

COMMUNITY RESOURCE DIRECTORY

for

Westport Seniors



PUBLISHED BY THE WESTPORT DEPARTMENT OF HUMAN SERVICES

TOWN HALL WESTPORT, CT 06880

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Directory on line; please go to:
www.westportct.gov › government › human-services › resource-documents



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WESTPORT DEPARTMENT OF HUMAN SERVICES

Westport Town Hall, 110 Myrtle Avenue, Room 200

Hours: 8:30 AM - 4:30 PM Telephone: 203-341-1050

Fax: 203-341-1073 Email: humansrv@westportct.gov

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www.westportct.gov/humanservices

Office and home visits by appointment

All discussions strictly confidential; no charge for services

Center for Senior Activities

21 Imperial Avenue, Westport, CT 06880

Telephone: 203-341-1050

Hours: Monday- Friday 8:30 AM - 4:30 PM

Telephone: 203-341-5099

www.westportct.gov/seniorcenter

Email: seniorcenter@westportct.gov

1 EMERGENCY TELEPHONE NUMBERS

POLICE, FIRE, EMERGENCY MEDICAL SERVICES.....911

For non-emergencies:

Police	203-341-6000	Fire	203-341-5010
EMS	203-341-6081	Health District	203-227-9571

CT COVID Resources... <http://portal.ct.gov/coronavirus>833-250-7633

NIXLE: For emergency communications. Update your information to receive instant updates neighborhood-level, public safety related emergency messages right to your home or cell phones. To get important local alerts you must sign up by texting 06880 to 888777 or sign up at [www. Nixle.com](http://www.Nixle.com). For more information on NIXLE, contact Westport Police or Fire Departments.

EMERGENCY REGISTRY: If you or a loved one require special assistance in cases of weather emergencies, please complete the following form to request consideration for the Department of Human Services' Emergency Assistance Registration. Only residents with the highest need will qualify.

Online Registry: [Westport Emergency Registry for Seniors](http://www.westportct.gov/emergency-registry)

Hard copy Application: [Emergency Registry](http://www.westportct.gov/emergency-registry) (please send to DHS, Room 200)

Staples Radio WWPT 90.3 FM

Residents can find additional information on the Town's website www.westportct.gov and National Weather Service <https://www.weather.gov/okx/>

Additional updates will also be posted on the Westport Fire Department Facebook page <https://www.facebook.com/westportctfire>

DEPT OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200.

Information and assistance related to: Medicare, Medicaid, state and federal programs, home care, day care, housing options, energy assistance, tax relief, renter's relief, transportation, educational opportunities, volunteer opportunities, counseling, financial assistance, home maintenance, emergency registries, and most other concerns of older adults. Home and office appointments.

Website: www.westportct.gov/humanservices Email: humansrv@westportct.gov

Eversource.com.....800-286-2000

Eversource Storm Restoration Process

<https://www.eversource.com/content/residential/outages/restoration-process>

Red Cross: How to Prepare for Emergencies.....877-287-3327

<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/winter-storm#Before>



988 Suicide and Crisis Hotline.....Call or Text 988

988 Contact Center services include rapid 24/7 access to trained crisis contact center staff who can help people experiencing suicidal, substance use and other mental health crises, provide referrals to resources, and perform warm transfers to mobile crisis services or emergency services as needed/desired. Studies have shown that after speaking with a trained crisis counselor, most people served by the Lifeline are significantly more likely to feel less depressed, less suicidal, less overwhelmed and more hopeful.

POISON CONTROL...call 911, then.....1-800-222-1222

Provides immediate instructions on poisons. [Connecticut Poison Control Center \(uconn.edu\)](http://www.connecticutpoisoncontrol.com)

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GENERAL INFORMATION

DEPT OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200.

Information and assistance provided. Home and office appointments available.

Email: humansrv@westportct.gov Website: www.westportct.gov/humanservices

MUNICIPAL AGENT FOR THE ELDERLY- Kristen Witt.....203-341-1067

kwitt@westportct.gov

Assistance with information and referral to community, state and federal resources for the elderly.

WESTPORT CENTER OF SENIOR SERVICES.....203-341-5099

The Westport Center for Senior Activities (WCSA) is dedicated to enhancing the quality of life for adults 60 years of age and older by offering the opportunity to continue to learn and develop; to maintain optimum physical, mental, and social well-being; and to enjoy recreation and companionship in a pleasant and safe environment. www.westportcsa.org/index.php

ADULT PROTECTIVE SERVICES (CT).....1-888-385-4225

Out of State.....800-203-1234

Investigates reports of neglect, abuse, exploitation and abandonment of persons 60 and over and takes corrective action when necessary.

[Protective Services](#)

Online Reporting Link—[W-675 \(ct.gov\)](#)

AARP (Connecticut office).....1-866-295-7279

<http://states.aarp.org/region/connecticut/>

DEPARTMENT OF MOTOR VEHICLE.....1-800-842-8222

For adults without drivers' licenses, call Department of Motor Vehicles

[Get a non-driver ID | CT.gov](#)

DO NOT CALL LIST.....1-800-842-2649

Call to register with CT. Consumer Protection Department.

www.donotcall.gov

DOMESTIC VIOLENCE CRISIS CENTER.....1-888-774-2900

24 hour help line.....www.dvccct.org

ELDERCARE LOCATOR.....1-800-677-1116

Information on elderly services in other areas. Provide zip code of person you want to assist. [Eldercare Locator \(acl.gov\)](#)

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GENERAL INFORMATION

FOOD RESOURCES

[Food Resources.docx](#)

MEDICARE1-800-633-4227

www.medicare.gov

SENIOR GO TO GUIDE

Senior Directory.....<https://simplebooklet.com/sgtgupper2017#page=1>

SOCIAL SECURITY, Bridgeport office.....1-866-331-6399

National Number.....1-800-772-1213

<https://www.ssa.gov/>

SWCAA.....1-203-333-9288

Southwestern Connecticut Agency on Aging

Regional information and assistance on all aging issues and services; health insurance counseling on options supplementing Medicare, Medicare Part D, Private Care Management. www.swcaa.org

VETERAN AFFAIRS

Veteran Service Contact for Westport

The Bigelow Center for Senior Activities

100 Mona Terrace

Fairfield, CT 06824

Phone: **(203) 418-2005**

CT. DEPT. OF VETERAN AFFAIRS.....1-860-616-3600

www.ct.gov/ctva

U.S. DEPT OF VETERAN AFFAIRS...(Hartford).....1-800-698-2411

www.va.gov

CALL INFOLINE

211

**24 hour, free, confidential hotline
for information and resources**

www.infoline.org

4 ADULT DAY CARE CENTERS

The Centers listed here are certified as medical adult day health centers. They provide supervised social and recreational programs as well as health services for the frail elderly. Some offer bath service and hairdressing service. Discounted fees may be available to eligible individuals.

SOUTHWESTERN CT AGENCY ON AGING.....800-994-9422

Adult Day Care Centers provide a variety of health, social, recreational and related support services.

www.swcaa.org/staying-in-your-home-overview/adult-day-care/

ELDERHOUSE.....203-847-1998

7 Lewis Street, Norwalk

Evening respite program. Transportation provided.

<https://www.elderhouse.org/>

MOZAIC SENIOR LIFE (formally Grasmere by the Sea)

.....203-365-6470

4200 Park Avenue, Bridgeport, CT

<http://jseniors.org/services/day-services/adult-day-program/>

GREENWICH ADULT DAY CARE– River House.....203-622-0079

125 River Road Extension , Greenwich

www.gadc.org

WAVENY CARE CENTER.....203-594-5200

3 Farm Road, New Canaan

www.waveny.org



5 COUNSELING AND SUPPORT SERVICES

DEPT. OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200

Experienced staff provide short-term counseling to older adults and their families.

Center for Senior Activities offers support groups

www.westportct.gov/humanservices Email: humansrv@westportct.gov

ALCOHOLICS ANONYMOUS.....1-866-steps12

[Alcoholics Anonymous – Connecticut Area 11 \(ct-aa.org\)](http://Alcoholics Anonymous – Connecticut Area 11 (ct-aa.org))

ALZHEIMER’S ASSOCIATION

Support groups for patients as well as caregivers.

24 hour help line.....1-800-272-3900

<https://www.alz.org/ct>

ALZHEIMER’S FOUNDATION OF AMERICA.....1-866-232-8484

Focuses on providing optimal care to patients and support for families.

[Alzheimer’s Foundation of America | Homepage \(alzfdn.org\)](http://Alzheimer’s Foundation of America | Homepage (alzfdn.org))

BEREAVEMENT GROUPS call Dept. of Human Services for referrals

CENTER FOR HOPE.....203-655-0547

Helps adults and children living with a life threatening illness, or grieving the death of a loved one with professional counseling, education and support in an atmosphere of hope and renewal.

www.familycenters.org

COASTAL CT COUNSELING.....203-307-3030

Professional counseling services: on-call therapist.

<https://www.coastalconnecticutcounseling.com/>

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JEWISH FAMILY SERVICES.....203-454-4992

733 Summer Street, 6th Floor, Stamford 06901

4200 Park Avenue, Suite 300 Bridgeport, CT 06604

Non-sectarian services include individual, couple and group counseling, home companion program, support groups for widows and widowers, vocational training and employment service for those over 55 years of age.

<http://ctjfs.org/>

LIBERATION PROGRAMS.....855-542-7764

Bridgeport, Norwalk, Stamford, Westport

Providing specialized care for alcohol, medication and other drug-abuse concerns for individuals and families. Home visits, assessments and counseling provided at no cost. [Liberation Programs – helping families become free from the disease of addiction](#)

[Liberation Programs – helping families become free from the disease of addiction](#)

POSITIVE DIRECTIONS.....203-227-7644

90 Post Road West, Westport

Positive Directions is a nonprofit behavioral health organization providing prevention, treatment, and support to the community for over 50 years.

<http://www.positivedirections.org/>

ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251

Committed to providing care for the mind, body and spirit as an integrated continuum of behavioral health and addiction services.

<http://www.stvincents.org/medical-services/behavioral-health>

SUPPORT GROUPS AT NORWALK HOSPITAL.....203-852-2250

Support groups for a wide variety of issues. Call for listing.

<http://www.norwalkhospital.org/>

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY.1-800-898-HOME

<https://visitingnurse.net/>

provides professional nursing and support services, senior care management, physical rehabilitation, health education, community wellness programs and compassionate hospice care.

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EMPLOYMENT

AMERICAN JOB CENTER SOUTHWEST (FORMERLY CTWORKS).....203-455-2700

Bridgeport

Training and job search assistance program that helps people of all ages obtain skills necessary for employment. www.ajcswct.com

EMPLOYMENT IS FOR EVERYONE (E4E) – Employment Resources for individuals with disabilities

[Employment is for Everyone](#)

[Goodwill Norwalk Career Center](#).....203-840-0361

15 Cross Street

Norwalk, CT, 06851

[Career Coaching | Goodwill of Western & Northern Connecticut \(gwct.org\)](#)

INDEED

www.indeed.com

WESTPORT LIBRARY.....203-291- 4839

<https://westportlibrary.libguides.com/jobseekers>

Tarin Evans, Career Coach

To arrange an one-on-one appointment:

tevens@westportlibrary.org



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GERIATRIC ASSESSMENT

Medical evaluation of seniors' functioning within their environment. Care plan, information and referral to seniors and their families.

BRIDGEPORT HOSPITAL-Geriatric Assessment Center.203-384-3388
<https://www.bridgeporthospital.org/>

WAVENY LIFECARE NETWORK
GERIATRIC EVALUATION CLINIC.....203-594-5311
<https://www.waveny.org/>

GREENWICH HOSPITAL GERIATRIC SERVICES203-863-4373
[Geriatrics \(Aging\) \(greenwichhospital.org\)](http://www.greenwichhospital.org/Geriatrics(Aging))

MOZIAC SENIOR LIFE.....203-396-1240
[Adult Day Program | Jewish Senior Services \(mozaicsl.org\)](http://www.mozaicsl.org)

ST VINCENT'S MEDICAL CENTER GERIATRICS.....203-576-6000
[Senior Services | St. Vincent's Medical Center | St Vincents Medical Center](http://www.stvincentsmedicalcenter.com)



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HEALTH SERVICES

- ACCESS INDEPENDENCE INC.....203-378-6977**
Promotes independence and opportunities for persons with disabilities through advocacy, empowerment and education. www.accessinct.org
- ALZHEIMER'S ASSOCIATION.....1800-272-3900**
Information, assistance, literature and referrals. Safe Return Program. Support groups; In-service Education; Respite Program. www.alz.org
- AMERICARES FREE CLINIC OF NORWALK.....203-899-2493**
98 South Main Street, Norwalk
Free primary care for the uninsured. Call for information regarding services and hours. www.americaresfreeclinics.org
- ASPETUCK HEALTH DISTRICT.....203-227-9571**
180 Bayberry Lane Hours: 8:30 am – 4:30 pm, Monday – Friday
Services Westport, Weston, and Easton. Provides monthly schedules and up-to-date public health service announcements. The Westport Weston Health District offers a variety of clinics and health programs. www.aspetuckhd.org
- CANCER CARE OF CONNECTICUT.....203-854-9911**
Counseling, information, seminars, referrals to other support services and financial guidance and some assistance. www.cancercare.org
- COMMISSION ON DEAF & HEARING IMPAIRED.....1-800-708-6796**
Serves the slightly hearing impaired to the profoundly deaf. Interpreting services, job counseling and placement, counseling and advocacy.
<http://www.dhoh.ct.gov/dhoh/site/default.asp>

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HEALTH SERVICES

CONNECTICUT DENTAL HEALTH PARTNERSHIP..... 1-866-420-2924

COMMUNITY HEALTH CENTERS (nearby locations)

Bridgeport.....203-330-6000 Stamford.....203-324-6127
49 Day Street.....203-854-9292
Sliding scale fees, full service and dental clinic, [Home \(chc1.com\)](http://chc1.com)

CT ALZHEIMER'S RESPITE CARE

<https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Connecticut-Statewide-Respite-Care-Program>

CT BOARD OF ED. SERVICES FOR THE BLIND.....1-800-842-4510

Provides comprehensive home and community services for legally blind persons of all ages. No fee. www.ct.gov/besb/

CT RADIO INFORMATION SYSTEM, INC (CRIS).....1-860-527-8000

Connecticut's talking Newsstand for the Blind and Print Handicapped 24 hours a day 7 days a week. Special radio required.

CT VETERANS HOME AND HOSPITAL.....1-860-529-2571

287 West Street, Rocky Hill, CT
Hospitalization and convalescence care for veterans. www.ct.gov/ctva

DENTAL SERVICES CLINIC (Norwalk Hospital).....203-852-2146

Located at 34 Maple St., Sliding fee scale. Appointment necessary.
<http://www.norwalkhospital.org>

EPIC HEARING HEALTHCARE AUDIENT PROGRAM.....866-956-5400

Helps low-income families afford hearing care. Candidates qualify based on their annual household income.

EYECARE AMERICA.....1-877-887-6327

Those 65 years of age and older who have not seen an ophthalmologist in three or more years are eligible for a comprehensive, medical eye exam and up to one year of treatment for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and /or other insurance reimbursement as payment in full. Uninsured patients will receive care with no charge. www.eyecareamerica.org

FAIRFIELD COUNTY MEDICAL ASSOCIATION.....203-372-4543

Provides help in finding a doctor. www.fcma.org,

HEALTH SERVICES**NORWALK COMMUNITY HEALTH CENTER**120 Connecticut Avenue.....**203-899-1770**

Full range of primary care services. Appointments only. Sliding scale.

www.norwalkchc.org**PSYCHIATRIC CLINICS****(Norwalk Hospital).....203-852-2988**Consultation, evaluation and treatment of mental health problems. Inpatient and outpatient. Sliding fee scale. Appointments. www.norwalkhospital.org**ST. VINCENT'S BEHAVIORAL HEALTH SERVICES.....203-227-1251**Full range of inpatient and outpatient behavioral health and chemical dependency programs. www.stvincentsbehavioralhealth.org**UNIV. OF BRIDGEPORT DENTAL CLINIC.....203-576-4138**

60 Lafayette Street Bridgeport, CT

VA Connecticut Healthcare**West Haven.....203-932-5711**Veteran's in-patient and out-patient care. Health screening. Help with prescription drugs. Appointments necessary. V.A. health screenings also available at Stamford Hospital. 203-325-0649. <https://www.va.gov/connecticut-health-care/>**YALE NEW HAVEN HEALTH - Bridgeport Hospital (call Reach program)**.....**203-384-3377**

HOME HEALTH CARE

CT NAT'L FAMILY CAREGIVER SUPPORT PROGRAM.....203-333-9288

Daytime and overnight relief for caregivers of individuals with Alzheimer's or related disorders. Southwestern Connecticut Agency on Aging.

www.swcaa.org

[NFBrochuer_Mar2015w.pdf \(swcaa.org\)](#)

CT HOME CARE PROGRAM FOR ELDER.....(203)333-9288

Program of Connecticut Dept. of Social Services contracted with Southwestern Connecticut Agency on Aging, which funds a variety of home care services as an alternative to nursing home care. Asset restrictions.

www.swcaa.org

<https://www.swcaa.org/ct-home-care-program-for-elders-chcpe/>

FAMILY AND CHILDREN'S AGENCY.....203-831-2900

Home Care Plus program offers a range of homemakers and home health aide services, subsidized to help with independence.

www.familyandchildrensagency.org

WESTPORT HUMAN SERVICES203-341-5097

Home Delivered Meals Program—Volunteers deliver nutritious meals at mid-day Monday through Friday. For homebound seniors who are not able to prepare own meals. [Home Delivered Meals Information](#)

HOME HEALTH CARE AGENCIES.

List of certified agencies and ratings.....www.swcaa.org

[Homecare Agencies](#)

For a hardcopy listing.....**203-341-1050**

PERSONAL MEDICAL ALERT.....203-438-5555

A 24 hour emergency response system with small personal "help" button to summon immediate aid. WWW.RVNAHEALTH.ORG

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HOME HEALTH CARE

LOCAL PHARMACIES

<https://www.westportct.gov/home/showdocument?id=24368>

For a hardcopy listing.....203-341-1050

NEW ENGLAND ASSISTED TECHNOLOGY (NEAT).....860-243-2869

The Equipment Restoration Center (ERC) has a large inventory of gently used durable medical equipment. It is where you can:

- Purchase restored equipment (walkers, canes, shower benches, wheelchairs, scooters, and more.
- Save 50% to 80% of the cost of the same item when new.
- Donate equipment to benefit people with limited or no insurance coverage; or in need of a “spare” wheelchair.
- Call to arrange for free pick up of you equipment; its tax deductible.

www.neatmarketplace.org

VISITING NURSE & HOSPICE OF FAIRFIELD COUNTY.1-800-898-HOME

<https://visitingnurse.net/>

Provides professional nursing and support services, senior care management, physical rehabilitation, health education, community wellness programs and compassionate hospice care.



WHEEL IT FORWARD.....203-652-8600

Wheel it Forward offers a convenient destination to enable anyone to easily borrow or donate DME at no cost.....<https://www.wheelitforwardusa.org>



HOME MAINTENANCE & HOUSING LEGAL MATTERS

Housing:

ACCESSORY APARTMENTS.....203-341-1030

Planning and Zoning Office, Town Hall www.westportct.gov

Accessory Apartments: Permit allows conversion of part of home to legal apartment. There are three "Affordable Accessory Apartments" within private homes: (updated 04/2023)

Contact Planning Zoning for regulations and listings

AFFORDABLE HOUSING LISTINGS.....203-341-1050

www.westportct.gov/humanservices

Southwestern CT. Agency on Aging.....1-800-811-9808

Lists of: Assisted Living, Continuing Care Retirement Community, Congregate Living, Residential Care Homes, Independent Retirement Community, Subsidized Rental Housing available at www.swcaa.org.

[Housing Options Overview - SWCAA](#)

WESTPORT HOUSING AUTHORITY.....203-227-4672

www.westportha.org

Is responsible for the operation of public housing located within the town. Federal and State funds are channeled to provide publicly operated low and moderate income housing for the community. Available openings are filled from a waiting list, with need and affiliation with Westport the primary consideration. The Housing Authority operates the following four facilities:

1. **Hales Court** - consists of 78 free-standing Cape Cod style house with 2 & 3 bedrooms.
2. **Canal Park** - is for seniors (62+) and disabled singles and couple of any age. It consists of 50 studio and one-bedroom apartments.
3. **Hidden Brook** - located on 1655 Post Road East, consists of 39 one, two, & three bedroom homes.
4. **Sasco Creek Village** - also located at 1655 Post Road East, consists of 54 new one, two, and three bedroom units.

WHITNEY GLEN– Sixty-two unit condominium pet friendly complex for 62 years and older, privately owned.....**contact local realtor**

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**HOUSING - HOME MAINTENANCE
& HOUSING LEGAL MATTERS**

THE SAUGATUCK.....203-967-8337

Thirty-six unit cooperative building on Bridge Street converted from an elementary school. Independent living for adults 62+.

Managed by the Property Group of CT

<http://www.thepropertygroup.net/Contact Us/>

**THE RESIDENCE -- ASSISTED LIVING FACILITY
1141 POST ROAD EAST**

96 - unit facility designed for assisted living quarters. Is an LCB Senior Living community and you may contact Karen Foley for more information. She can be reached at..... **781-983-0855**

Community's website: <https://www.residencewestport.com>

HOUSING LEGAL MATTERS:

BETTER BUSINESS BUREAU.....860-740-4500

Find and accredited business. [BBB: Start with Trust® | Better Business Bureau®](#)

CT CONSUMER PROTECTION DEPARTMENT.....1-860-713-6100

Ext. 111. Consumer protection representatives will answer consumer questions. A list of registered contractors available. <https://portal.ct.gov/dcp>

LIST OF SENIOR HOME REPAIRS.....203-341-1050

Dept. of Human Services can offer a listing of businesses and agencies who can provide light home repair at reasonable prices.

REVERSE MORTGAGES

CT Housing Finance Authority ([Reverse Annuity Mortgage \(RAM\) Program - Homeowners | CHFA](#)) offers reverse annuity mortgages for long term care. FHA-insured reverse mortgages for any purpose. Also, see link:

<http://www.chfa.org/Homeownership/for%20Homeowners/ReverseAnnuityMortgageProgram.aspx>

WE DO WALKWAYS, ETC.....203-341-1050

Call for list of young people willing to shovel snow, rake leaves, etc.

Outdoor work only. Suggested compensation: \$15 per hour.

16 LEGAL INFORMATION AND SERVICES

CENTER FOR MEDICARE ADVOCACY.....1-860-456-7790

Legal advice and representation on Medicare issues.

www.medicareadvocacy.org

CONNECTICUT LEGAL SERVICES1-203-348-9216

Private, non-profit, civil law firm dedicated to helping low-income families and individuals obtain justice. Legal assistance regarding elder consumer rights, Medicaid and nursing home rights, elder housing rights.

<https://ctlegal.org/>

CT COMMUNITY LAW CENTER AT UCONN.....1-860-570-5400

Legal help for low-moderate income individuals and families

45 Elizabeth Street, Hartford, CT<https://cclc.law.uconn.edu/>

HOUSING COURT.....203-846-4332

Help with landlord-tenant matters, evictions.

LAWYER REFERRAL SERVICE.....203-335-4116

Bar Association sponsored service.

www.bridgeportbar.org

LONG TERM CARE OMBUDSMAN.....866-388-1888 OR 860-424-5200

State-appointed contact who protects and promotes the rights and quality of life for residents of skilled nursing facilities, assisted living, and residential care homes

PROBATE COURT.....203-341-1100

Town Hall, Room 100 www.westportct.gov

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

STATEWIDE LEGAL SERVICES/CT-ELDERLY UNIT.....1-800-453-3320

<http://slsct.org/>

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MONEY MATTERS

AMERICAN RED CROSS.....1-800-319-9935

Chapter Headquarters : 209 Farmington Ave.

Farmington, CT, 06032

24 hours; 7 days a week. Temporary housing, food and clothing assistance in emergency relief situations**(Bridgeport)..... (877) 287-3327**

[Connecticut Region | American Red Cross](#)

AFFORDABLE CONNECTIVITY PROGRAM1-888-225-5322

(broadband discount)

Provides a discount of up to \$30 per month toward internet service for eligible households . Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

<https://www.fcc.gov/acp>

CT DEPT. OF VETERANS AFFAIRS.....1-860-616-3683/3684

Help with benefits and other concerns of veterans. Office of advocacy and assistance. <https://portal.ct.gov/dva> Westport contact.....203-418-2005

CT DEPT OF SOCIAL SERVICES.....toll free.....1-855-626-6632

925 Housatonic Avenue, Bridgeport

SNAP also known as Food stamps, State Supplement (cash assistance); Medicaid also known as Title 19; and “QMB”, a program that helps with Medicare premiums and deductibles for those eligible.

<https://www.connect.ct.gov/access/jsp/access/Home.jsp>

DEPT OF HUMAN SERVICES.....203-341-1050

Westport Town Hall, Room 200

Information and assistance with financial needs including; Medicare, Medicare Part D, Medicaid, Social Security, home-owners tax relief, renters relief, fuel assistance, food stamps, accessory apartment conversions. Help with “red tape.”

<http://www.westportct.gov/humanservices>

FUEL ASSISTANCE

Department of Human Services (Westport residents).....203-341-1050

Alliance for Community Empowerment (formally ABCD)

(non-residents).....203-838-8110

149 Water Street, 2nd floor, Norwalk <https://alliancect.org/>

WESTPORT HUMAN SERVICES (WESTPORT WARM-UP FUND)
203-341-1067
 Awards vary with income and family size. Income and asset guidelines.

MEDICAID— Healthcare for low-income adults.....1-855-626-6632
<https://portal.ct.gov/DSS/Common-Elements/How-to-Apply-for-Services/How-to-Apply-for-Services>

MEDIGAP, MEDICARE PART D INSURANCE INFORMATION CHOICES.....1-800-994-9422
 A cooperative program of the State of Connecticut, Department of Social Services, the Area Agencies on Aging and the Center for Medicare Advocacy. [Health Insurance Overview - SWCAA](#)

MONEY MANAGEMENT INTL.....1-866-889-9347
 Organization provides free financial counseling, debt management.
www.moneymanagement.org

NATIONAL COUNCIL ON AGING.....www.BenefitsCheckUp.org
 Computer web site with confidential screening tool to determine eligibility for state and federal programs, with detailed instructions on how to apply for them.
 Contact: www.swcaa.org.....1-800-794-6559

NEW ENGLAND PENSION ASSISTANCE PROJECT.....1-888-425-6067
 Assistance for individuals having trouble understanding or obtaining their pension benefits, as well as finding lost pensions.
www.umb.edu/pensionaction

SOCIAL SECURITY ADMINISTRATION.....1-800-772-1213

Bridgeport Office.....1-866-331-6399

35 Courtland Street

Bridgeport, CT 06606

Information on Social Security, Medicare and Supplemental Security
Income, Disability Assistance. Call first. www.ssa.gov

SOLDIERS, SAILERS & MARINE FUND.....203-332-5648

<https://www.alctssmf.org/>

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

www.ctsnap.org.....1-866-974-7627

(7627) Federally funded program that allows qualified individuals & and
family members purchase groceries (formally known as food stamps.)

TAX RELIEF / RENTERS RELIEF / SEWER RELIEF

Assessor.....203-341-1139

Department of Human Services.....203-341-1067

For 65 years plus or disabled; income eligibility differs for various state and
local programs. D.H.S. offers home appts. to medically-homebound resi-
dents who qualify for these programs.

TAX HELP AND FILING (FREE)

Westport Town Hall.....203-341-1050

Westport Center for Senior Activities.....203-341-5099

With emphasis on low-and middle-income households and special attention
to those age 60 and older.

UNEMPLOYMENT COMPENSATION.....203-348-2696

Labor Department, 111 High Ridge Road, Stamford

<http://www.ctdol.state.ct.us/UI-Online/Index.htm>

AMERICA THE BEAUTIFUL- National Parks and Federal Recreational Lands Pass- \$80 lifetime pass or \$20 annual fee to Federal Parks for adults 62+. Obtain pass at park you visit. <http://store.usgs.gov>

WESTPORT CENTER FOR SENIOR ACTIVITIES.....203-341-5099
21 Imperial Avenue, Westport, CT 06880

The Westport Center for Senior Activities (WCSA) is dedicated to enhancing the quality of life for adults 60 years of age and older by offering the opportunity to continue to learn and develop; to maintain optimum physical, mental, and social well-being; and to enjoy recreation and companionship in a pleasant and safe environment.

The WCSA is a 15,375 square foot building located in a tranquil 22.4 acre park known as the Baron's Park South; parking is free. The facility offers an updated, expanded fitness center with a full complement of exercise equipment with restrooms and showers, art rooms, game rooms, meeting/conference rooms, a library and additional activity rooms. The facility offers a full-service kitchen, serving hot lunches prepared on-site by our own chef Monday – Friday for a nominal donation of \$5-\$7.00. We also have a Grab & Go concession offering hot and cold beverages, healthy snacks and light lunch options for those on the go. The WCSA offers a large multi-purpose media room, game room with pool table and fireplace, arts and crafts rooms, and a health screening room – all in a beautiful, warm and inviting environment.

Activities/services include: multiple fitness/exercise classes with a full gym, strength training, weight resistance, light aerobics, Parkinson's Fitness, Tai Chi, Yoga, Pilates, boxing, cardio strength, arthritis & balance, dance fitness, foreign language instruction, gardening, bridge and Mahjong lessons, card games, board games, table tennis, origami, stained glass, painting/drawing, health screenings, hearing testing, mindfulness/stress reduction, discussion groups, writing workshops, safe driving program, culinary lectures/demonstrations, barbecues, special social/entertainment events, free tax preparation, and Medicare/Medicaid insurance information and referral, and access to an on-site social worker. To sign up as a participant, register for a class, and to receive email updates, please call 203-341-5099.



CHARTER OAK PASS.....1-860-424-3200, press 2

Free pass to CT State Parks for adults 65 and over. Send a clear copy of driver's license or photo I.D. (which shows address and date of birth) to:

Dept. of Environmental Protection

Charter Oak Pass - State Parks

79 Elm St., Hartford, CT 06106

CHURCHES AND SYNAGOGUES

Your church or synagogue may have a senior group. It may also provide counseling, home visiting, and transportation to religious services.

[Places of Worship](#)

COLLEGE COURSES

Many nearby colleges offer to discount or waive their course fees.

FISHING AND HUNTING LICENSES.....203-341-1110

Westport Town Hall, Town Clerk's Office, Room 105

Discounted licenses for adults 65 and over, Annual renewal necessary.

ROAD SCHOLAR.....1-877-426-8056

College-level classes, travel, volunteer programs, multi generational trips combined with living on campus, in hotels, motels and aboard ship for a week or more are offered by Road Scholar at moderate cost. .

www.roadscholar.org

LIFETIME LEARNERS INSTITUTE.....203-857-3330

Norwalk Community College

For adults 50 and over. Membership fee \$50; \$30 fee for each course.

www.lifetimelearners.org

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RECREATION AND EDUCATION

PARKS AND RECREATION.....203-341-5090

Longshore Club, 260 Compo Road South

For most activities there are special rates for adults 62 and over. Hand-held beach emblems are available to senior residents who don't drive.

www.westportct.gov

STAPLES HIGH SCHOOL POOL.....203-341-5090

Pool is open to residents from mid November to early June 5. Tues and Thurs, 5:30 PM to 9:00 PM.; Sat and Sun 1:15 PM to 3:45 PM. Hand pass required, daily fee \$7. Season pass for age 62 and over \$100. Pool closed during Staples H. S. events and holidays. Park and Recreation cancellations:

.....203-341-5074.

[Staples Community Pool | Westport, CT \(westportct.gov\)](http://StaplesCommunityPool|Westport,CT(westportct.gov))

WESTPORT BOARD OF EDUCATION

CONTINUING EDUCATION.....203-341-1209

Classes at Center for Senior Activities as well as Staples High School; reduced senior rates. www.westportcontinuinged.com

WESTPORT CHAMBER OF COMMERCE.....203-227-9234

List of "Things to Do" in or near Westport. Maps.

www.westportchamber.com

WESTPORT LIBRARY.....203-291-4800

The Westport Library hosts nearly 2,000 free programs each year and offers access to a wide variety of services — reference support, tech help, readers advisory, and more. The innovative and interesting programming offered by the Library, the vast majority free of charge, includes lectures, films, author talks, book discussions, concerts, and other events. The Library also offers free high-speed access to the Internet, laptops that can be reserved for in-library use, and wireless access throughout the building and beyond. In addition, there is handicapped access throughout the Library and access to a motorized scooter available for use within the building. The Library also has a varied collection of materials including large-print books, audiobooks, and streaming services that allow you to read or listen to book on your own device. Also available: "grandkits" for grandparents with visiting grandchildren — call 203-291-4810 to request a bundling of books, toys, movies, and music. For more information, visit westportlibrary.org.

RECREATION AND EDUCATION

WESTPORT WESTON FAMILY Y.....203-226-8981
Discounted membership rates for adults 65 and over. Variety of special programs including: senior aqua fitness, arthritis aquatic program, senior strength training, use of fitness center and pool. <http://westporty.org/>

Y'S MEN OF WESTPORT.....www.ysmenwestportweston.org
Retired and semi-retired men meet weekly at the Saugatuck Church from September through May, on Thursday mornings at 10AM. Special interest groups meet at other times.

Y'S WOMEN OF WESTPORTwww.yswomen.org
Opportunities for learning, social and recreational activities. General meetings usually two Mondays each month. Coffee and socializing begin at 10:45 AM and the meeting is from 11:30-12:30PM. Membership fee of \$55. Special interest groups and volunteer opportunities.

65 PLUS CLUB.....203-341-1026
Call the Executive Assistant to the Superintendent of Schools or pick up an application at either the Center for Sr. Activities or Town Hall, Room 200. A membership card entitles holder to complimentary tickets to plays and concerts given by Westport students, free admission to home sports events and use of Staples Library. Allow two weeks to receive membership card.



AAA Office

495 Westport Avenue, Norwalk.....203-293-1724

<https://branches.northeast.aaa.com/CT/norwalk>

AMERICAN CANCER SOCIETY.....1-800-227-2345

Transportation to cancer related medical appointments anywhere in the area for cancer patients. 48 hour notice. No cost..... www.cancer.org

[Road To Recovery | American Cancer Society](http://www.cancer.org)

FAMILY & CHILDREN'S AGENCY– HOME CARE PLUS.....203-831-2900

Wheel chair accessible van. Assisted transportation for 60 + years of age.

Seniors may qualify for discounts..... www.familyandchildrensagency.org

DEPT OF MOTOR VEHICLES

540 Main Avenue, Norwalk, CT 06851.....800-842-2222

Alternate number:860-263-5700

Online at:..... <http://www.dmv.org/ct-connecticut/>

HANDICAPPED PARKING PERMIT & Non-Driver Photo ID.

.....203-341-1050

Applications available in Town Hall, Room 200, and the Center for Sr. Activities. Online at: <http://www.dmv.org/ct-connecticut/>

KENNEDY CENTER - VETERAN & DISABLED TRANSPORTATION

SERVICES.....203-365-8522 EXT. 263

.....<http://www.thekennedycenterinc.org/>

[Mobility & Transportation Services | The Kennedy Collective](http://www.thekennedycenterinc.org/)

MTM (formally VEYO) STATE MEDICAL INSUREES—

NON EMERGENCY.....855-478-7350

The CT Dept. of Social Services has contracted with MTM to manage Medicaid non-emergency medical transportation services. Call to schedule rides.

METRO NORTH TRAIN SCHEULE.....<http://www.mta.info/>

NORWALK TRANSIT DISTRICT

COASTAL LINK: Commuter bus covers Norwalk, Westport, Fairfield, Bridgeport, Stratford, Milford

Streets: WEEKDAYS / SATURDAY / SUNDAY: Norwalk Wheels Hub, Post Rd in Westport & Fairfield, GBT Hub in Bridgeport, Dock Shopping Center in Stratford, Milford Green, Westfield Mall in Milford, Return.

<https://norwalktransit.com/route/coastal-link/>

[Westport Transit District Info.](#)

WESTPORT ELDERLY & DISABLED.....203-299-5180

Westport Elderly & Disabled transit services are available for travel within the Town of Westport to anyone 65 years of age and older, or 64 years of age and younger that has a disability and/or impairment.

[ADA Services Westport | Norwalk \(norwalktransit.com\)](#)

NORWALK TRANSIT DISTRICT (TOWN-TO-TOWN).....203-299-5180

Town-to-Town Westport Transit Services are available for travel to qualified ADA residents of Westport, within the following cities: Norwalk, Wilton, Weston, New Canaan, Darien, Stamford and Greenwich.

[ADA Services Westport | Norwalk \(norwalktransit.com\)](#)

WHEELS2U WESTPORT.....203-852-0000

Press option 3

Shuttle service that any Westport resident can use to go to and from locations in the Service Area and the Saugatuck or Greens Farms train stations. The fare for this service is \$2.00 per trip. This service is available on weekdays only. [Wheels2U Westport](#)

RAILROAD PARKING.....203-341-6052

Free parking in \$5.00-a day designated parking area at railroad station two times a month for 62 years of age and over. After receiving first \$5.00 ticket go to police station to register. After that, call and mail tickets to have two a month free.

RIDES IN SIGHT.....www.ridesinsight.org

Website dedicated to providing local transportation options throughout the country.

VOLUNTEER OPPORTUNITIES

VOLUNTEER PROGRAMS / HUMAN SERVICES DEPT.

Volunteers needed for the DHS Home-Delivered Meals, Congregate Meal and Hello Neighbor Programs, technology training, gardening program at the Senior Center; volunteers also needed for Youth Mentor Program.

CSA - 203-341-5099.....Room 200.....203-341-1050

FRIENDS OF THE CENTER FOR SENIOR ACTIVITIES.....203-341-5098

Voluntary organization committed to supporting the mission and goals of the Center and to enriching and expanding the programs and activities it offers to the Westport community. www.wscfriends.org

HOMES WITH HOPE.....203-226-3426

Donate your time to serve dinner at the Community Kitchen, join a committee, organize a food drive. www.hwhct.org

[Ways To Volunteer — Homes With Hope \(hwhct.org\)](http://www.hwhct.org)

HOMES WITH HOPE—WOMEN’S MENTORING INITIATIVE

Trained volunteers support women at risk who are struggling to create self-sufficient lifestyles.....203-226-3426

<http://www.hwhct.org/>

PERSON TO PERSON.....203 939-1650

Donations of non-perishable food are welcomed in addition to being available to those in need. [Volunteer - Person to Person \(p2phelps.org\)](http://p2phelps.org)

SERVICE CORPS OF RETIRED EXECUTIVES (SCORE).....203-831-0065

Counselors to America’s Small Business, Fairfield County Chapter 41

<https://www.score.org/fairfieldcounty>

VISITING NURSE & HOSPICE OF FAIRFIELD

COUNTY.....203-762-8958, EXT 316

Many opportunities to volunteer: peer counselor, hospice, patient support, culture program, etc. www.visitingnurse.net

[Volunteer Programs – Visiting Nurse & Hospice of Fairfield County](http://www.visitingnurse.net)

VOLUNTEERING—Localwww.volunteermatch.org.

Log on, enter your zip code, and find local opportunities to volunteer.

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THE COMMISSION FOR SENIOR SERVICES

Mission Statement

The Westport Commission for Senior Services provides a public forum for the study and discussion of our community's senior needs and advocates for appropriate change.

The Commission serves to advise and consult with the First Selectman, the Department of Human Services, and our senior community on issues and resources pertaining to seniors in Westport.

THE HUMAN SERVICES COMMISSION

Mission Statement

The Westport Human Services Commission provides a public forum for the study and discussion of our community's human service needs and to advocate appropriate change.

The Commission serves to advise and consult the First Selectman and the Department of Human Services on issues pertaining to Human Services in Westport.

THE COMMISSION ON PEOPLE WITH DISABILITIES

Mission Statement

The Commission on People with Disabilities' mission is to ensure that Westport is a town where people with disabilities have the opportunity and support to enjoy full and equal access to lives of independence, productivity, inclusion and self-determination.

Commission meetings are held monthly and are open to the public. Call 203-341-1050 for dates and times.

To subscribe to official Town notices for meetings and minutes, please go to www.westportct.gov and click on the government link, then sign up for e-notifications.

