

The Road to Gold Resource Guide

All Things Aging

- **CHOICES Hotline** 1-800-994-9422. Programs for elders including housing, food, energy, medical and cash assistance, see <http://www.ct.gov/dss/cwp/view.asp?a=2345&Q=304924&dssNav=|> or call 2-1-1 **INFOLINE**.
- **Connecticut Commission on Aging.** To visit the Commission on Aging, see <http://www.cga.ct.gov/coa/index.asp>
- **Helping Connecticut Older Adults Remain at Home.** Informative directory. <http://www.cga.ct.gov/coa/PDFs/Reports/Public%20Initiatives%20That%20Help%20Elders%20and%20those%20with%20Disabilities%20to%20Remain%20at%20Home%202009%20update%201-23-09.pdf>

Healthcare

- **Center for Medicare Advocacy.** For all questions about Medicare and Medicare supplements. www.medicareadvocacy.org 1-860-456-7790
- **Money Follows the Person.** Get care at home or in community setting, www.ct.gov/dss/cwp/view.asp?Q=414524&A=2345.
- **ConnPACE.** Help paying for prescription drugs for CT residents over age 65, or those 18-65 living with a disability. To apply, <http://www.connpace.com/pubs/index.htm>.
- **Center for Disability Rights.** Learn more about warning signs of abuse, action steps, and statewide resources. www.centerfordisabilityrights-ct.org (203) 934-7077.

Energy Bills

- **Oil, Gas, Electricity.** Help offset the winter heating costs www.ct.gov/staywarm; 2-1-1 Infoline, or 1-800-842-1132.
- **Operation Fuel.** Year-round energy assistance to low-income Connecticut families. www.operationfuel.org
- **Citizen's Oil Co-Op.** Reduced price local electric and oil company. <http://www.oilco-op.com/> 860.561.6011

Rent, Property Taxes and Housing

- **State and Local Property Tax Relief.** "Circuit Breaker" for older adults and disabled persons application www.ct.gov/opm/lib/opm/igp/grants/taxrel/owners_application_m35h.pdf. For town/city exemptions, check with town assessor. Over 100 towns have a local relief program.
- **Rental Assistance.** The Rental Assistance Program helps low-income families with housing costs. http://www.das.state.ct.us/Business_Svs/HCVp/HCVp_Home.asp.

Food Assistance

- **Meals on Wheels** delivers to homebound adults. <http://www.mealcall.org/meals-on-wheels/ct/>.
- **Supplemental Nutrition Assistance Program (formerly Food Stamps)** helps with the cost of food at the supermarket or grocery store.

- **The Senior Farmer's Market Nutrition Program** provides coupons that can be exchanged for food at farmers' markets.
- There are approximately 200 **Senior Community Café** sites in Senior Centers, senior housing projects, schools, churches and other community settings. Anyone over 60, or a spouse of a participant, is eligible for these café meals.

For more information, 1-800-842-1508, www.ct.ogv/dss and see "Aging services." A list of food pantries: www.211ct.org

Especially for Women

- **The Women's Institute for a Secure Retirement (WISER)**. Dedicated to long-term financial security of all women. www.wiser.org
- **Social Security for Women**. Check out the Women's page for the Social Security Administration, www.socialsecurity.gov/women/

Education and Work

- **Free Classes** for those over 65. Computer classes as well as a selection of others at any State University! www.ctdhe.org/EEIC/pdfs/SeniorCitizen.pdf
- **Experience Corps**. Offers part time work to those over 55. www.experiencecorps.org/index.cfm
- **Senior Community Service Employment Program**. "Ready to Work" training for unemployed over 55; work 20 hours a week; at least 8 sites around Connecticut. (860) 424-5643 <http://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=313068>

Long Term Care

- **Connecticut Long Term Care** website. Information on costs, insurance, legal matters <http://www.ct.gov/longtermcare/site/default.asp>
- **Nursing Home Rights**. An ombudsman to help with your rights and service issues. <http://www.ct.gov/lcop/site/default.asp>
- **Compare Nursing Homes**. Find, compare and get educated about choices www.medicare.gov see "nursing home compare."

Caregiving, Transportation and More!

Much, more is available. Surround yourself with resources! This *Resource Guide* is produced in conjunction with the Connecticut Elder Economic Security Initiative. To find out more, go to www.cga.ct.gov/pcsw/

- **Caregivers**. Multiple supports and respite programs available. www.caregivers.com
- **Transportation**. Discounts on bus, rail Senior/Disabled Photo Reduced Fare Card CTTRANSIT • 860-522-8101, www.cttransit.com. Many towns also have local Dial-A-Ride services. Call 2-1-1 to find out more.

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Wider Opportunities for Women