-881-8008, (520) 325-7925 Fax
Open 10:00 a.m. to 6:30 p.m., Monday thru Friday, except for holidays. **Contact the agency for referral to a professional geriatric care manager.**

THE CAREGIVER RESOURCE CENTER
Linda Ziac, LPC, LADC, BCPC, CCM
PO Box 122, Cos Cob, CT  06807-0122, E-mail: care4you@optonline.net
203-861-9833  Day, evening and weekend appointments are available
Website: www.CaregiverResourceCenter.com
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.

CARE MANAGING, L.L.C.
Lois Cea, RN, President, PO Box 39, Rowayton, CT  06853  203-831-8500
Assessment and Implementation of care needs with live-in caregiver services. 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.

CONSTELLATION GERIATRIC CARE MANAGEMENT
14 Westport Avenue, Norwalk, CT  06851  203-845-8000
A 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.

LAMBENT SERVICES - PERSONAL ASSISTANTS
26 Main Street, Dobbs Ferry, NY 10522  914-338-7225
Website: WWW.Lambentservices.com
Provides personal assistants on a short term (three hour minimum) or long term basis to work with you in your home or home office. Assistants can run errands, pay bills, prepare meals, take you shopping, do your shopping, assist in tax preparation, organize photographs, organize closets, take care of all aspects of a move, including preparation and paring down for a move into senior living, set up a home office, network a computer and handle correspondence and file medical claims and show you how to use a computer-get emails and search the internet. Assistants are extensively interviewed and background checked and have college degrees.

MCF BOOKKEEPING, LLC.
Old Greenwich, CT  06870  203-536-9798
E-mail: maryflynn04@optonline.net
Trained mathematician with current Accounting degree will come to your home and tame those papers. Services range from an initial organizing to Insurance Tracking, Bill Paying and Bank Reconciliations. Will also catalogue and assist with e-bay. Fully Insured.

OFF YOUR DESK
888-707-3375 Mon.-Fri 9:00 am – 6:00 pm
Website: www.offyourdesk.net
Off Your Desk relieves busy people from the burden of managing health insurance paperwork and maximizes reimbursements of their claims. Our specialists leverage their deep experience
working within the health insurance industry to advocate for our members and ensure they get back all the payments they deserve. Off Your Desk is a comprehensive and highly secure solution that pays for itself very quickly. Call for a free consultation.

PATIENT ADVOCATE
C. Cleary Cusick, 154 Martling Avenue, Tarrytown, NY, 10591  914-588-7940  
Website:  www.cclearycusick.com  
Provides compassionate and professional advocacy services on behalf of patients and their families. She liaises with insurance companies, physicians, pharmacies, extended care facilities and clinicians to provide the highest level of care and consistency between providers.

PERSONAL FINANCIAL ORGANIZER
Judith Heft and Associates, LLC, 34 5th Street, Stamford CT 06905  
917-494-3986, 203-978-1857 (Fax)  
Website:  www.judithheft.com  
Assists seniors to handle routine financial transactions, maintain and reconcile bank accounts, resolve billing discrepancies, submit and review routine medical claims, organize home files, compile year-end tax information for client’s CPA. Bonded, Notary Public.

STERLING CARE, LLC GERIATRIC CARE MANAGEMENT SERVICES
235 Glenville Road 3rd Floor, Greenwich, CT 06831  203-532-0500  
Website:  www.sterlingcare.com  
Sterling Care’s Geriatric Care Managers will provide a comprehensive in-home assessment to identify short-term and long-term elder care options and needs and will develop a comprehensive and personalized care plan. Sterling can also: Offer referrals and coordinate all appropriate elder care resources, services and support; Give unbiased recommendations for adult day care, assisted living and nursing home facilities; Arrange for home health care, adult day care, assisted living or nursing home care; Coordinate and assist with doctor’s visits, lab tests, medication management and personal care; Keep families fully updated on the condition and care of their loved one; and Provide a 24/7 on call local RN resource in case of an emergency. As a full service home health care agency our team approach allows us to provide you with a single point of contact while at the same time providing our services in a very efficient and cost effective manner by using an integrated approach and assigning the right person to every task.

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 203-921-4161 or e-mail rhalpert@ctjfs.org

GERIATRIC CARE MANAGEMENT AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 203-594-5300  
Professional team with 24/7 coverage. Serving Fairfield and Westchester counties  
Joan Merrill, BSN, RN, CMC 203-594-5396, jmerrill@waveny.org  
Greenwich-focused member of Waveny’s team of professional Geriatric Care Managers.

HOSPICE CARE
GREENWICH HOSPITAL HOME HOSPICE PROGRAM
203-863-3883  
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.
MASONICARE HOME HEALTH & HOSPICE  
535 Connecticut Avenue, Norwalk, CT 06854  888-679-9997  
Website: www.masonicare.org  
Masonicare Home Health & Hospice, is a non-profit Medicare-certified, state licensed provider of home health and hospice care for clients in Connecticut. Through Masonicare Home Health & Hospice, a wide range of services are available, from skilled nursing care and rehabilitation to wound care and hospice care in the privacy and comfort of your home.

CHAIFETZ FAMILY HOSPICE, The Jewish Home  
175 Jefferson Street Fairfield, CT 06825  203-396-1136  
Website: www.jhe.org or email for information dwesley@jhe.org  
Focused on providing the highest quality of life and maximum comfort for the terminally ill by reducing pain and addressing physical, social, psychological and spiritual needs.

CONNECTICUT VNA  
535 Connecticut Ave., Norwalk, CT  06854, 1-888-482-8862 (toll-free), 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. The philosophy of caring includes nursing, counseling and complementary therapies such as massage and expressive arts therapy.

VITAS INNOVATIVE HOSPICE CARE  
777 Commerce Drive, Suite 220, Fairfield, CT  06825 203-455-3300, 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, Chaplain, 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 are 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.

ROOMS FOR RENT

ROOM BOARD AT COMMUNITY ANSWERS  
Greenwich Library, 101 West Putnam Avenue, Greenwich, CT 06830  
203-622-7979 Mon.-Fri., 9:00 a.m. to 9:00 p.m.; Sat. 9:00 a.m. to 5:00 p.m.
Listings of rooms in private homes in all sections of Greenwich are posted. You may find the listings at Community Answers on the mezzanine in the Greenwich Library.
PUBLIC SENIOR HOUSING

BISHOP CURTIS HOMES OF GREENWICH (31 units)
1040 East Putnam Avenue, Riverside, CT 06878
203-366-4333 (Management Office) Mon.-Fri., 8:30 a.m. to 5:30 p.m.; 203-637-8065 (Local)
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. A one-bedroom apartment and efficiencies, including kitchen and bathroom, are offered. A community room and enclosed patio are available for the residents’ recreation and enjoyment.

Call the above number 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 rentals 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)

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

PAVILION HOUSE
70 Parsonage Road, Greenwich CT. 06831 203-618-4200
Five units of affordable rental housing.
Please call 618-4200 for additional information, and ask for an application for senior housing.

ASSISTED LIVING

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.

THE VILLAGE AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 06840 203-594-5200
Website: www.waveny.org
Assisted living for people with memory loss.

CONGREGATE HOUSING/INDEPENDENT LIVING

HILL HOUSE
10 Riverside Avenue, Riverside, CT 06878 203-637-3177 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 additional information.
MERRY-GO ROUND MEWS  
½ Bolling Place, Greenwich, CT 06830  203-869-9448  Daily 9:00 a.m. to 5:00 p.m.  
The Merry-Go-Round, Mews is a Senior Residence for people 65 years and over who are ambulatory. The Mews provides Apartments and single rooms, with weekly housekeeping services and serves three meals a day. For residents who require assistance with activities of daily living, the Mews operates its own assisted living agency.  Call for rental information.

ATRIA RYE BROOK  
1200 King Street, Rye Brook, NY 10573  914-939-2900  
Website: www.AtriaRyeBrook.com  
Atria Rye Brook provides a life of relaxed luxury for active adults, with 168 apartments and a 24-hour staff. They offer a variety of amenities such as three daily meals, scheduled transportation, housekeeping, flat linen service, an emergency response system, several personal care options and much more. Atria Rye Brook allows seniors to continue the lives they’ve worked to create for themselves- with less of the hassle.

ATRIA STAMFORD, Senior Living  
77 Third Street, Stamford, CT, 06905, 203-327-4551  
Website: http://www.atriastamford.com  
ATRIA Stamford is a senior living community that enables residents to enjoy life to the fullest, offering Independent and Assisted Living. They also offer a 16 bed, boutique, Life Guidance neighborhood that offers residents with Dementia a positive and safe experience with highly trained staff, quality nutrition and engaging activities and events. ATRIA Stamford creates an environment which increases the quality and contentment of seniors.

RESIDENTIAL CARE HOMES  
PARSONAGE COTTAGE SENIOR RESIDENCE  
88 Parsonage Road, Greenwich, CT 06830  203-869-6226  
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 number above for additional information.

SUPPORTIVE HOUSING 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.

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 in four Greenwich residences for persons with a mental illness. Each residence provides differing levels of care, from 24 hours per day to independent living.
CONGREGATE OR ASSISTED HOUSING IN NEIGHBORING COMMUNITIES

Atria Darien, Darien CT 888-640-1090 (Independent and Assisted)
Maplewood at Darien, Darien, CT 203-202-9883
The Osborn, Rye, NY 914-967-4100
Scofield Manor, Stamford, CT 203-325-0200
Ridgefield Crossings, Ridgefield, CT 203-431-2255 (Independent and Assisted)
Edgehill Lifecare Community, Stamford, CT 203-323-2323 (Independent)
New Canaan Inn, New Canaan, CT 203-966-1272 (Independent)
Brighton Gardens, Stamford, CT 203-322-2100 (Assisted)
Sunrise Assisted Living, Stamford, CT 203-968-8393 (Assisted)
Wormser Congregate Senior Housing, Stamford, CT 203-968-1092 (Independent)

HOUSING PLACEMENT SERVICES

CHOICE CONNECTIONS
914-274-1144
Web: www.choiceconnections.com
A FREE local placement service that assists seniors and their families find housing options in assisted living, independent living and Alzheimer’s care when home is no longer safe or when seniors need to downsize. Agency is part of a national organization that provides services across several states, but is independently owned and operates locally in Westchester and Fairfield Counties.

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.

HOMELESS SERVICES
Contact the Greenwich Department of Social Services; 203-622-3800

FAIR HOUSING LEGAL ASSISTANCE
CONNECTICUT FAIR HOUSING CENTER
Call: 860-247-4400
A statewide organization dedicated to enforcing housing laws. The Center provides advocacy, attorney referrals and information in relation to housing discrimination complaints.

MORTGAGE LOAN INFORMATION
MORTGAGELOAN.COM
Web: 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. Does not engage in direct marketing by phone or email towards consumers.

INFORMATION AND REFERRAL
COMMUNITY ANSWERS AT GREENWICH LIBRARY
101 West Putnam Avenue, Greenwich, CT 06830
Website: www.communityanswers.org
203-622-7979, 7981 Mon.-Fri. 9:00 a.m. to 3:00 p.m.
Trained volunteers give answers to a wide range of questions and provide information and referral to people with questions. Community Answers also maintains a “Community Calendar of Greenwich Events.”
GREENWICH COMMISSION ON AGING
299 Greenwich Avenue, Greenwich, CT 06830 203-862-6710 Mon.-Fri., 8 a.m. to 4 p.m.
The Commission on Aging is a Town department dedicated to the needs of the elderly. 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. Printed materials are available free
of charge on various aging issues including housing, health care, finance, insurance counseling,
transportation, social services and recreation.

AMERICAN CANCER SOCIETY
372 Danbury Rd., Wilton, CT 06897 1-800-227-2345 (toll free), 203-563-0740
Website: www.cancer.org
The American Cancer Society's National Cancer Information Center has trained cancer
information counselors available 24-hours a day, 7-days a week. This is a free information
service that is available to all cancer patients and their care givers.

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
The Board of Education and Services for the Blind (BESB) is responsible for the 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 and to
children who are visually impaired. 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
E-mail: care4you@optonline.net
Website: www.CaregiverResourceCenter.com
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
caregiving resources. Literature is also available on a variety of topics.
FEES: Call the number above for information.

DISABILITY RESOURCE CENTER OF FAIRFIELD COUNTY, INC.
26 Palmer’s Hill Road, Stamford, CT 06497
203-353-8550 Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Local access to peer support, information and referral for people with disabilities.

GREENWICH HEALTH AT GREENWICH HOSPITAL
203-863-4444 Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Information and referral on health services. Printed materials are available.

THE HEALTHY AGING SHOW
Website: www.thehealthyagingshow.com
Aging starts at birth. Doing it well and doing it early makes big differences in how we age. Listen
to entertaining and informative discussions on topics that can change the way you look at your
health and aging. This site contains hundreds of interviews, discussions and articles as well as searchable index of topics. Sponsored by Comfort Keepers 203-629-5029.

INFOLINE
211, or 1-800-203-1234, 24 hours/day, 7 days/week,
Trained staff members are available 24 hours a day to provide human service information, help in locating services, and crisis intervention.

GREENWICH DEPARTMENT OF SOCIAL SERVICES
Municipal Agent for the Elderly, Town Hall, 101 Field Point Rd., Greenwich, CT 06830
203-622-3800 Mon.-Fri., 8:30 a.m. to 4:30 p.m.
Provides information about benefits and services and assistance in applying for them.

STATE OF CONNECTICUT: ATTORNEY GENERAL’S OFFICE
Attorney General George C. Jepsen 860-808-5318

SOUTHWESTERN CONNECTICUT AGENCY ON AGING / CHOICES
10 Middle Street, Bridgeport, CT 06604 1-800-994-9422
Website: www.SWCAA.org
If you are not a Greenwich resident and would like information, referral and assistance regarding aging issues and services in Southwestern Connecticut, contact the CHOICES Program at the above number.

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD COUNTY
Senior Services of Stamford, 945 Summer Street, Stamford, CT 06905
203-324-6611 Mon.-Fri. 9:00 a.m. to 5:00 p.m.
A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

WESTCHESTER COUNTY DEPARTMENT OF SENIOR PROGRAMS AND SERVICES
9 South First Avenue, 10th floor, Mt. Vernon, NY 10550-3414 914-813-6400
Mae Carpenter, Commissioner
Information about senior programs and services in Westchester County and New York State.

LEGAL SERVICES

ELDER ABUSE / DOMESTIC VIOLENCE

SHELTERS & SERVICES

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

EMERGENCY SHELTERING
Center for Elder Abuse Prevention; 203-396-1097

DOMESTIC ABUSE SERVICE
YWCA, 259 East Putnam Avenue, Greenwich, CT 06830
Emergency Phone: 203-622-0003, 24 hours, 7 days a week. Information and non-emergency:
203-869-6501 Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Offers professional and confidential counseling to persons experiencing violence in his/her life.
 Provides support groups, legal information and emergency shelter.

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

LEGAL ASSISTANCE

CENTER FOR MEDICARE ADVOCACY
1-860-456-7790
Legal advice and representation on Medicare issues.

CT LAWYERS LEGAL AID TO THE ELDERLY
151 Farmington Avenue, Hartford, CT 1-860-273-4303
Free legal services to those who fall within guidelines.

CONNECTICUT DEPARTMENT OF CONSUMER PROTECTION
165 Capitol Avenue, Hartford, CT, 06106, 1-800-842-2649

CONNECTICUT STATEWIDE LEGAL SERVICES
Bridgeport Office; 203-336-3851; 211 State Street
Stamford Office; 203-348-9216; 20 Summer Street
Toll-Free; 1-800-453-3320; Mon. – Fri., 9:00 a.m. to 5:00 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.

CONSUMER LAW PROJECT FOR ELDERS HOTLINE
1-800-296-1467; Monday through Friday from 9 am to 5 pm
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.

LAWYER REFERAL SERVICE
1-203-335-4116
Bar Association service. Referral locally. Nominal fee for first half hour.

BETTER BUSINESS BUREAU
94 South Turnpike Road, Wallingford, CT 06492 203-269-2700

EVICTION AND FORECLOSURE PREVENTION PROGRAM
203-241-3074
THE NEW ENGLAND PENSION ASSISTANCE PROJECT
888-425-6067 (Toll-Free), 617-287-7307
E-mail: npln@umb.edu
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 ASSISTANCE FOR MILITARY RETIREEs AND DEPENDENTS
Naval Legal Service Office                  Academy Legal Office
North Central Groton Dept.                 U.S. Coast Guard Academy
Box 10 Naval Submarine Base,               15 Mohegan Avenue
Naval Submarine Base, New London           New London, CT 06333
860-694-3741                                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 who have valid Department of Defense or Coast Guard I.D. cards.

AIDS LEGAL NETWORK FOR CT (ALN)
Toll Free Statewide; 888-380-3646
ALN responds to the legal needs of people living with HIV/AIDS.

CT FAIR HOUSING CENTER
Call: 860-247-4400
A statewide organization dedicated to enforcing housing laws. The Center provides advocacy, attorney referrals and information in relation to housing discrimination complaints.

COURTS

HOUSING COURT
203-846-4332
Help with landlord-tenant matters, 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 incapacible persons, appoints guardians.

MEDIATION

DOVETAIL RESOLUTIONS, LLC
24 Dixwell Avenue, #214, New Haven, CT 06511 203-887-1160
Website: www.dovetailresolutions.com
A mediation and consulting firm that offers elder mediation; help with challenging conversations with and about aging loved ones. Serving all of Connecticut and beyond.
Fees: Based on ability to pay after free initial consultation.

DISPUTE SETTLEMENT CENTER, INC.
134 Old Ridgefield Road, Wilton, CT 06897 203-834-2880
Website: www.ctresolution.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 assists the participants in reaching their own agreement.
SOCIAL SERVICES

FRIENDSHIP AND SOCIAL GROUPS

DENOMINATIONAL VISITS
Most local churches and synagogues offer friendly visiting to the homebound upon request. For a listing of Religious Communities, [http://www.greenwichchamber.com/worship.asp](http://www.greenwichchamber.com/worship.asp)

FRIENDLY CONNECTIONS
FAMILY CENTERS, INC.
20 Bridge Street, Greenwich, CT 06830  203-661-8841
Website:  [www.familycenters.org](http://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.
- **FEES:** 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 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 pastoral coordinator and Chaplain work closely with representatives of local churches and synagogues to deliver a program of pastoral care to Greenwich residents. The program is interfaith in nature and reaches people in the community who might otherwise be isolated. **FEES:** None

JEWISH FAMILY SERVICES
1 Holly Hill Lane, Greenwich, CT 06830  203-622-1881  Mon.-Fri., 9:30 a.m. to 5:30 p.m.
Website:  [www.jfsgreenwich.org](http://www.jfsgreenwich.org)
- **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.

SIENA COMMISSION ON AGING
St. Catherine of Siena Parish Center, 13 Riverside Avenue, Riverside, CT 06878  203-637-2710
This ministry at St. Catherine’s Parish reaches all homebound who desire to be visited and who would like to receive the Eucharist. Birthday and Christmas cards are also sent. Volunteers visit the homebound as well as those in local nursing homes and Greenwich Hospital.
HOME-BASED SUPPORTIVE SERVICES

AT HOME IN GREENWICH
139 East Putnam Avenue, Greenwich, CT 06830  **203-422-2342**
**Website:**  [www.athomeingreenwich.org](http://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.**

INFORMATION AND REFERRAL

GREENWICH COMMISSION ON AGING
299 Greenwich Avenue, Greenwich, CT 06830
**203-862-6710**  Mon.-Fri., 8:00 a.m. to 4:00 p.m.
The Commission on Aging is the Town department dedicated to the needs of the elderly. 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. Printed materials are available free of charge on various aging issues including housing, health care, finance, insurance counseling, transportation, social services and recreation.

COMMUNITY ANSWERS AT GREENWICH LIBRARY
**Website:**  [www.communityanswers.org](http://www.communityanswers.org)
101 West Putnam Avenue, Greenwich, CT 06830
**203-622-7979, 7981**  Mon.-Fri. 9:00 a.m. to 3:00 p.m.
Trained volunteers give answers to a wide range of questions and provide information and referral to people with problems. Community Answers also maintains a Community Calendar of Greenwich events.

DISABILITY RESOURCE CENTER OF FAIRFIELD COUNTY, INC.
26 Palmer’s Hill Road, Stamford, CT 06497
**203-353-8550**  Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Provides local access to peer support, information and referral for people with disabilities.

GREENWICH HEALTH AT GREENWICH HOSPITAL
**203-863-4444**  Mon.-Fri., 9:00 a.m. to 5:00 p.m.
Responds to calls for information and referral on health services. Printed materials are available.

INFORMED
211, or 1-800-203-1234, 24 hours/day, 7 days/week,
Trained staff members are available 24 hours a day to provide human service information, help in locating services, and crisis intervention.

GREENWICH DEPARTMENT OF SOCIAL SERVICES
Municipal Agent for the Elderly, Town Hall, Third Floor
101 Field Point Road, Greenwich, CT 06830
**203-622-3800**  Mon.-Fri., 8:30 a.m. to 4:30 p.m.
Provides information about benefits and services and assistance in applying.

STATE OF CONNECTICUT: ATTORNEY GENERAL’S OFFICE
Attorney General George C. Jepsen **860-808-5318**
BOARD OF EDUCATION AND SERVICES FOR THE BLIND
184 Windsor Avenue, Windsor, Connecticut 06095 860-602-4000
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.

VOLUNTARY SERVICES FOR THE BLIND OF FAIRFIELD COUNTY
Senior Services of Stamford, 945 Summer Street, Stamford, CT 06905 203-324-6611 Mon.-Fri. 9:00 a.m. to 5:00 p.m.
A regional program that provides services entirely through volunteers who work either directly or indirectly with visually handicapped persons. Volunteers are trained to encourage blind clients to function independently and to fully utilize their abilities. Services provided include: readers, drivers, friendly visitors, shopping assistants and home clerical assistants. All volunteers receive a two-hour orientation.

SAFETY IN THE HOME – HOME MONITORING

AARP 55 ALIVE DRIVING COURSE
Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830 203-863-4277, 888-305-9253 Call to pre-register.

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.

NONNATECH
76 Progress Drive, Suite 235F, Stamford CT, 06902 203-504-9830, or 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.

FILE OF LIFE
Greenwich Emergency Medical Service (GEMS)
1111 East Putnam Avenue, Riverside, CT 06878 203-637-7505 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
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**

STATE OF CONNECTICUT DEPARTMENT OF SOCIAL SERVICES
1-888-385-4225
**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.

SHELTERS & SERVICES
**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

EMERGENCY SHELTERING
Center for Elder Abuse Prevention ............ 203-396-1097

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; 24 Hour Hotline; 203-384-9559
GATEKEEPER 8
4270 Main Street, Bridgeport, CT 06606
203-365-8444, extension 3008
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, extension 3008. 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 held in strict confidence.

RELIGIOUS COMMUNITIES
http://www.greenwichchamber.com/worship.asp for a listing of Religious Communities in Greenwich

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
Social and therapeutic program with flexible hours Monday through Saturday.

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 two local chapters within the town: Chapter #2549 (Eastern Greenwich), Chapter #3020 (Western Greenwich).

COMMUNITY CENTERS, INC. (CCI)
61 East Putnam Avenue, Greenwich, CT 06830
203-869-1276 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 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. Call 203-622-7817.
FISHING AND HUNTING LICENSES
Town Clerk Office, First Floor
101 Field Point Road, Greenwich, CT  06830
203-622-7897
Free licenses for 65 and over, must fill out application once.
FEES: Shellfish License $10 fee, renewable yearly.

FRIENDLY CONNECTIONS
FAMILY CENTERS, INC.
20 Bridge Street, Greenwich, CT 06830
203-661-8841
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 ADULT DAY CARE (GADC)
THE RIVER HOUSE
125 River Road Ext., Cos Cob, CT  06807
203-622-0079 Mon.-Sat.  8:00 a.m. to 4:30 p.m.
Website:  www.gadc.org or email for information: lburgweger@gadc.org
Greenwich Adult Day Care enables seniors who are not fully independent to remain living at home by going out to join others in days of supervised activities, nutritious meals and health and personal care.  It provides a full range of health, recreational and social activities geared to the needs of frail elderly; restorative services necessary to help frail elderly to walk and maintain an optimal level of functioning; rehabilitative therapies, podiatry and respite for families burdened with 24–hour care.

GREENWICH MULTI-PURPOSE SENIOR CENTER
299 Greenwich Avenue, Greenwich, CT 06830
203-862-6700 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) and the Senior Net Computer Center which offers classes ranging from beginner to advanced.  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 and over who are independent, mentally alert and able to function without assistance.  Separate fees do apply for computer classes, parking passes and selected trips.
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 brochure.

YMCA  
50 East Putnam Avenue, Greenwich, CT 06830  
203-869-1630 Mon.-Thurs., 5:30 a.m. to 9:30 p.m., Fri. 5:30 a.m. to 8:30 p.m., Sat. 7:00 a.m. to 7:00 p.m., Sun. 11:00 a.m. to 6:00 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: Varies. Reduced rates for seniors.

YWCA  
259 East Putnam Avenue, Greenwich, CT 06830  
203-869-6501 Mon.-Fri., 7:30 a.m. to 10:00 p.m., Sat. 7:30 a.m. to 5:00 p.m. Closed Sunday.  
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: Varies. Reduced rates for seniors.

SENIOR CLUBS  
Byram Senior Citizens  
Glenville Senior Citizens  
Greenwich Seniors Club  
Retired Men's Association  
St. Roch's Senior Group  
Jewish Family Services Senior Group  
(Call the Commission on Aging, 203-862-6710, for further information on the above clubs).

EDUCATION  
CAMP CONRI 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 Dept. of Social Services 203-622-3715.)

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. To apply for a pass, an individual would send a photocopy of their driver's license to the CT Dept. of Environmental Protection.
ROAD SCHOLAR (Formerly Elderhostel)
80 Boylston Street, Suite 400, Boston, MA 02116
1-800-443-9946 or 1-877-426-8056, or 617-426-7788 Mon.-Fri., 9 am to 5 pm
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 free catalog, send postcard to 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

GOLDEN AGE PASSPORTS
National Park Service, Room 10-13
U.S. Department of the Interior
18th and C. Street NW, Washington, DC 20240
202-208-4747
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.

AARP 55 ALIVE DRIVING COURSE
Greenwich Hospital, 5 Perryridge Road, Greenwich, CT 06830
203-863-4277, 888-305-9253
Call to pre-register.

EDUCATION AND EMPLOYMENT INFORMATION CENTER
61 Woodland Street, Hartford, CT 06105
1-800-842-0229
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.

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. Seniors given a discount.

INSTITUTE FOR RETIRED PROFESSIONALS
School of Continuing Education, Fairfield University
200 Barlow Road, Fairfield, CT 06430
Toll Free 1-888-254-1566 or 203-254-2220 8:30 a.m. - 4:30 p.m.
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 the number above for information about fees.
LIFETIME LEARNERS INSTITUTE
Norwalk Community Technical College,
188 Richard Avenue, Norwalk, CT 06854  203-857-7316
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 the number above for information about fees.

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 the number above for information about fees.

GREENWICH HEALTH AT GREENWICH HOSPITAL
203-863-4444 Mon.-Fri., 8:00 a.m. to 4:00 p.m.;
(Tel-Med) 203-863-3799 9:00 a.m. to 5:00 p.m.
Greenwich Health at Greenwich Hospital provides over 50 health education and disease prevention services to persons who live or work in Greenwich. Services of interest to the elderly include: health screenings for high blood pressure, colorectal cancer and support groups for persons with cancer, and medical information system and general information and referral to health services. FEES: Upon request.

GREENWICH LIBRARY
Website: www.greenwichlibrary.org
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
Please call for hours.
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 will shortly offer adaptive technology workstations containing numerous features 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. Books and audio books will be mailed to homebound persons on request. Free Friends film, art and music programs are free and open to all. Phone the Library’s Welcome Desk at 203-622-7920 for information about upcoming programs.

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.
SUPPORT GROUPS

BEREAVEMENT GROUPS

FAMILY CENTERS / CENTER FOR HOPE
590 Post Road, Darien, CT 06820
203-655-4693 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.

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.

BEREAVEMENT SUPPORT GROUP
First Congregational Church of Greenwich,
108 Sound Beach Ave., Old Greenwich, CT 06870 203-637-1791
A program to foster healing for those who grieve the loss of a loved one. Programs run periodically throughout the year. Call to register. FEES: None. Call for dates and times.

CHRIST CHURCH
254 East Putnam Ave., Greenwich, CT 06830 203-862-9161
Support Groups to help those grieving the loss of a friend or relative. Call to register. Non-denominational. Open to the community. FEES: Free. Call for dates and times.

JEWISH FAMILY SERVICES
1 Holly Hill Lane, Greenwich, CT 06830 203-622-1881 Call Lisa Smith, LCSW, to register.
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.

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
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
COMMUNITY SUPPORT SERVICES

ALWAYS IN TOUCH
855-710-2255
Website: always-in-touch@abc-seniors.com
A free telephone reassurance program that provides a friendly voice each weekday for seniors and disabled adults. Individuals may refer themselves or be referred by a caregiver, medical professional, family member or service provider. Always In Touch is not a referral service or medical alert service, and is not designed to replace medical care, personal care or the emergency response system.

AMERICAN CANCER SOCIETY
372 Danbury Rd., Wilton, CT 06987; 1-800-227-2345 (toll free), 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.

APHASIA SUPPORT GROUP
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 every other Thursday, 11:00 a.m. - 12:00 p.m. FEES: None

CAREGIVER SUPPORT GROUP AT WAVENY CARE CENTER
3 Farm Road, New Canaan, CT 06840 203-594-5200
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 PM and last for approximately one hour.

PARKINSON’S DISEASE SUPPORT GROUP
203-863-3881
Weekly education, support therapy, exercise, social activities and rap sessions for patients with Parkinson’s disease, their family and friends. Group meets on most Tuesdays, 1:30 p.m. - 2:30 p.m., at the Old Greenwich Civic Center. FEES: None

PROSTATE CANCER SUPPORT GROUP
203-863-4444
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 Wednesdays 5:00 p.m. - 6:30 p.m. at the Bendheim Cancer Center, 2nd floor Community Room. 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
TRANSPORTATION – (See Back Cover)

ACCESS AMBULANCE COMPANY, INC.
1111 East Putnam Avenue, Riverside, CT 06878
203-637-2351 for scheduling or information
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.

AIRPORT TRANSPORTATION
Connecticut Limousine Service
1-800-472-5466
Serves all New York airports. Senior roundtrip 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.

CALL-A-RIDE
37 Lafayette Place, Greenwich, CT 06830
203-661-6633 Mon.-Fri., 9:00 a.m. to 3:00 p.m.
This service offers free door-to-door transportation for ambulatory elderly (over 60) of Greenwich to any destination within the Town of Greenwich. Call above number for an appointment; preferably 48 hours in advance. FEES: None. Contributions accepted.

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.

EZ ACCESS
Transportation Association of Greenwich (TAG)
13 Riverside Avenue, Riverside, CT 06878
203-637-4345 Mon.-Sat., 6:30 a.m. to 8:00 p.m.
EZ ACCESS is a door-to-door transportation service available to anyone who is disabled and unable to use the public bus service. All users must be certified eligible to use the service. FEES: Tickets must be purchased in person or by mail from the TAG office. Call for more information.

RAILROAD (Amtrak - New Haven Line)
General information & reservations: 1-800-872-7245
For information on rail service schedules and discounts, call above number. FEES: Discounts for senior citizens over 65. Medicare card required.

RED CROSS MOTOR SERVICE
203-637-4345 Mon.-Thurs., 8:00 a.m. to 4:00 p.m.; Fri. 8:00 a.m. to 12:00 Noon
This service provides transportation to medically related appointments within Greenwich, to Stamford for dialysis and for ambulatory clients who have no other means of transportation. FEES: None
SHARE-THE-FARE TAXI PROGRAM
Commission on Aging, 299 Greenwich Avenue, Greenwich, CT 06830
Call 203-862-6710 for information; Mon.-Fri., 9:00 a.m. to 3:00 p.m.
Reduced fare for seniors 62 years and over seven days a week. Taxi books are available at the
Senior Center Monday through Friday, 9 a.m. to 2 p.m.
For taxi service, call 203-869-6000 daily between 5:30 a.m. and 1:30 a.m.
FEES: $10.00 coupon book may be purchased for $5.00

TAG (Transportation Association of Greenwich)
13 Riverside Avenue, Riverside, CT 06878
203-637-4345 Mon.-Fri., 6:30 a.m. to 8:00 p.m. Sat., 8:30 a.m. – 6:00 p.m.
TAG provides transportation for elderly, handicapped, wheelchair bound and mentally retarded
individuals to programs, hospital, medical appointments and recreational activities. TAG also
serves clients of Red Cross, PATH, Greenwich Adult Day Care, Greenwich Association of
Retarded Citizens and the Senior Center. FEES: Charged to referring agency and/or
individual.

VETERAN’S SERVICES

FINANCIAL ASSISTANCE

AMERICAN RED CROSS
99 Indian Field Road, Greenwich, CT 06830
203-869-8444 Mon.-Fri. 24 HRS. availability
Emergency and disaster Social Services available for Vets and Elderly.

CT STATE SOLDIERS’, SAILORS’, MARINES FUND
101 South Street, 2nd Floor, West Hartford, CT 06110-1962
860-953-4345 8:30 a.m. - 5:00 p.m., Mon.-Fri.
Provides temporary financial assistance to veterans and dependents who are unemployed or for
sickness. Applicants must be a resident of the State of Connecticut at the time of application for
benefits. FEES: Based on income guidelines.

CT DEPARTMENT OF VETERANS AFFAIRS - OFFICE OF ADVOCACY &
ASSISTANCE
287 West Street, Rocky Hill, CT 06067
860-616-3682, 3684, 8:00 a.m. - 4:00 p.m. Mon.-Fri.
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 Academy Legal Office
Naval Submarine Base, New London U.S. Coast Guard Academy
Box 10 Naval Submarine Base, 15 Mohegan Avenue
Naval Submarine Base, New London New London, CT 06333
860-694-3741 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 who 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

STATE DEPARTMENT OF VETERANS' AFFAIRS HOME AND HOSPITAL
287 West Street, Rocky Hill, CT 06067 860-529-2571 24 hours
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.

SUPPORT SERVICES

THE LOWER FAIRFIELD COUNTY VETERANS COALITION
137 Henry Street (CTE), Stamford, CT 06902 203-357-1199
Referral source to medical centers and other agencies; housing assistance and job services.

U.S. DEPARTMENT OF VETERANS AFFAIRS
450 Main Street, Hartford, CT 06103 1-800-827-1000 1-800-829-4833 TDD 8:00 a.m. to 4:30 p.m. Monday-Friday 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 8:30 a.m. to 4:30 p.m., Mon.-Fri. 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 be have a medical care screening by a VA primary care physician.

VETERANS HEALTH SCREENING AND PRIMARY MEDICAL CARE CLINIC
Stamford Hospital, 191 Broad Street, Stamford, CT 06902 1-888-844-4441 Appointments Wed. 9:30 a.m. to 2:10 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 will be provided on Mondays and Fridays by a VA primary care physician. FEES: Screenings are free.

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<td>Curb-to-Curb</td>
<td>Mon-Thu 8am – 4pm, Fri. 8am-12</td>
<td>637-4345</td>
<td>By appointment. Call at least one day in advance</td>
<td>Greenwich</td>
<td>Health care appointments. Must be ambulatory. Walkers OK</td>
<td>None</td>
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<td>Call-A-Ride</td>
<td>Door-to-Door</td>
<td>Mon-Fri 9am – 3pm</td>
<td>661-6633</td>
<td>By appointment</td>
<td>Greenwich</td>
<td>60 and over, ambulatory, in Greenwich</td>
<td>None</td>
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<td>GEMS Access</td>
<td>Door-through-Door</td>
<td>24 hours, 7 days a week</td>
<td>637-2351</td>
<td>By appointment or immediate request</td>
<td>Greenwich</td>
<td>Non-emergency medical transportation</td>
<td>$294 ambulance $55 Wheelchair</td>
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<td>TAG</td>
<td>Door-to-Door</td>
<td>Mon-Fri 6:30am-6pm, Sat. 8:30am–5pm</td>
<td>637-4345</td>
<td>By scheduled runs</td>
<td>Greenwich</td>
<td>If disabled: ambulatory or wheelchair</td>
<td>Zone fees: per trip or agency contract</td>
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<tr>
<td>TAG</td>
<td>Dial-A-Ride</td>
<td>Mon-Fri 6:30am-6pm, Sat. 8:30am–5pm</td>
<td>637-4345</td>
<td>By appointment</td>
<td>Greenwich</td>
<td>If disabled: ambulatory or wheelchair</td>
<td>$3.00 fee</td>
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<tr>
<td>TAG Senior Center Shuttle</td>
<td>Door-to-Door</td>
<td>Mon-Fri 8:30-10 and 2-3:30</td>
<td>637-4345 or 622-3989</td>
<td>Call to schedule daily runs to Senior Center</td>
<td>To and from Greenwich Senior Center only</td>
<td>Senior Center Members</td>
<td>None</td>
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<td>TAG EZ Access</td>
<td>Door-to-Door</td>
<td>Mon-Fri 6:30am–5pm, Sat 8:30am–3:30pm</td>
<td>637-4345</td>
<td>By appointment and scheduled runs</td>
<td>Greenwich-Norwalk, ¾ mile corridor off public bus route</td>
<td>Ambulatory or wheelchair; must be certified</td>
<td>No zone fees: $2.50 per one-way trip</td>
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<td>CT Transit</td>
<td>Fixed route</td>
<td>Mon-Fri 5:18am-10:30pm, Sat 6:04am-9pm, Sun 7:28am-9pm</td>
<td>327-7433</td>
<td>Scheduled runs</td>
<td>Stamford-Pt. Chester, Putnam, Sound Beach &amp; Greenwich Avenue</td>
<td>Ambulatory; vehicles can accommodate 3 wheelchairs, no assistance</td>
<td>60 cents for seniors each way</td>
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<td>Greenwich Taxi Share-the-fare</td>
<td>Curb-to-Curb</td>
<td>Mon-Fri 5am-1:30am, Sat-Sun 5am-2:30am</td>
<td>869-6000</td>
<td>By appointment</td>
<td>Greenwich</td>
<td>Ambulatory</td>
<td>50% discount age 62+, must purchase scrip, call 862-6710</td>
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