

TOWN OF PUTNAM

COMMISSION ON AGING MEETING MINUTES

JULY 05, 2016

TOPIC	DISCUSSION	ACTION/ RESOLUTION
<p><b>PRESENT:</b></p> <p><b>ABSENT:</b></p>	<p>Chairman Dignam, Vice Chairman Coderre, Members Brodeur, Cassio, Desautels, Jarmolowicz, Lamoreaux, Russo, ExOfficio Spagnuolo</p>	
<p>1. <b>CALL TO ORDER</b></p>	<p>Meeting called to order at 6:00 P.M. by Chairman Dignam</p>	
<p>2. <b>PUBLIC COMMENT</b></p>	<p>None</p>	
<p>3. <b>APPROVAL OF MINUTES</b></p>	<p>A. <u>June 07, 2016 Commission on Aging Meeting Minutes:</u></p> <p><i>Member Desautels made a motion to accept the minutes as presented. Member Russo seconded the motion, which passed unanimously.</i></p>	
	<p>B. <u>June 11, 2016 Commission on Aging Meeting Minutes:</u></p> <p><i>Member Brodeur made a motion to accept the minutes as presented. Member Cassio seconded the motion, which passed unanimously.</i></p>	
<p>4. <b>PETITIONS &amp; COMMUNICATIONS</b></p>	<p>A. <u>Email dated June 26, 2016 from Paul Bazinet:</u></p>	
	<p>B. <u>Email dated June 28, 2016 from Valerie of Gourmet Traveler:</u></p> <p>The Putnam Seniors do not utilize the Gourmet Traveler. Discussion regarding whether or not the Commission should align itself with a travel agency that focuses on senior trips and not a travel agency that books trips for all and includes seniors as well.</p>	

5.	<b>UNFINISHED BUSINESS</b>	A.	<p><b><u>Senior Fair:</u></b></p> <p>Actions required:</p> <ol style="list-style-type: none"> <li>1. Determine the date (earlier the better)</li> <li>2. Determine the number of tables and how they could be arranged to determine the right number of vendors/educators to invite</li> </ol> <p>November 8<sup>th</sup> is the Senior Fair at Ellis Tech</p> <p>Father David also offered the Church Hall for safety &amp; health seminars at no cost.</p>	
6.	<b>NEW BUSINESS</b>	A.	<p><b><u>Attorney Kathryn Guinan – Disabilities Network of Eastern Connecticut:</u></b></p> <p>Attorney Kathryn Guinan, Board Member, spoke with the Commission regarding the services that are offered through the Disabilities Network of Eastern Connecticut (DNEC). The goal of the DNEC is to help anyone with disabilities stay in whatever setting he/she wishes to be in.</p> <ul style="list-style-type: none"> <li>• Assist with people weaving their way through the system that are having difficulties accessing benefits</li> <li>• Assist with securing a service dog</li> </ul> <p>Please see the attached letter and brochures for more detailed information</p>	
		B.	<p><b><u>Senior Center:</u></b></p> <p>Chairman Dignam met with Mallory Demty and Drayton Fair from LLB Architects and Putnam Facilities Group Chairman Allan Rawson regarding the needs for a senior center. Chairman Dignam advised that the Commission had yet to sit down and discuss what we were looking for. Drayton has built other senior centers, and is knowledgeable regarding set up, and needs. It was suggested that the Commission go out</p>	<p>Members to email Chairman Dignam a list of senior centers that they would like to visit and he will coordinate a site(s) visit.</p>

		<p>and look at other senior centers to get an idea of what would be best for Putnam.</p> <p>Member Lamoureux offered to get a van for the site visit</p> <p>Have to put together a plan of what we want in a senior center, and then hold a special meeting, after the Commission members have had the opportunity to visit other senior centers first.</p> <p>Norwich, CT and Chepachet, RI were brought up as good senior centers to visit</p> <p>The Senior Center could become a nutrition site for seniors, and if that were the plan, there would be a need for convection ovens. The senior populations represents a lot of the voters and the Commission should have a good list of what they think is necessary to be incorporated into the building, as you don't want to add on in five years because we forgot to add this or that</p> <p>Willington has a separate entrance to the senior center so that they can rent the space out. It has become a source of revenue for the town and those funds may be used to pay for a Director</p> <p>PFSG Chairman Rawson suggested that this Commission stay in close contact with the PFSG and the architect. He stressed that it is very important that this facility is built with the projected uses in mind, as the building will last 100 years plus. It has the hope of the Chairman that the Commission members go on site visits and come back to the PFSG with a plan. The schedule will be delayed in order to incorporate a senior center into the Municipal Complex. Adding a fourth function will only enhance the project</p>	
		<p>C. <b><u>Use of St. Mary Church Hall for Senior Activities:</u></b></p> <p>The consensus of the Commission is to start small with an available space to start a senior center to determine the commitment from the local seniors</p>	

		<p>Items of Discussion:</p> <ul style="list-style-type: none"> <li>• Start with one afternoon a week at the St. Mary Church Hall, perhaps 3-4 hours</li> <li>• Seems to be momentum right now</li> <li>• With no funding, who will oversee, organize and run the program</li> <li>• Rotate the oversight among the Commission members that are available</li> <li>• Determine a plan, who will be there, what activities will be planned and who they might appeal to             <ul style="list-style-type: none"> <li>○ Learning</li> <li>○ Exercise</li> <li>○ Cooking</li> <li>○ Arts &amp; Crafts</li> <li>○ Board Games</li> <li>○ Card Games</li> </ul> </li> <li>• Speak with Father David and present him with the plan</li> <li>• Check with Father David to see if the small kitchen can be used. It has a few coffee pots and a small refrigerator as well as potential storage for board games etc.</li> <li>• Secure commitment from John Filchak, Executive Director of the Northeast CT Transit District to have a bus to drop off and pick up seniors on the designated day</li> <li>• Approaching the Board of Selectmen for funding in the Fiscal Year 17-18 Town of Putnam Budget</li> </ul> <p>It is also the consensus of the Commission that by making an effort now to start something the seniors will feel heard</p>	
	D.	<p><b><u>Future Planning:</u></b></p> <ul style="list-style-type: none"> <li>• Meeting Locations: The goal is to hold the monthly meetings at the</li> </ul>	Denise Roireau to notice the meeting

			<p>five different senior housing complexes. The August meeting will be held at Ella Grasso Gardens. Kathy Carter of Hampshire Heights, Bulger/St. Onge said that the Commission would be welcome to hold a meeting at the various facilities, however in her opinion, the Commission will not see any seniors at the meeting because they do not go out after 4:30pm. The Commission decided to try the August meeting at Ella Grasso Gardens to determine the kind of response we get and then go from there</p> <ul style="list-style-type: none"> <li>• Senior Resources:                  They are a valuable resource and should be included on the website. They have state and federal funding, organizations present grant applications transportation, and other things. They also give referrals to care giving services, find housing, work with Department of Social Services to make sure that the care agencies are paid; they have special diabetes training for diabetic seniors and their caregivers. They also host the Choices Program, which is a 6-week training program for Municipal Agents, and others on how to help people navigate Medicare system as they approach 65, helping them choose what supplemental programs are best for their specific needs. The Commission would like to have someone from Senior Resources come and speak at the next meeting                  Please see attached for more details</li> <li>• Atlantic Broadband                  Municipal Agent Spagnuolo brought up that there is nothing much on the Town of Putnam Channel</li> </ul>	<p>Add Senior Resources to the August 2, 2016 Commission on Aging Meeting Agenda</p> <p>Municipal Agent Spagnuolo to contact Senior Resources for training</p>
7.	PUBLIC COMMENT	A.	<p><b>Robert Freeman – 35 Easy Street Plainfield</b>                  Mr. Freeman wanted to address concerns/complaints</p>	

		<p>that had come in to the Mayor's Office. He advised the Commission that he had recently let go of an aggressive driver.</p> <p>Mr. Freeman offered the following:</p> <ol style="list-style-type: none"> <li>1. Has a wheelchair van</li> <li>2. Participates in a voucher program from the Eastern Connecticut Transportation Consortium, Inc. 860-859-5791. If a professional certifies that a passenger is disabled, they will provide \$2.00 in vouchers for every \$1.00 spent</li> <li>3. Are a vendor for medical transportation with Logistic Care along with Med-Ex</li> <li>4. Drivers will assist people in and out of the vehicles. They are not insured to do CNA work and do not transfers</li> <li>5. Putnam Taxi covers all of Windham County except for the Town of Windham</li> </ol> <p>A Commission member brought up a concern regarding patients being left at doctors' offices due to not being picked up by Logistic Care and can be made to wait for 3-4 hours requiring the office to stay open late. Mr. Freeman advised that returns are a slightly lower priority.</p>	
8.	<b>ADJOURNMENT</b>	<p><b><i>Member Desautels made a motion to adjourn the Commission on Aging Meeting at 6:53PM. Member Russo seconded the motion, which passed unanimously.</i></b></p>	

Respectfully submitted,

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Denise S. Roireau, Secretary  
 Board of Finance



*Disabilities Network  
of Eastern CT, Inc.*

19 Ohio Avenue Norwich, CT 06360

Dear Commission on Aging :

Good day and thank you for allowing me to spend a few minutes of your time explaining an agency that can and will benefit so many in your town.

Our agency, The Disabilities Network of Eastern Connecticut (DNEC), is one of 5 Centers for Independent Living in the state of Connecticut. DNEC covers the 37 towns of eastern Connecticut. We provide advocacy and personal empowerment that help individuals with any disability to learn how to build independence and to make significant personal choices that help them to live the lives they choose in their home community. We can help and model skills for those who are marginalized by their disability. We have specialized services for those who are Deaf, or visually or hearing impaired. We can help those transitioning from institutions back into the community.

Our brochures highlight the many areas that DNEC impacts:

Independent living skill training, peer support, individual advocacy to assist in obtaining benefits, transition services, disability rights and empowerment, and community awareness and advocacy.

The brochures are titled: DNEC Services; American Disabilities Act; Assistive Technology; Hearing Loss Assistive Technology; Certified Aging in Place Specialist (CAPS); Vocational Services for Consumers; Vocational Services for Employers; Community Partner Work Incentive Counselor.

Also, we offer fee for service American Sign Language (ASL) classes and a Deaf Focus Support Group.

Please note that we, as a Board, are available to speak at any function that will get the word out about DNEC.

I ask that you circulate these brochures around within your community. (If you need more brochures, please contact DNEC at the number on the back any of the brochures.)

Again, thank you for your time. I look forward to hearing from you in regards to speaking about DNEC with groups, or sharing more information with other town leaders.

Sincerely,

  
Kathryn D. Quinnan

DNEC Board Member

We provide you with the knowledge, experience and encouragement to be assertive when faced with obstacles to your independent living goals.

All people should be able to make decisions affecting their own lives.

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19 Ohio Avenue  
Norwich, CT 06360

The Disabilities Network of Eastern Connecticut is a consumer- controlled 501 (c)(3) non-profit agency.

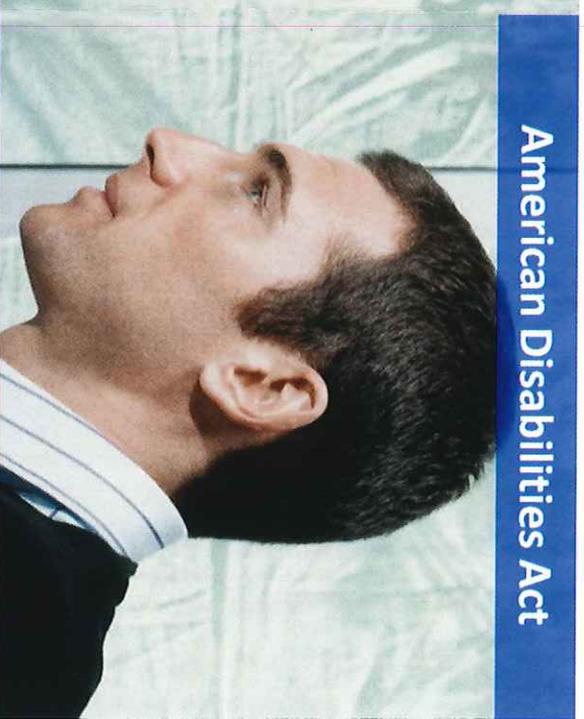
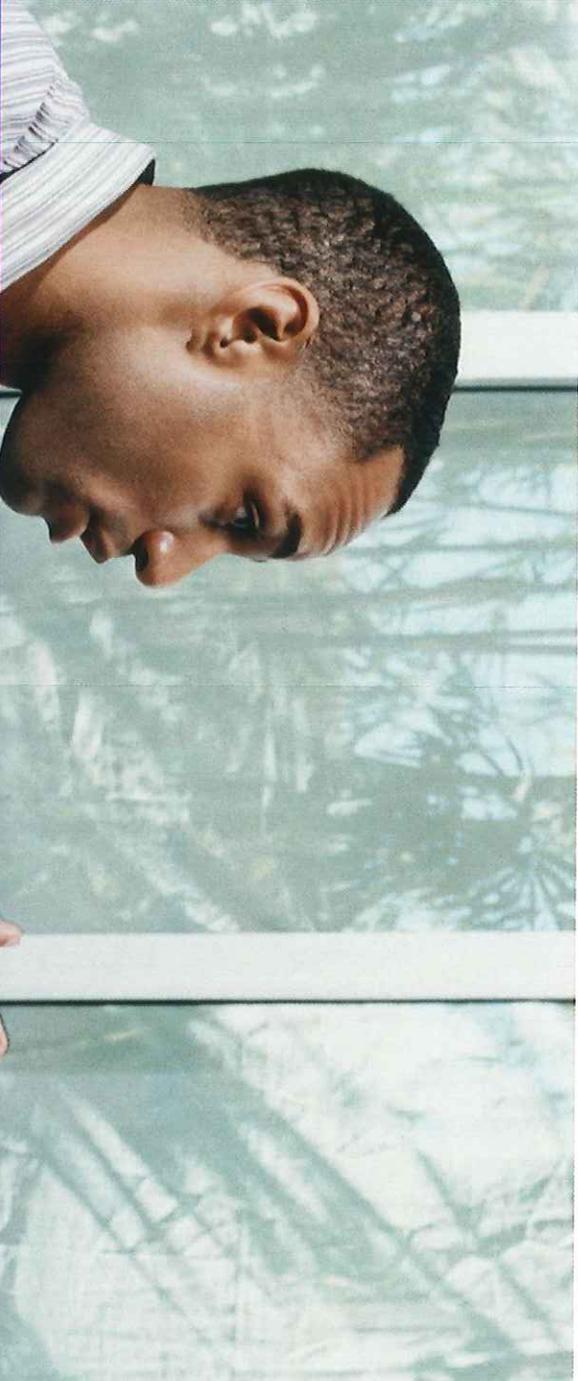


American Disabilities Act

Dedicated to supporting YOUR rights.

Working to empower YOU to make choices.

Advocating for change that helps YOU become included in your community.



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Independent Living Administration,

CT Department of Rehabilitation Services, Private Grants, Fee for Service and Individual Donations.

See our website to volunteer, to give back, and to donate. Thank you.

Voice 860 - 823 - 1898

Fax 860 - 886 - 2316

Videophone 860 - 237 - 4515

Email [DNEC@DNEC.org](mailto:DNEC@DNEC.org)

Website [www.DNEC.org](http://www.DNEC.org)

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## *What is DNEC?*

DNEC is a nonprofit agency serving persons of all ages and all disability types who reside in eastern Connecticut. DNEC utilizes peer mentoring, self-advocacy and independent living skills training to assist individuals with disabilities to reenter or remain in the community and to make meaningful life choices.

## *What is the American with Disabilities Act?*

The Americans with Disabilities Act (ADA) was signed into law in 1990. This act prohibits discrimination against people with disabilities and ensures they have the same rights and opportunities to participate in life as everyone else.

These rights and opportunities include:

Equal Employment Opportunities,  
Nondiscrimination in State and Local

Government Services,  
Nondiscrimination by Public  
Accommodations and in Commercial  
Facilities and Telecommunications

## *What is a disability?*

If you meet one of the descriptions in this list then you could be considered to be a person with a disability under the ADA.

A physical or mental impairment that substantially limits a major life activity.

A record or history of having a physical or mental impairment that substantially limits a major life activity.

A person is "regarded as" having a disability.

## *What is a service animal?*

A service animal has been specially trained to perform a task that is directly related to the persons

disability. People with service animals are permitted to use their animal in areas of a facility where customers are normally allowed to go.

A few examples of tasks include:

Guiding a person who is blind,  
Alerting a person who is deaf when a sound occurs, Alerting and protecting a person who is having a seizure.

Animals providing emotional support, comfort, or companionship are not considered to be service animals.

## *What benefits or services am I entitled to as a person with a disability?*

The answer to that question is, it depends. No two situations are ever the same and there are many variables that come into play when making determinations about benefits. We are here to help you.

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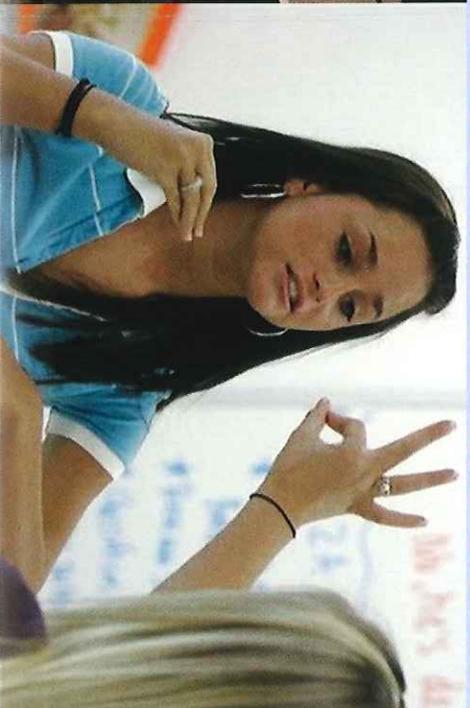
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Assistive Technology



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## What is Assistive Technology?

Assistive Technology is used to describe devices that lessen or remove barriers faced by persons with disabilities. It is the name for the wide range of technology that helps individuals perform functions that might be otherwise difficult or impossible.

## Types of Assistive Technology

There is a wide array of devices that are used to increase the independence of a person with disabilities. Some of the more common devices are wheelchairs, ramps, videophones, and walkers.



There are both high tech assistive technology and low tech assistive technology in the groups of devices that make life easier for a person with disabilities. Some types of assistive technology are Aids to Daily Living, Assistive Listening, Alternative Communication, Mobility, Positioning, and Visual Aids, just to name a few.

**Aids to Daily Living** are tools that assist you in your day to day activities. This includes adaptive cooking and eating utensils, special plates or cups that may be divided or cut on an angle, non-skid surfaces, special shoes, reachers, grab bars, toilet seats that are raised or specially designed, and shower seats.

**Assistive Listening** devices that help a person who is deaf or hard of hearing. These include hearing aids, amplifiers, flashing alarm clocks, flashing smoke detectors and carbon monoxide detectors, captioned telephones, and captions on television.

**Alternative Communication** devices allow a person who cannot speak, or whose



speech is not understood by others, to communicate in a manner that can be understood. These items include picture boards, voice output communication devices, communication software for computers and tablets, electronic devices to send text messages and emails.

**Mobility** equipment allows a person with a disability to move independently and safely through the community. This includes wheelchairs and scooters, walkers, canes, adapted bicycles, and modified vehicles.

**Positioning** supports help a person remain in a position that is safe and eliminates stress or strain on the body. This can include adjustable chairs and tables, standers, wedges and pillows.

**Visual Aids** help a person who is blind or has low vision access information. This can include large print books, audio books, magnifiers, talking computer software, special radio stations and writing guides.

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**Vocational Services for Employers**



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**Working to empower YOU to make choices.**  
**Advocating for change that helps YOU become included in your community.**

## **What is DNEC?**

DNEC is a nonprofit agency serving persons of all ages and all disability types who reside in eastern CT. DNEC utilizes peer mentoring, self-advocacy and independent living skills training to assist individuals with disabilities to reenter or remain in the community and to make meaningful life choices.

## **What can DNEC do?**

Finding and keeping good employees can be challenging and time consuming. DNEC's employment program can help you find the right person for the job.

## **How?**

DNEC consults with employers about their training and accommodation needs. DNEC's job coach/trainer

assists with special training in task activities. Equipment is adjusted to accommodate disabilities. A trained worker is created. **Cost to you: \$0.**

## **What are Employment Services?**

Employment services are designed to assist individuals with disabilities to find and maintain meaningful employment.

The services include job preparation, work adjustment training, on-site job training, task analysis and job coaching.

Assistance is also provided in developing interpersonal and social skills, assistance in understanding company policies, rules and benefits and transportation training for independent travel to work. Support can also be provided outside of the workplace.

## **Why should Employer's Join DNEC and What are the Incentives ?**

- Tax Incentives
- Unique Set of Skills
- Employees with Strong Sense of Determination
- Employee Retention

## **Fun Fact:**

*The majority of employers who have made accommodations found that the cost of the accommodation was less than \$500. The vast majority (73%) of employers report that their employees with disabilities did not require accommodations.*

Please contact us for information about hiring people with disabilities. We are there to support you in every step of the process.

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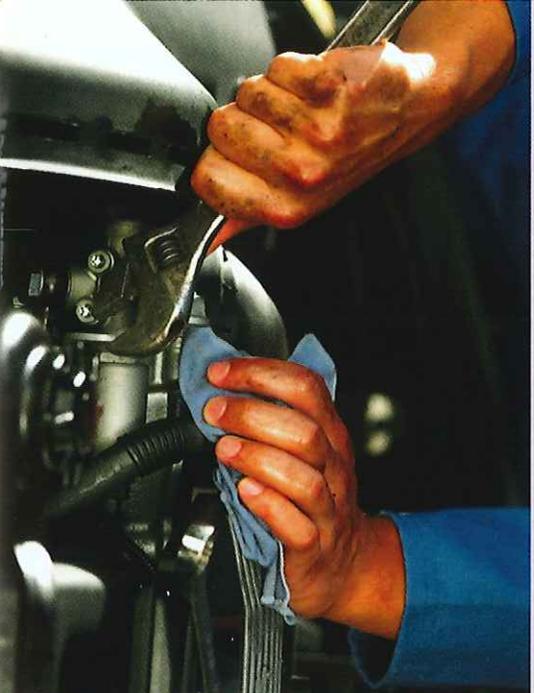
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Hearing Loss Assistive Technology

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## People who are Hard of Hearing

- Prefer not to be lumped with Deaf people
- Usually do not know Sign Language
- Have individual communication needs and styles
- Many times people will not admit they are hard of hearing
- Hearing aids do not restore perfect hearing like glasses would

## Communication Myths

A nod does not mean the person understands. Lip reading is 33% effective. Yelling does not

help. Use a regular tone, natural gestures and communication will work. If all else fails write it down or text one another.

## Did you know 30 million Americans have a hearing loss?

More than 30 million Americans have hearing loss, 1/3 of US population will have a hearing loss by age 65, Approx 2 million people are profoundly deaf. Each individual with hearing loss has unique communication needs and styles.

## Assistive Technology to Assist with Hearing Loss

- Captioned Telephones
- Webcaption
- Hearing Aids
- Vibrating Alarm Clocks
- Smoke Detectors with Flashing Lights
- Carbon Monoxide Detectors with Flashing Lights

## Communication Tips

Get the person's attention and look them in the eye while speaking clearly. Make sure to rephrase and not repeat as it can be frustrating for both parties. Writing messages or texting messages can help.

The important thing is to be patient and understanding.

## Resource Websites

- [www.CaptionCall.com](http://www.CaptionCall.com)
- [www.ConverseCommunications.com](http://www.ConverseCommunications.com)
- [www.DNEC.org](http://www.DNEC.org)
- [www.HarrisComm.com](http://www.HarrisComm.com)
- [www.SprintCapTel.com](http://www.SprintCapTel.com)

## DNEC Advocates for You

DNEC is a non-profit agency providing services to people with disabilities that reside in eastern CT. We believe change starts with the individual, but the support of the community is what makes inclusion possible. We are guided by the principle that our consumers should be able to integrate into the community of their choice to the fullest degree possible.

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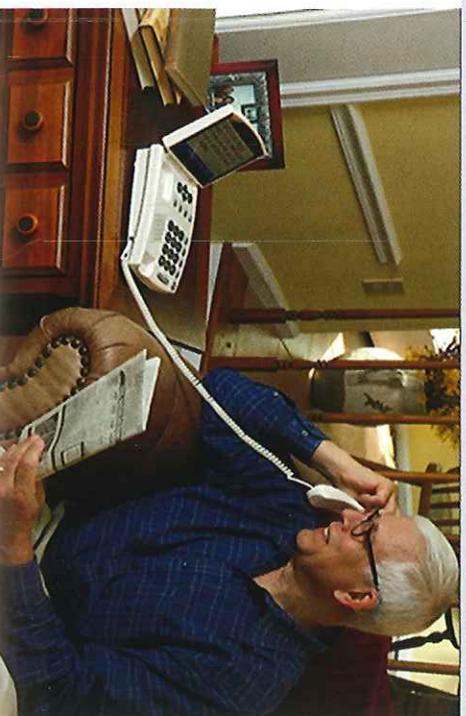
Caption User



Captioning Service



Other Party



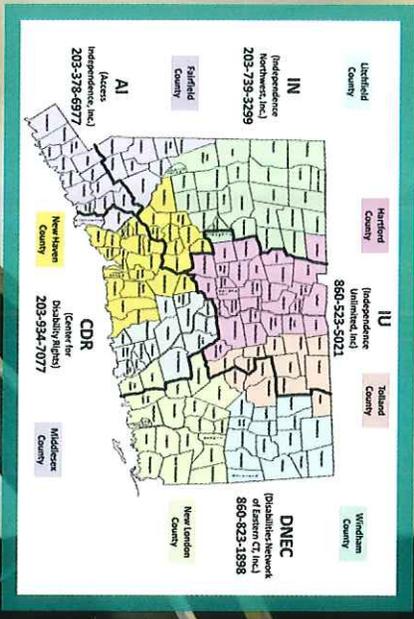
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DNEC SERVICES



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## Eligibility

Our services are available to anyone with a physical, mental, or other disability, regardless of age or other factors.

## Independent Living Center

An Independent Living Center is an agency that helps those with disabilities have an independent life no matter what their living situation or disability. Independent Living Centers offer:

Information and Referral,  
Independent Living Skills Training, Peer Support, Advocacy and Transitions

Other services include blind, low vision, deaf, and hard of hearing services, vocational support, assistive equipment and income tax preparation and referral.

## Information and Referral

If you need help making informed choices regarding accessible housing, accessible transportation, employment resources, or state and federal benefits, we will provide the information you need to live as

independently as you wish, or refer you to a resource better suited for your needs.

## Independent Living Skills Training

If you want to increase your independence we can refer you to agencies that provide assistance with Financial Management, Cooking & Housekeeping, Using Public Transportation and Social Skills.

## Peer Support

Through peer mentoring you can share your experiences and learn to:

Adjust to a newly acquired disability, adjust to changes in living arrangements, use community services and manage encountering discrimination. Group sharing builds advocacy skills and community.

## Individual Advocacy

We support your right to be seen and heard. Our staff will assist you to advocate your point of view in issues of:  
Obtaining Benefits, Social Services, Access to Public Facilities, Employment, Education, Communication, and Housing.

## Transition Services

We will provide support while you transition from one situation to another. This includes moving from a facility to the community, education, employment or other life changes.

## Disability Rights and Empowerment

We can help answer your questions about your rights and issues such as:

*Protection from employment discrimination, accommodations for job applicants and employees, changes to existing facilities to make communities more accessible, and services and programs required to accommodate persons with disabilities.*

## Community Awareness

DNEC believes that the change starts with the individual, but the support of the community is what makes inclusion possible. We are dedicated to educating the public. Our staff is available to present awareness programs to the public, community groups and schools systems.

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**Myth: If I go to work, my disability cash benefits will automatically stop.**

**Fact: If you go to work, there are many safety nets that allow you to return to work without worrying about your cash benefits.**

## Who is eligible for a Community Partner Work Incentive Counselor?

Anyone that has a disability and who has a question about how working

may affect their benefits.

To receive benefits counseling services you must be working with DNEC on Vocational goals.

## What is a Community Partner Work Incentive Counselor?

A CWIC provides work incentives, planning, and benefits counseling to persons with disabilities. This can include exploring eligibility for participation in federal and state employment support programs.

**Myth: If I go to work, my health benefits will stop.**

**Fact: After you return to work, your Medicaid coverage may continue, even if your earnings (alone or in combination with your other income) become too high for an SSI cash payment.**

## What can Benefits Counseling do for you?

DNEC will discuss your Social Security Disability (SSDI) and/or Supplemental Security Income (SSI) and other state and federal benefits.

DNEC will sit down with you and review your career goals and how your benefits may or may not be affected.

DNEC will assist you to design an individualized Independent Living Plan to achieve your financial and vocational goals.

DNEC guidance will assist you to plan a financial future through personal and family budgets, managing a checkbook, and obtaining knowledge of available direct and indirect resources related to income, housing, food, medical and/or other benefits.

DNEC 19 Ohio Avenue Norwich, CT 06360

860-823-1898 Voice

860-886-2316 Fax

860-237-4515 Videophone

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

Follow us on 



We provide you with the knowledge, experience and encouragement to be assertive when faced with obstacles to your independent living goals.

All people should be able to make decisions affecting their own lives.

**Disabilities Network of Eastern Connecticut, Inc**

**19 Ohio Avenue  
Norwich, CT 06360**

**The Disabilities Network of Eastern Connecticut is a consumer- controlled 501 (c)(3) non-profit agency.**

Precious Putnam  
(860) 823-1898 ext 120



Major funding for DNEC is provided by the U.S. Dept. of Health and Human Services, Independent Living Administration, CT Department of Rehabilitation Services, Private Grants, Fee for Service and Individual Donations. See our website to volunteer, to give back, and to donate. Thank you.

**Voice** 860 - 823 - 1898  
**Fax** 860 - 886 - 2316  
**Videophone** 860 - 237 - 4515  
**Email** [DNEC@DNEC.org](mailto:DNEC@DNEC.org)  
**Website** [www.DNEC.org](http://www.DNEC.org)  
**Follow Us On Facebook** 



**Vocational Services for Consumers**



**Dedicated to supporting YOUR rights.**  
**Working to empower YOU to make choices.**  
**Advocating for change that helps YOU become included in your community.**

## *What is DNEC?*

DNEC is a nonprofit agency serving persons of all ages and all disability types who reside in eastern Connecticut. DNEC utilizes peer mentoring, self-advocacy and independent living skills training to assist individuals with disabilities to reenter or remain in the community and to make meaningful life choices.

## *What are Employment Services?*

Employment services assist individuals with disabilities to find and to maintain meaningful employment. The services include job preparation, work adjustment training, task analysis, on-site job training, and job coaching.

Training is provided to develop interpersonal and social skills, understanding company policies, rules, benefits, and transportation training for independent travel to work.

## *Who is eligible?*

Anyone who has a disability that affects their ability to work.

## *What can DNEC provide?*

Career Counseling and Guidance, Job Search Assistance, Job Site Assessment, Job Site Accommodation Advice, Job Placement and Job Coaching.

## *How Does this Program Work?*

### *What if someone is receiving benefits?*

It is possible for someone to work and continue to receive Social Security benefits and health insurance (Medicare/Medicaid).

DNEC has a CWIC (Community Partner Work Incentive Counselor) on staff to provide benefits counseling.

## *For example: Ticket to Work.*

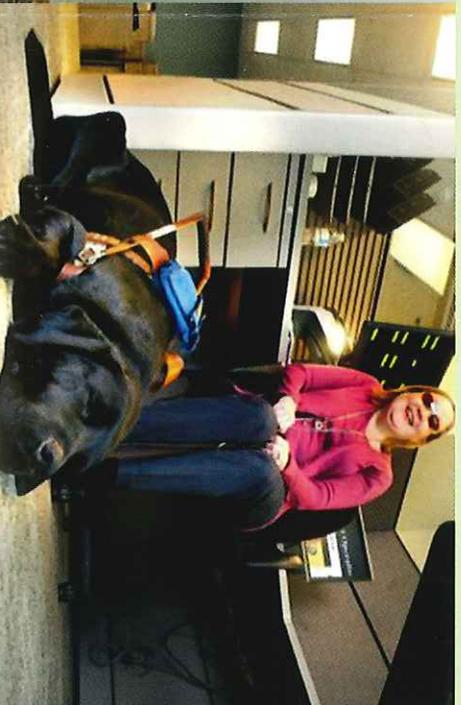
The goal of the national Ticket to Work program is to give people receiving disability benefits the chance to achieve steady, long-term employment.

Eligible beneficiaries receive "Tickets" from the Social Security Administration then contact an Employment Network Agency, such as DNEC, to "assign" their ticket.

After an Individual Work Plan (IWP) is developed with the counselor, the ticket is "in use".

As long as the consumer is making "timely progress" to their IWP goals, no Medical Continuing Disability Reviews take place and the consumer's existing benefits remain in place.

Other possible scenarios can be explored with the CWIC's help.



DNEC 19 Ohio Avenue Norwich, CT 06360

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Follow us on 

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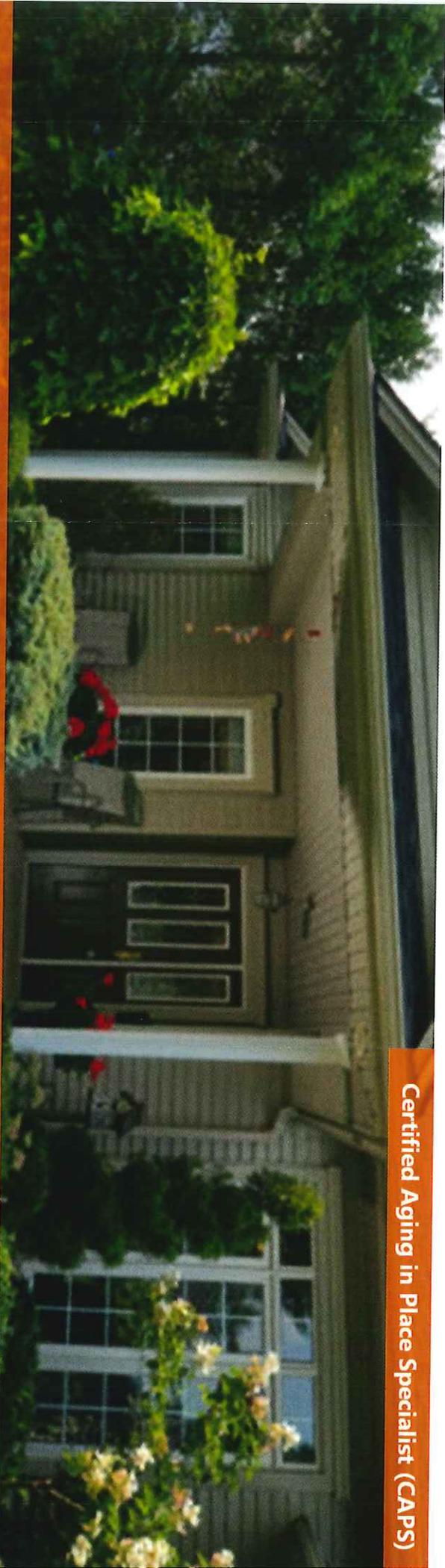
**Disabilities Network of Eastern Connecticut, Inc**

**19 Ohio Avenue  
Norwich, CT 06360**

**The Disabilities Network of Eastern Connecticut is a consumer- controlled 501 (c)(3) non-profit agency.**



**Certified Aging in Place Specialist (CAPS)**



**Major funding for DNEC is provided by the U.S. Dept. of Health and Human Services, Independent Living Administration, CT Department of Rehabilitation Services, Private Grants, Fee for Service and Individual Donations. See our website to volunteer, to give back, and to donate. Thank you.**

**Voice 860 - 823 - 1898**

**Fax 860 - 886 - 2316**

**Videophone 860 - 237 - 4515**

**Email DNEC@DNEC.org**

**Website www.DNEC.org**

**Follow Us On Facebook **

**Dedicated to supporting YOUR rights.**

**Working to empower YOU to make choices.**

**Advocating for change that helps YOU become included in your community.**

## What is DNEC?

DNEC is a nonprofit agency serving persons of all ages and all disability types who reside in eastern Connecticut. DNEC utilizes peer mentoring, self-advocacy and independent living skills training to assist individuals with disabilities to reenter or remain in the community and to make meaningful life choices.

## What is CAPS?

CAPS is a Certified Aging-in-Place Specialist who has been trained and certified by the National Home Builders Association. They will evaluate and make recommendations for changes to make your home more accessible.

The Certified Aging-in-Place Specialist (CAPS) works with individuals to explore their options to live safely in their home. Our Specialist will come to your home to evaluate and make recommendations about changes that can be made to keep you, or your loved ones, safe in the home.

The recommendations from the CAPS could be simple changes to the current layout, or adaptive home modifications that will make a safer environment.

CAPS can help you have a flexible and safe environment for now and the future.

Most modifications to your living spaces are affordable. Things like task lighting, grab bars for the shower, handrails in hallway, flashing smoke detectors, and lever door knobs are small changes that can make a big impact in maintaining independence.

## Who would benefit from a CAPS evaluation?

Anyone that may currently be experiencing challenges maneuvering through their home.

Anyone that would like to prepare for changes to their future independence.

Anyone that has visitors who may have difficulties getting through their home.

Anyone who uses a cane, walker, crutches,

wheelchair, or other devises in their home.

## What does the assessment entail?

Our CAPS will come to your home and meet with you to discuss what you feel could be challenges that you would like to see addressed.

The CAPS will ask to walk with you through your environment to observe the way you maneuver through the home.

The CAPS will take measurements and at times may ask to take some photographs.

The CAPS will return to the office to compile the information gathered in the home and will prepare a written report. The report will explain suggestions and recommendations being made by the CAPS.

The CAPS will help develop a process to implement your accessibility plan.

DNEC 19 Ohio Avenue Norwich, CT 06360

860-823-1898 Voice

860-886-2316 Fax

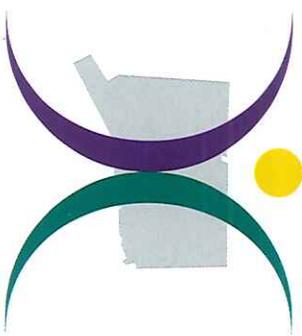
860-237-4515 Videophone

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

Follow us on



# You Have CHOICES



**1-800-994-9422 (In State Toll Free)**  
**1-860-424-5274 (Out of State)**



LOCAL HELP FOR PEOPLE WITH MEDICARE

For aging and long-term needs.

To reach the CHOICES program within the State of Connecticut call toll free 1-800-994-9422, or directly call the Area Agency on Aging that services your town. If you are calling from out of state, call the applicable Area Agency on Aging directly, or call the State Department on Aging (SDA) at 1-860-424-5274 for a referral.

The CHOICES Program is managed by the Connecticut SDA and administered through the Center for Medicare Advocacy and Connecticut's Area Agencies on Aging. Programs are funded by grants from the State of Connecticut and the Administration for Community Living.

**Senior Resources Agency on Aging**  
19 Ohio Avenue, Suite 2  
Norwich, CT 06360  
860-887-3561  
[www.seniorresourcesec.org](http://www.seniorresourcesec.org)

*Service area:* Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Chester, Clinton, Colchester, Columbia, Coventry, Cromwell, Deep River, Durham, East Haddam, East Hampton, East Lyme, Eastford, Essex, Franklin, Griswold, Groton, Haddam, Hampton, Killingly, Killingworth, Lebanon, Ledyard, Lisbon, Lyme, Mansfield, Middlefield, Middletown, Montville, New London, North Stonington, Norwich, Old Lyme, Old Saybrook, Plainfield, Pomfret, Portland, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Westbrook, Willington, Windham, and Woodstock.

**North Central Area Agency on Aging**  
151 New Park Avenue, Box 75  
Hartford, CT 06106  
860-724-6443  
[www.ncaaac.org](http://www.ncaaac.org)

*Service area:* Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hartland, Hebron, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, South Windsor, Southington, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, and Windsor Locks.

**Agency on Aging of South Central CT**  
One Long Wharf Drive, Suite 1L  
New Haven, CT 06511  
203-785-8533  
[www.aosacc.org](http://www.aosacc.org)

*Service area:* Ansonia, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, Meriden, Milford, New Haven, North Branford, North Haven, Orange, Oxford, Seymour, Shelton, Wallingford, West Haven, and Woodbridge.

**Southwestern CT Agency on Aging**  
1000 Lafayette Boulevard, 9th floor  
Bridgeport, CT 06604  
203-333-9288  
[www.swcaa.org](http://www.swcaa.org)

*Service area:* Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, and Wilton.

**Western CT Area Agency on Aging**  
84 Progress Lane  
Waterbury, CT 06705  
203-757-5449  
[www.wcaaa.org](http://www.wcaaa.org)

*Service area:* Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winchester, Wolcott, and Woodbury.



## YOU HAVE CHOICES

### What is CHOICES?

CHOICES helps Connecticut's older adults and other people with Medicare understand their Medicare coverage and healthcare options. CHOICES offers a number of free programs, as well as community outreach, and information and referral services on a wide variety of topics.



Call CHOICES  
at your Area Agency on Aging  
1-800-994-9422 (In State Toll Free)  
1-860-424-5274 (Out of State)

# YOU HAVE CHOICES

*To make informed health insurance decisions.*

## **State Health Insurance Assistance Program (SHIP)**

CHOICES staff and volunteer counselors have extensive training and experience helping individuals to understand health insurance issues including:

- Medicare
- Medicaid
- Prescription Drug Benefits
- Supplemental Medicaid Policies
- Long-Term Care Insurance Policies

Counselors do not sell insurance or recommend one plan over another.

*To prevent, detect and report healthcare fraud and abuse.*

## **Senior Medicare Patrol (SMP)**

CHOICES counselors and volunteers help Medicare beneficiaries and their families become better informed healthcare consumers. They empower consumers and help protect them from becoming victims of scam artists by teaching them to recognize and report healthcare fraud.

CHOICES SHIP and SMP counselors provide free and objective information by phone and in person at sites throughout the state. They also provide individual guidance for handling suspected fraud and scams.

*To manage your quality of life.*

## **Information and Referral Counseling**

CHOICES is a one-stop shop for information about aging and long-term care services, referring consumers to appropriate agencies and programs that provide services to address many problems and concerns encountered by older adults, people with disabilities, their families, and caregivers, such as:

- Adult Day Centers
- Housing Options
- Transportation
- Elder Abuse and Exploitation
- Nutrition Services
- Legal Matters

CHOICES also offers counseling on options for long-term care.

*To receive the benefits you are entitled to.*

## **Eligibility Screening**

Using *Benefits Check-Up*, CHOICES counselors provide information and preliminary screening for more than 20 federal and state programs that may help pay for some prescription drugs, healthcare, utilities, and other needs.

*To make a difference in your community.*

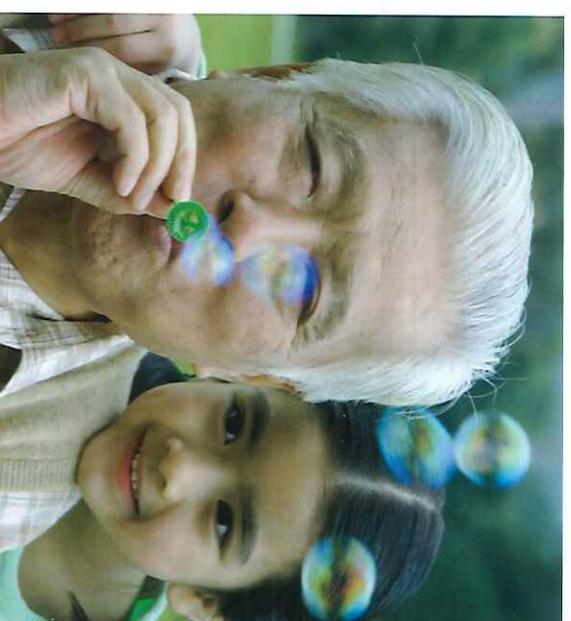
## **Volunteer Opportunities**

CHOICES trains volunteers for the gratifying work of helping seniors and other Medicare beneficiaries and their families to better understand all of their options for current and long-term needs. To learn more about becoming a CHOICES volunteer, call 1-800-994-9422.





The workshop is offered at various locations across the state. Call 1-800-994-9422 and ask for the Live Well Coordinator to find a workshop near you.



**Feel better.**

**Be in control.**

**Do the things  
you want to do.**



**Sample Workshop Topics:**

- Healthy Eating
- Exercise
- Better Balance
- Effective Communication
- Problem solving
- Setting Goals

**Put Life  
Back in  
Your Life**



**LIVE WELL WORKSHOPS**  
“It’s your life, live it well!”

**Put Life Back Into Your Life.**  
**Consider a LIVE WELL Workshop.**

Are you an adult age 55 or older with an ongoing health condition?

You'll get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, the LIVE WELL Workshop can help you take charge of your life.

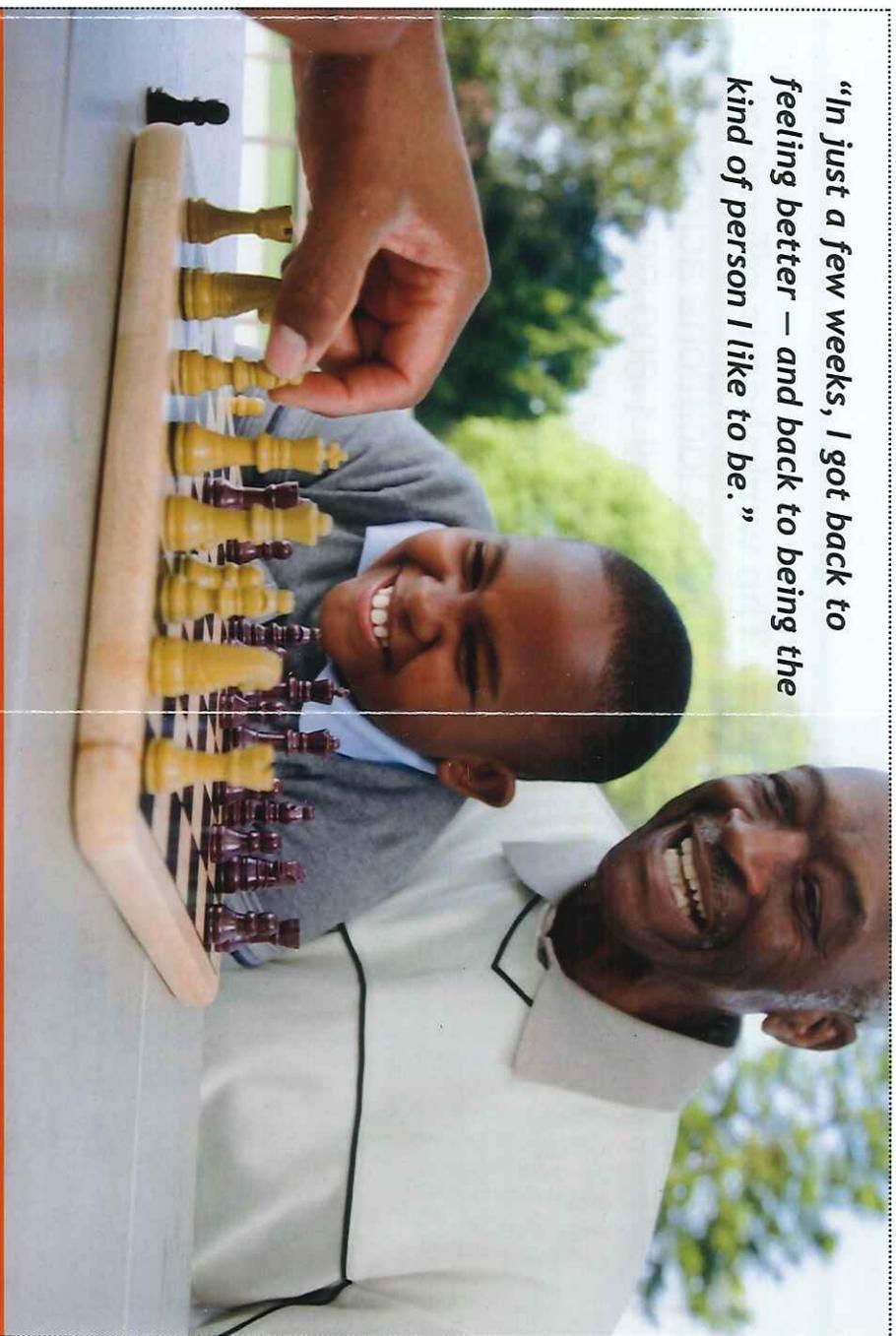
**Sign Up Now.**  
**Spaces Are Limited.**

 Join a free 2 ½-hour LIVE WELL Workshop, held each week for six weeks.

 There are workshops at various locations throughout the state. Learn from trained volunteer leaders with health conditions themselves.

 Set your own goals and make a step-by-step plan to improve your health—and your life.

*"In just a few weeks, I got back to feeling better — and back to being the kind of person I like to be."*



Ask for the LIVE WELL Coordinator at 1-800-994-9422 for more information.



*"Now I have more energy than I've had in years. I'm calmer and more confident about my health."*



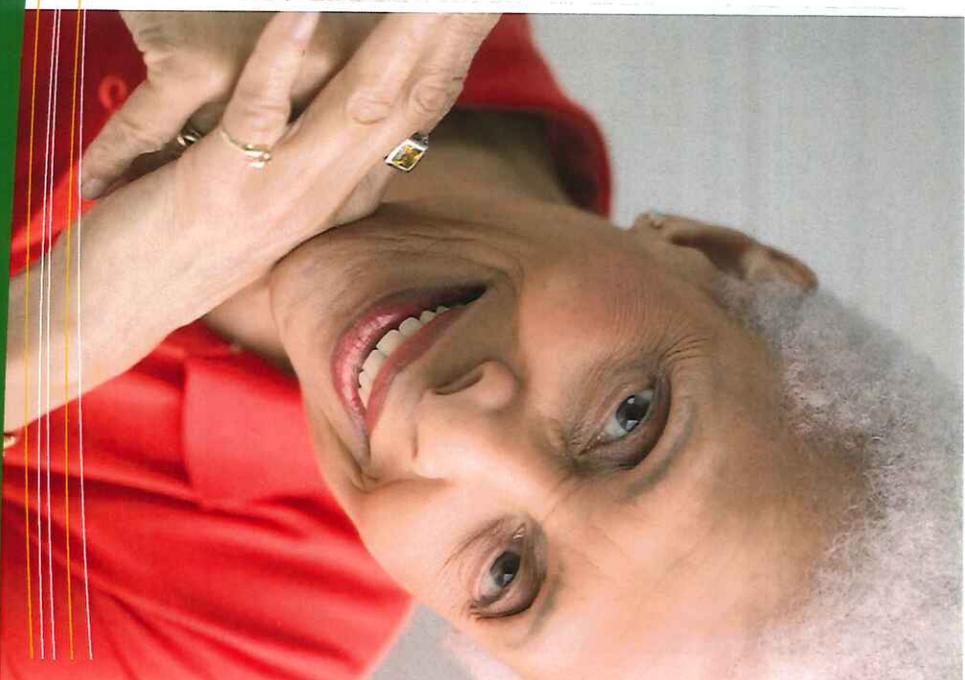
*"The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner."*



**"The workshop helped me understand that I'm not alone".**  
Live Well participant

Open to people with diabetes, pre-diabetes and their support person. Class size is limited.

Call 1-800-994-9422 for locations, dates and times. Ask for the Live Well Coordinator.



**Live Well with Diabetes**

Join a **FREE** 2 1/2 hour Live Well with Diabetes workshop, held each week for six weeks.

Learn from trained volunteers and professional leaders how to better manage your diabetes.

Set your own goals and make a step-by-step plan to improve your health – and your life.



*CT DPH is an Affirmative Action, Equal Opportunity Employer*



Learn how to feel  
better...healthier...happier

**Live Well with  
Diabetes will help  
you learn how to:**

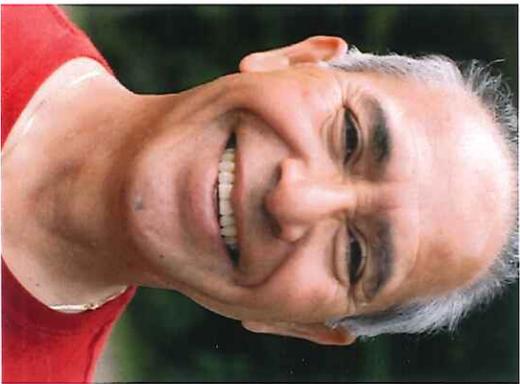
- ✓ Manage blood sugar
- ✓ Communicate better with your healthcare professional

## Are you sick and tired of being sick and tired?

If you have Diabetes or Pre-Diabetes this course could make all the difference. A caregiver or relative is welcome to attend with you. They too will benefit.

**How does it work?**  
Attend the 2 1/2 hour sessions once a week for 6 weeks.

- ✓ Care for your feet
- ✓ Manage sick days
- ✓ Fight fatigue
- ✓ Build your confidence
- ✓ Eat healthy
- ✓ AND MORE!



### **There is help!**

You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

Live Well with Diabetes will help you control your diabetes so it does not control you!

Live Well is the Connecticut version of the Stanford University evidence based program.

To register, get more information or find out more about the next diabetes workshop, please call 1-800-994-9422

Join

Learn

Take  
Control!

---

## The Need for Respite

Respite care provides a break, or a time of caregiver relief, from the constant physical and emotional stress of caring for a person with Alzheimer's disease or a related dementia. The task of caring for a person with dementia is overwhelming. Family caregivers often develop stress-related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on.

Respite truly saves caregiver's lives. With financial assistance, many family caregivers who would not otherwise use this service will have the opportunity to obtain temporary relief for themselves. As a result, the individual with dementia may remain at home for much longer than would otherwise be possible.

---

## Description of this Program

The Connecticut Statewide Respite Care Program is funded by the State Department on Aging and is operated in partnership with the Connecticut Area Agencies on Aging and the Connecticut Chapter of The Alzheimer's Association.

The program offers families the opportunity to receive an assessment of services needed and have a care plan developed that includes the provision of services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services that may include: Adult day care, cognitive fitness training, home health aide, homemaker, companion, personal care assistants, skilled nursing care or short term nursing care.

---

Contact any of the agencies listed on the back of this brochure to request an application.

Return a completed application

form and attachments as directed.

A 20% co-payment of the cost of services is required.

A Care Manager from the local

Area Agency on Aging (AAA) will contact the applicant and/or

caregiver, assess the care needs of the person with dementia, and

discuss whether traditional or self-directed services are appropriate.

A plan of care is set up that may include the services of an agency, (traditional), the provision of services by an individual the family selects (self-directed), or both and the respite service or services are arranged.

## Program Eligibility:

### HEALTH STATUS:

The applicant or authorized agent must provide a Physician's Statement declaring that the patient has Alzheimer's Disease or related dementias resulting from causes such as: Multi-infarct dementia, Parkinson's Disease, Lewy Body Dementia, Huntington's Disease, Normal Pressure Hydrocephalus, or Pick's Disease.

### INCOME AND ASSETS:

The applicant cannot be covered by the CT Homecare Program for Elders. The applicant must have an income of no more than \$44,591 a year and liquid assets of \$118,549 or less.

## More Information:

### Area Agencies on Aging

Statewide Toll-free Phone:  
(800) 994-9422

Senior Resources  
Phone: (860) 887-3561

North Central Area Agency on Aging:  
Phone: (860) 724-6443

Agency on Aging of South Central  
Connecticut  
Phone: (203) 785-8533

Southwestern Connecticut Agency  
on Aging  
Phone: (203) 333-9288

Western Connecticut Area Agency  
on Aging  
Phone: (203) 757-5449

Connecticut Chapter  
Alzheimer's Association  
Phone: (800) 272-3900

Connecticut Department on Aging

2014  
Publication 99-7

## Connecticut

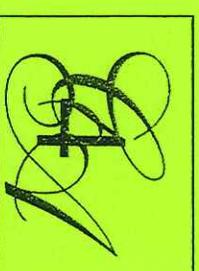
## Statewide

## Respite Care Program

Offering daytime or overnight relief  
for caregivers of individuals with  
Alzheimer's or related dementias



STATE  
DEPARTMENT ON  
AGING



alzheimer's  association

## WHAT SERVICES DOES THE CAREGIVER SUPPORT PROGRAM OFFER?

**Information:** Providing information to caregivers about available resources;

**Assistance:** Linking caregivers to available services;

**Individual Counseling:** Assisting caregivers in making decisions and solving problems relating to their caregiving roles;

**Caregiver Training:** Offering up-to-date and relevant caregiver information;

**Respite Care\*:** Providing caregivers a temporary break from their caregiving responsibilities—such as Adult Day Care and Child Day Care; and

**Supplemental Services\*:** Items or services designed to help “fill the gap” when there is a need or there are no other ways to obtain the service or item.

Each caregiver’s needs are individually determined after an in-depth assessment conducted by a member of the Family Caregiver Support Team

\* On a Limited Basis

## WHO PAYS FOR THE CAREGIVER SUPPORT PROGRAM?

Connecticut’s National Family Caregiver Support Program is funded by Title IIIH funds under an amendment to the Federal Older Americans Act. It is operated in partnership with the State of Connecticut Department of Social Services, Aging Services Division and the five Connecticut Area Agencies on Aging.

A sliding fee scale is utilized to determine recommended cost sharing for respite and supplemental services based on the care recipient’s monthly income.

Voluntary donations are also encouraged from families who have income greater than the federal poverty level.

There are two options of care available:

Traditional Respite Services - caregivers will receive respite care through a licensed service provider such as a skilled or non-skilled service agency

Self Directed Care - allows caregivers to select, hire and supervise individuals other than a spouse or conservator to provide respite care. This option provides more flexibility in the selection and delivery of service.

Connecticut’s Area Agencies on Aging are private nonprofit organizations which serve the needs of older persons as a focal point and resource center for information, program development, and advocacy.

## YOUR REGIONAL AREA AGENCY ON AGING

To reach the agency nearest you call toll-free in-state: 1-800-994-9422. You may also call outside your region or visit an agency website:

**Senior Resources—Agency on Aging**  
19 Ohio Avenue, Suite 2  
Norwich, CT 06360  
(860) 887-3561  
[www.seniorresourcesec.org](http://www.seniorresourcesec.org)

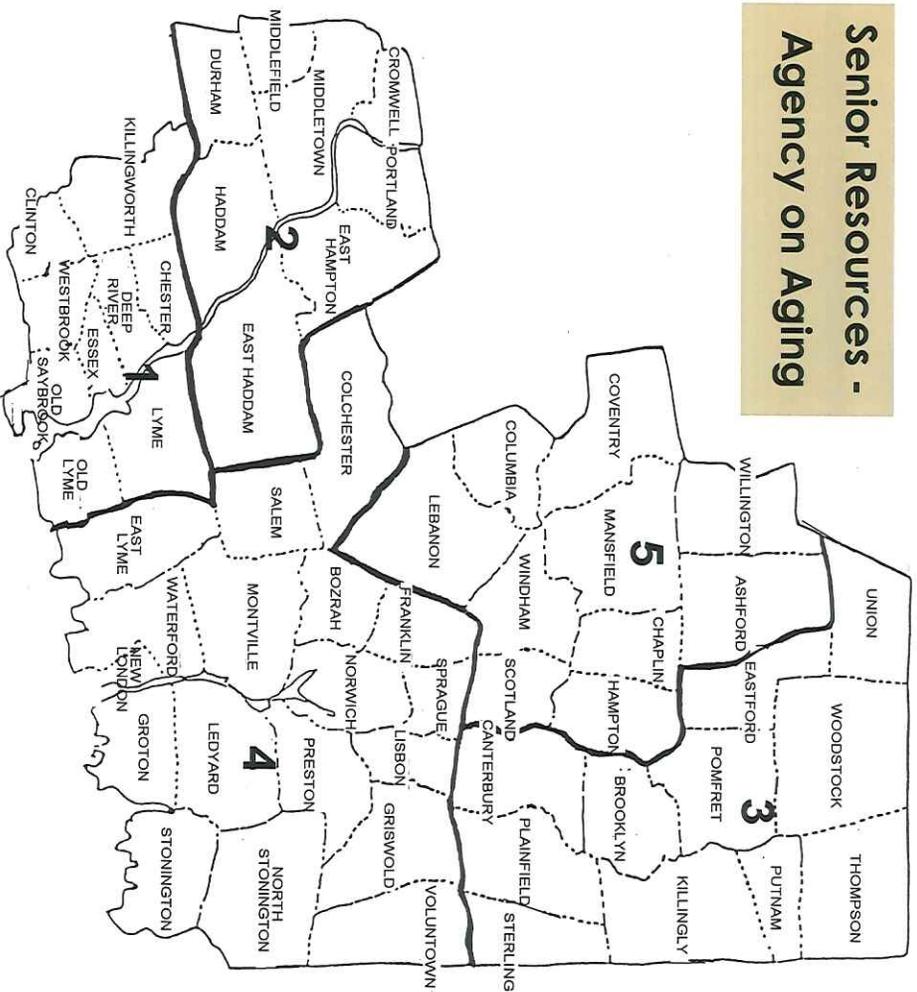
**North Central Area Agency on Aging**  
151 New Park Avenue, Box #75  
Hartford, CT 06106  
(860) 724-6443  
[www.ncaact.org](http://www.ncaact.org)

**Agency on Aging South Central**  
One Long Wharf Drive  
New Haven, CT 06511  
(203) 785-8533  
[www.aopartnerships.org](http://www.aopartnerships.org)

**Southwestern CT Agency on Aging**  
10 Middle Street  
Bridgeport, CT 06604  
(203) 333-9288  
[www.swcaa.org](http://www.swcaa.org)

**Western CT Area Agency on Aging**  
84 Progress Lane  
Waterbury, CT 06705  
(203) 757-5449  
[www.wcaaa.org](http://www.wcaaa.org)

## Senior Resources - Agency on Aging



ASHFORD	EAST HAMPTON	LYME	PUTNAM
BOZRAH	EAST LYME	MANSFIELD	SALEM
BROOKLYN	EASTFORD	MIDDLEFIELD	SCOTLAND
CANTERBURY	ESSEX	MIDDLETOWN	SPRAGUE
CHAPLIN	FRANKLIN	MONTVILLE	STERLING
CHESTER	GRISWOLD	NEW LONDON	STONINGTON
CLINTON	GROTON	NORTH STONINGTON	THOMPSON
COLCHESTER	HADDAM	NORWICH	UNION
COLUMBIA	HAMPTON	OLD LYME	VOLUNTOWN
COVENTRY	KILLINGLY	OLD SAYBROOK	WATERFORD
CROMWELL	KILLINGWORTH	PLAINFIELD	WESTBROOK
DEEP RIVER	LEBANON	POMFRET	WILLINGTON
DURHAM	LEDYARD	PORTLAND	WINDHAM
EAST HADDAM	LISBON	PRESTON	WOODSTOCK



# Senior Resources

## AGENCY ON AGING

The answers you need, resources you can trust.

## Programs & Services

### Mission Statement

To provide information and services to the aging population, individuals with disabilities, their families and care providers to maintain or improve their independence and quality of life.

19 Ohio Avenue, Norwich, CT 06360

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

Phone 860.887.3561

Fax 860.886.4736

## WHOM DOES THIS PROGRAM SERVE?

An adult caregiver caring for a family member 60 years of age or older.

A grandparent or other relative caregiver who is 55 or older caring for a child 18 years of age or under.

A grandparent or relative caregiver providing care for an adult child with a disability between the ages of 19 - 59.

Connecticut's National Family Caregiver Support Program is designed to supplement the assistance family members provide to an elder or to a grandchild by providing supplemental services and/or respite care to those with the greatest social and economic needs.

Note: Please contact your local Area Agency on aging for specific details about the financial and functional priorities for this program.



**Senior Resources**  
AGENCY ON AGING

19 Ohio Avenue • Suite 2

Norwich • CT • 06360

NOT ALL SERVICES ARE  
AVAILABLE IN EACH REGION

## Area Agency Service Areas

**Senior Resources** serves: Ashford, Bozrah, Brooklyn, Canterbury, Chaplin, Chester, Clinton, Colchester, Columbia, Coventry, Cromwell, Deep River, Durham, Eastford, East Haddam, East Hampton, East Lyme, Essex, Franklin, Griswold, Groton, Haddam, Hampton, Killingly, Killingworth, Lebanon, Ledyard, Lisbon, Lyme, Mansfield, Middlefield, Middletown, Montville, New London, North Stonington, Norwich, Old Lyme, Old Saybrook, Plainfield, Pomfret, Portland, Preston, Putnam, Salem, Scotland, Sprague, Sterling, Stonington, Thompson, Union, Voluntown, Waterford, Westbrook, Willington, Windham, and Woodstock.

**North Central CT** serves: Andover, Avon, Berlin, Bloomfield, Bolton, Bristol, Burlington, Canton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Farmington, Glastonbury, Granby, Hartford, Hartland, Hebron, Manchester, Marlborough, New Britain, Newington, Plainville, Plymouth, Rocky Hill, Simsbury, Somers, Southington, South Windsor, Stafford, Suffield, Tolland, Vernon, West Hartford, Wethersfield, Windsor, and Windsor Locks.

**South Central CT** serves: Ansonia, Bethany, Branford, Derby, East Haven, Guilford, Hamden, Madison, Meriden, Milford, New Haven, North Branford, North Haven, Orange, Oxford, Seymour, Shelton, Wallingford, West Haven, and Woodbridge.

**Southwestern CT** serves: Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, and Wilton.

**Western CT** serves: Barkhamsted, Beacon Falls, Bethel, Bethlehem, Bridgewater, Brookfield, Canaan, Cheshire, Colebrook, Cornwall, Danbury, Goshen, Harwinton, Kent, Litchfield, Middlebury, Morris, Naugatuck, New Fairfield, New Hartford, New Milford, Newtown, Norfolk, North Canaan, Prospect, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Southbury, Thomaston, Torrington, Warren, Washington, Waterbury, Watertown, Winchester, Wolcott, and Woodbury.

Connecticut's

National Family

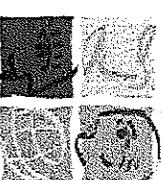
Caregiver

Support Program

Provides Services to  
Caregivers Including:

- Family members caring for relatives ages 60 and older, and
- Grandparents or other relatives aged 55 and older caring for children 18 years of age or under or up to age 59 and disabled

**The MANY  
FACES  
OF CAREGIVING**  
Building Bridges  
to Families



(800) 994-9422

### **Ageing Disability & Resource Center (ADRC)**

Community Choices, the regional ADRC, strives to support you or your loved one through a coordinated system of information and access. Using our extensive knowledge and resources, we work to connect you to the services and support you deserve, from benefits screening and information and assistance to decision support and follow-up. It's all in an effort to offer choices that connect you to a better way of life.

### **Benefits Screening and Application Assistance**

Senior Resources offers assistance to older adults to help determine eligibility for financial assistance programs and assistance in completing applications. Such programs include the Medicare Savings Program, Low Income Subsidy, Supplemental Nutrition Assistance Programs, and more!

### **Caregiver Respite Program & Supplemental Services**

Senior Resources offers daytime or overnight services for caregivers of older individuals including those with Alzheimer's disease and related conditions.

Senior Resources offers monies that partially fund items such as durable medical equipment not covered by insurance or one-time emergency needs.

### **CHOICES — Connecticut's Health Insurance assistance, Outreach, Information and referral, Counseling and Eligibility Screening**

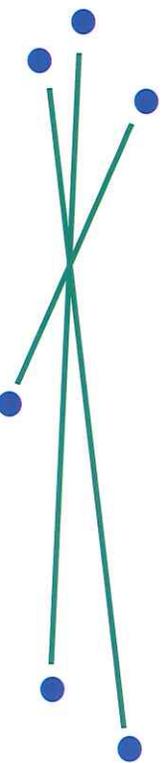
Senior Resources' CHOICES program offers unbiased information on a wide variety of aging-related matters such as Medicare, supplemental insurance policies, and prescription drug options.

### **Congregate Housing Services Program**

CHSP provides a wide variety of supportive services to help individuals live independently at home. This program is dedicated to individuals who need assistance in three or more daily living activities and is exclusive to certain senior housing sites in our Northeast Region.

### **Community Program Funding**

Senior Resources identifies the specific needs of older adults - such as transportation, nutrition, senior centers, adult day care, and funds programs in the community that meets these needs.



### **Informational Seminars & Guest Speakers**

Senior Resources helps our aging population to understand and recognize their rights, to receive benefits to which they are entitled, and to make informed choices about quality of life concerns.

Senior Resources offers a wide range of informative seminars and guest speakers regarding topics that are of concern or interest to our senior population and their families.

### **It's Your Life ... Live it Well**

Senior Resources offers a six week program to help individuals manage chronic health conditions. Workshops are fun and interactive.

### **Money Follows the Person**

Senior Resources provides guidance to people moving from an institutional setting back into the community.

### **Multidisciplinary Peer Networks (M-Teams)**

M-Teams focus on elder issues and are open to persons who serve the aging population. The M-Team is an ideal opportunity for confidential case discussion and to get help with challenging cases. It's also an ideal platform for members to promote specific services and agencies, learn about upcoming events, and discover vital resources.

### **Nutrition Education & Counseling**

Senior Resources is leading the way in providing highly qualified Nutrition Assessors and Educators for our clients. Registered Dietitians provide a variety of services including personal menu development, individualized counseling, and assessment.

### **Senior Medicare Patrol (SMP)**

SMP volunteers are concerned citizens who empower seniors to prevent health care fraud through outreach and education. The volunteers work in their communities educating seniors, beneficiaries, family members, and caregivers on ways to prevent Medicare fraud and the importance of protecting their personal information.

### **Volunteers**

Be the one who stands out in the crowd...Senior Resources needs:

- Board Members
- Advisory Council Members
- CHOICES Counselors
- SMP Volunteers
- Live Well Trainers