

# 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.ncaaact.org](http://www.ncaaact.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.aoascc.org](http://www.aoascc.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)

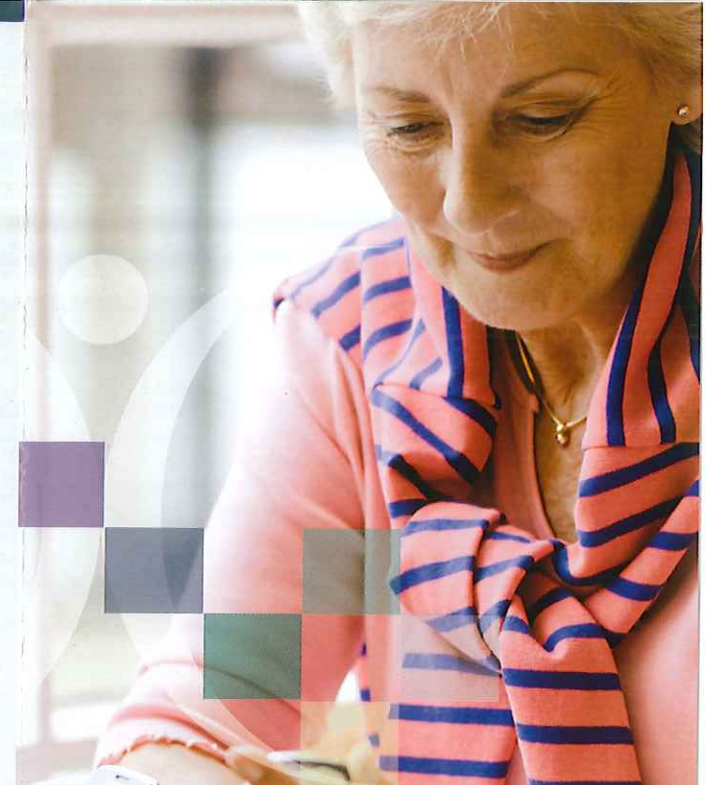
*Service area:* Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Weston, Westport, and Wilton.

## 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.



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at your Area Agency on Aging  
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# 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 Medigap 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.

