

# Service Navigation

Here to help you connect  
to the right services

**“I was having difficulty making ends meet each month. I missed doctors’ appointments because I couldn’t get a ride, and I needed to change my insurance because it was too expensive. I was so overwhelmed.”**

The Service Navigator can help adults, aged 60 or older, or those who have a disability, with the application and enrollment process for services and benefits, including:

- Homecare: meal preparation, housekeeping, bathing, dressing, medication administration, nursing
- Meals on Wheels and home grocery delivery
- Transportation and medical chaperone
- Caregiver support
- Insurance counseling
- Financial benefits enrollment
- Chronic disease self-management
- Application assistance
- Socialization

**Service Navigation is provided at no cost to you.**

The **Agency on Aging** Service Navigator can meet with you wherever you feel the most comfortable — at the doctor’s office, over the phone, or at your home. Call us at:

**203.785.8533**



**Agency on Aging**

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Your Advocate for Independence®