We are proud to support

The Agency on Aging of South Central CT

Resource Guide

A helpful listing of contact information for emergency hotlines, food assistance, and other service agencies for professionals and caregivers assisting older adults.
The Agency on Aging of South Central Connecticut was founded in 1974 as a non-profit organization serving the needs of the elderly and disabled.

Our focus is to empower adults to remain as independent and engaged as possible within their home communities through advocacy, information and services.

To become a member and sign up for our newsletters, visit our website: www.aoascc.org.

Phone: (203) 785-8533

CHOICES: (800) 994-9422

Like the Agency on Facebook!
Orchard House Medical Adult Day Center
Providing care to aging adults & respite to family caregivers for over 34 years!

Services our members enjoy include:

Health services:
* Health monitoring by staff RN's
* Personal care assistance by CNA's
* Medication management
* Transportation
* Coordination of care services
* Healthy breakfast & lunch daily

Social & Cultural enrichment services:
* Reiki & Meditation
* Computer learning lab
* Arts & crafts program
* Music therapy
* Day trips
* Daily exercise
* Pet therapy

Find out about our MAC group: Men As Caregivers
A support group just for men!

* 421 Shore Drive, Branford CT., 06405 * (203)481-7110 * www.theorchardhouse.org *

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MARY WADE
AT HOME
A Trusted Tradition of Compassionate Care

THE TRUSTED SERVICES OF
MARY WADE NOW
AVAILABLE IN THE COMFORT OF
Your Home

SERVICES OFFERED:
Personal Care Assistants
Homemakers
Companions
Case Management
Benefits Assistance

(203) 672-8001

Mary Wade  •  83 Pine Street  •  New Haven, CT 06513  •  www.marywade.org
Domestic Violence Hotlines
Offers a wide range of crisis and other services for victims of domestic violence. Services include a 24-hour crisis hotline, support groups, and an emergency shelter.
Ansonia  Domestic Violence  203-736-9944
Meriden  Domestic Violence  203-238-1501
New Haven  Domestic Violence  203-789-8104

Elderly Protective Services
Elderly Protective Services investigates reports of known or suspected physical or mental abuse, exploitation, or neglect of adults age 60 and older who are living in the community or long term care facilities.
888-385-4225

CT Office of Protection and Advocacy for Persons with Disabilities
The Office of Protection and Advocacy for Persons with Disabilities, based in Hartford, offers abuse investigation, case services, and protection and advocacy.
860-297-4300 / 800-842-7303

Psychiatric Emergency
These programs help people experiencing a psychiatric crisis. These sites provide immediate assessment and treatment and crisis intervention staff, and crisis and respite beds are available at the following locations:
Ansonia  BHcare  203-736-2601
Branford  BHcare  203-483-2630
Meriden  Rush Center  800-567-0902
Milford  Bridges  203-878-6365
New Haven  CT Mental Health  203-974-7300

Interagency Council on Aging of South Central Connecticut
bringing together providers in the aging network...

Interested in networking and learning alongside other professionals?
Looking for a forum to discuss how to respond to elder abuse and exploitation?
Join the Interagency Council.
Find out more at aoascc.org.

Convened by
Agency on Aging of South Central Connecticut
Your Advocate for Independence®
Making Life Easier…
One Client at a Time!

Live Life Your Way in the Comfort of Home!

As one of the nation’s leading senior care providers, our Mission is to provide compassionate care that enables clients to live healthier, happier, and more rewarding lives in the comfort of their own homes.

From a few hours a week to 24/7 live-in care, we'll tailor a home care plan to fit your lifestyle with the flexibility to change as your needs change. Our services include:

- Local Transportation
- Dressing/Transferring
- Feeding
- Bathing/Personal hygiene
- Grocery Shopping
- Companionship
- Morning “Wake Up”
- Evening “Tuck In”
- Light Housekeeping/Laundry
- Meal Preparation
- Prescription pick-up/arranges
- Escort to and from doctor’s appointments
- Specialty Care
- Alzheimer’s/Dementia Care
- Parkinson’s Care
- Hospice Support Care
- Care Management
- Medication Management
- Personal Emergency Response System (PERS)
- GPS enabled PERS
- Fall Sensor
- Automated Medication Dispenser
- Vital Signs Monitoring
- Much More!

Call Today for Your FREE No-Obligation, In-Home Consultation

Our no-obligation, face-to-face meeting in the client’s home allows us to better understand your needs and expectations to ensure a compatible caregiver match. Rest assured, all of our caregivers are thoroughly screened and insured to ensure you and your loved ones are fully protected. At Home Helpers, we’re more than just caregivers – we’re family.

Email, call or visit us online
ssaxena@homehelpershomecare.com | (203) 558-7065 | www.homehelpershomecare.com

Proud Sponsor of
TEARS™ Elder Abuse Conference

Laina cares for her 76-year-old mother, diagnosed with dementia, at home. Laina was able to quit her job and take on the role of full-time, paid caregiver, thanks to the professional and financial support of Caregiver Homes.

Caregiver Homes helps elders and individuals with disabilities enjoy a high quality of life at home

- Pays & trains a full-time, live-in caregiver
- Provides professional support from a care team including a registered nurse
- Helps you find & access all necessary services

Know a caregiver who could use our support?
Call 866.797.2333 or visit our website www.caregiverhomes.com
ACUITY HEARING SOLUTIONS, LLC
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Hearing Conservation & Protection Products

203-640-2198
info@acuityhearingsolutions.com
www.acuityhearingsolutions.com

Serving:
Baby Boomers
Mature Adults
at home, assisted living & continuing care facilities

GET HELP NOW > 1.866.474.5230 ConnecticutHomecare.org

FEARLESS CAREGIVER CONFERENCE
NEW HAVEN, CT • NOV. 5, 2015

Toyota Presents the
OAKDALE THEATRE
95 South Turnpike Road
Wallingford, CT 06492

8:30 am - 2:30 pm
Lunch Included

Limited FREE Tickets
Register at caregiver.com
Questions? 877.829.2734
Sponsorship Opportunities Available

OVERWHELMED by caregiving challenges?

- My adult child will never be independent
- I can’t balance family, work & caregiving
- My family members won’t help
- Mom doesn’t listen to me
- Dad won’t stop driving

Bring your questions to the experts
Meals on Wheels
A nutritionally balanced, hot midday meal is delivered to homebound Valley residents aged 60 or older who are unable to prepare meals, Monday thru Friday.

WE ARE Meals On Wheels so no senior goes hungry.

Homemaking
Homemakers provide assistance with light housekeeping, such as laundry, dusting, vacuuming, and grocery shopping, for Woodbridge, Orange, Milford and Valley senior residents who are frail, physically unable to maintain a clean, safe household, and do not have anyone able to help them on a regular basis.

Volunteer Caregivers
Caregivers provide services such as friendly visiting, telephone reassurance, help with errands, yard work and minor repairs, transportation and escort to medical appointments and stores, and snow shoveling to isolated, disabled, frail, or elderly residents in Ansonia, Derby, Oxford, Seymour, and Shelton.

30 Elizabeth Street • Derby, CT 06418 • 203-736-5420 • www.teaminic.org

For more information or to enroll in any of these services, contact TEAM staff at 203-736-5420 ext. 225 or 227, unless otherwise noted.

All programs have a suggested donation fee, please inquire at registration.

Programs funded in part by Agency on Aging of South Central Connecticut.

Senior Community Café
Seniors get healthy, balanced midday meals and have the chance to meet new friends. Reservations must be made by 10 AM the day prior for all of the 4 locations:

- Derby Senior Center, Rev. Callahan House, Derby
  203-736-1484 203-888-4579

- Joseph Doyle Senior Center, Ansonia, Oxford Center, Ansonia, Oxford
  203-736-1051 203-881-5231

Senior Meals Choice Program
Nutritionally balanced dinners for seniors are prepared daily and served at Griffin Hospital on T, W, and Th at 5 PM, with lunch on Th at 11:45 AM. Reservations may be made one day in advance before 12pm, by calling 203-736-5420 ext. 203.

Medical Transportation
Providing basic, handicapped accessible transportation for seniors in Ansonia, Derby, Shelton, and Seymour without transportation for medical appointments. The Valley Transit District provides rides to health and medical facilities located in the area and out of the Valley.

We provide services for business and individuals, specializing in the following:

GROUP INSURANCE • INDIVIDUAL INSURANCE
DENTAL INSURANCE • DISABILITY
LIFE • AUTO • HOME • BUSINESS
HUMAN RESOURCE MANAGEMENT
FINANCIAL SERVICES

Lisa Serra
Toll Free: 855.346.9661 X-1310

2 Corporate Drive – Suite 234 – Shelton, CT 06484
386 Main Street – Middletown, CT 06457
212 C New London Turnpike – Glastonbury, CT 06033

WWW.SDINSURANCEGROUP.COM
Have you been denied Social Security Disability?
We Can Help!
Social Security Disability Assistance
(203) 752-2959

Social Security Disability Assistance
Agency on Aging South Central CT
One Long Wharf Drive, Suite 1L
New Haven, CT 06511

Emergency Shelters
Emergency shelters provide the minimum of necessities on a limited basis during a period of dislocation, crisis, or emergency. Available services may be contingent upon income, age, gender, population groups, or referring agency. Services vary and may include food and shelter, housing assistance, counseling, information and referral, crisis intervention, and help with hygiene.

- Meriden Shelter Now 203-634-1734
- Milford Beth El Shelter 203-876-0747
- New Haven Care Ways Shelter 203-492-4873
- New Haven Christian Com Act 203-777-7848
- New Haven Columbus House 203-773-9673
- New Haven Emergency Shelter 203-777-2522
- New Haven Life Haven 203-776-6208
- Shelton Spooner House 203-225-0453
- Wallingford Shelter 203-294-0102

Geriatric Assessment
Geriatric assessments are important because they diagnose age-related health issues and are subsequently the first step in understanding a senior’s situation. Experts conduct a comprehensive exam and provide recommendations for care and support. Geriatric assessments are also important because some programs require an actual diagnosis before benefits are provided. For example, the Alzheimer’s Respite program requires proof of dementia diagnosis before an applicant can receive benefits. For more information, please call:

- Derby Griffin 203-732-7328
- New Haven Dorothy Adler/Yale 203-688-6361
- Wallingford Masonic Healthcare 888-679-9997
Food Pantries

Please call the particular site for location, hours, and eligibility.

East Haven  39 Park PL  203-467-4668
Hamden   11 Pine ST   203-562-5129
Hamden  308/310 Morse ST  203-785-8057
Hamden  930 Dixwell Ave  203-562-5700
Milford   192 Meadow ST  203-877-1007
Milford   9 Jepson DR   203-877-5131
Milford  90 New Haven AV  203-876-0747
New Haven 84 Broadway  203-624-4594
New Haven 201 Chapel ST  203-776-9603
New Haven 1324 Chapel ST  203-777-8744
New Haven 168 Davenport Ave  203-777-7848
New Haven 154 Derby Ave  203-752-1644
New Haven 242 Dixwell Ave  203-624-6245
New Haven 3 Arch St*  203-691-5608
New Haven 255 Goffe ST  203-865-0514
New Haven 235 Nicolls ST  203-562-2095
New Haven 268 Park ST  203-777-5537
New Haven 149 Rosette ST  203-772-2555
New Haven 1375 State ST  203-865-8095
New Haven 311 Temple ST  203-624-6426
New Haven 49 Waverly PL  203-887-1875
New Haven 1440 Whalley AV  203-397-0796
New Haven 30 White ST  203-865-6254
West Haven 129 Bull Hill LA  203-934-0880

Addresses listed with a * indicate a Mobile Pantry. Please call the organization for more information.

Home Delivered Meals

Various organizations deliver nutritious meals to those who qualify. For more information, please call: **CHOICES 1-800-994-9422**

SNAP (Supplemental Nutrition Assistance Program)

The Federal Food Stamp Program, now called SNAP, can provide assistance for people to buy nutritious food. To get an application please call **CHOICES: 1-800-994-9422**

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**Volunteers Over 55 Needed!**

Share your experience and skills to make your community and **yourself** stronger, healthier, and more connected.

**Bridge the Generation Gap**

*Teach Children to Read*

*Provide Support to Veterans*

*Serving Those Who’ve Served Us*

*Become a Friendly Visitor*

*Provide Companionship to Frail Older Adults*

Cash stipends and money for school are offered through some of our programs — get started today!

For more information, contact us at volunteer@aoascc.org
Care Network Link is your one-stop resource to help you and your loved ones find the services you need to stay safe and comfortable in your own home.

*Membership is FREE!*

[www.CareNetworkLink.org](http://www.CareNetworkLink.org)

Serving all towns in Connecticut

(203) 495-1655
New Haven Legal Assistance
New Haven Legal Assistance provides free legal services to seniors in the New Haven area who are otherwise unable to receive services due to limited income.
203-946-4811

Statewide Legal Services
Statewide Legal Services (SLSCT), based in Middletown, provides free civil legal services in the form of direct representation in crisis situations, advice, referrals, and legal self-help materials. SLSCT provides help with a variety of areas of law including, the rights of adults with disabilities, housing, family, special education, entitlements, energy assistance, Medicare, and Social Security disability. It also provides brief services and advice, community education materials, and referrals of all non-criminal related matters to local legal services offices. Website: slsct.org/index.htm 860-344-0380

Center for Medicare Advocacy
This agency, based in Willimantic, provides free legal advice and representation to those who have been denied Medicare coverage for durable medical equipment, home health care, hospital care, or skilled nursing facility care. medicareadvocacy.org 800-262-4414 860-456-7790

Commission on Human Rights and Opportunities
This commission handles complaints regarding discrimination based on race, gender, age, physical disability, and national origin.
860-541-3400

Americans with Disabilities Act Coalition of Connecticut (ADACC)
ADACC, in Hartford, provides training and technical assistance on rights and responsibilities. Outreach strategies ensure both minority individuals and their families understand the law. While ADACC does not provide legal assistance, it does maintain a list of attorneys willing to accept ADA cases.
860-297-4383
Thank you to
The Philip Marett Fund,
Bank of America, N.A.
and Migdalia Castro, Director
Elderly Services
165 Church Street, 1st Floor
New Haven, CT 06510
(203) 946-7854
Fax (203) 946-6727
mcastro@newhavenct.net

Thank you to our sponsors for making this event possible: