

We are proud to support

The Agency on Aging of South Central CT



TEARS™
TIMELY
ELDER
ABUSE
RESOURCE
SERVICES

Resource Guide

A helpful listing of contact information for emergency hotlines, food assistance, and other service agencies for professionals and caregivers assisting older adults.



connecticare.com





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

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All the Assistance You Need to Stay at Home



KeepMeHome
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Home modifications and improvements • Respite Services.

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KeepMeHome Latino "Su casa, nuestra familia" Hablamos español



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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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| • Specialty Care | • Housekeeping / Meal Prep |
| • Medication Management | • Respite Care |
| • PERS | • Vital Sign Monitoring |
| • Alzheimer/Dementia Care | • Transferring |

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- 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



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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.

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- | | | |
|------------------------------|--|---|
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| • Feeding | • Escort to and from doctors' appointments | • GPS enabled PERS |
| • Bathing/Personal hygiene | • Specialty Care | • Fall Sensor |
| • Grocery Shopping | • Alzheimer's/Dementia Care | • Automated Medication Dispenser |
| • Companionship | • Parkinson's Care | • Vital Signs Monitoring |
| • Morning "Wake Up" | • Hospice Support Care | • Much More! |
| • Evening "Tuck In" | • Care Management | |
| • Light Housekeeping/Laundry | | |

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



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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

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homes**



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Call **866.797.2333** or visit our website **www.caregiverhomes.com**

FREE FAMILY CAREGIVER RESOURCES



Get access to vital tips, tools and support: Helpline, Support Groups, & Private Consultations

Home Healthcare Services & Community Care Resources

GET HELP NOW > 1.866.474.5230 ConnecticutHomecare.org

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Agency on Aging
of South Central Connecticut
Your Advocate for Independence®

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



FEARLESS CAREGIVER CONFERENCE

NEW HAVEN, CT • NOV. 5, 2015



CONFERENCE HOST

Gary Barg
Editor-in-Chief
Today's Caregiver magazine
Author of the books:
The Fearless Caregiver &
Caregiving Ties that Bind

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

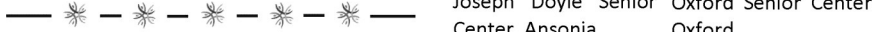
TODAY'S CAREGIVER CONFERENCE
CAREGIVER.COM



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.teaminc.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 Seymour
203-736-1484 203-888-4579

Joseph Doyle Senior Center, Oxford Senior Center,
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.



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386 Main Street – Middletown, CT 06457
212-C New London Turnpike – Glastonbury, CT 06033

WWW.SDINSURANCEGROUP.COM



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 |

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



Your Advocate for Independence®

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**

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



Notes



Stay Home with Us™



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

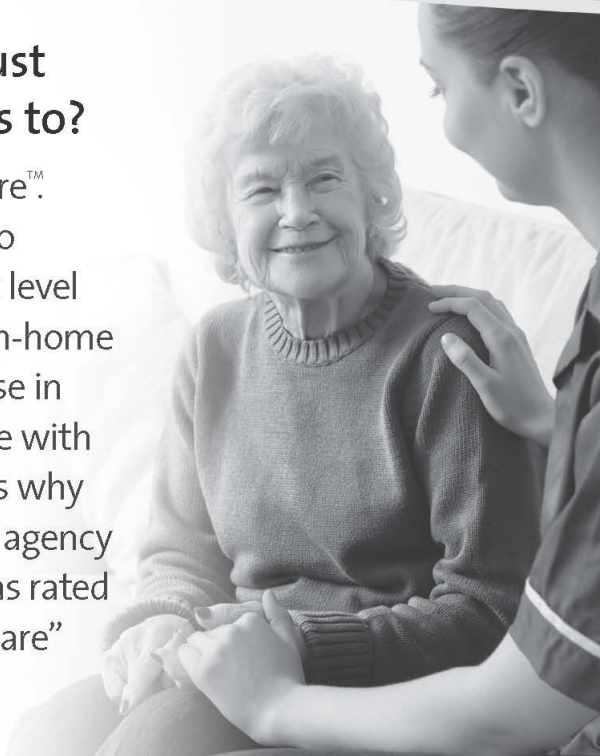
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We train our staff to provide the highest level of compassionate in-home care to seniors, those in recovery and people with disabilities. Which is why independent rating agency Home Care Pulse has rated us “Best of Home Care” two years in a row.



Personal care and assistance • Meals and transportation
Laundry, housekeeping and more



203.433.5660
www.firstlighthomecare.com

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.

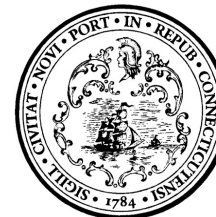
860-297-4383

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Thank you to our sponsors for making
this event possible:

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**Thank you to
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