

Southington Community Resource Guide

Where can I get a pill pack?

I need affordable housing.

What grocery stores deliver?

Who can build a ramp to get into my home?

My Mom has dementia I don't know where to turn.



It is our hope to share Southington resources to help you and your loved ones age safely in your homes. These resources are located in the town of Southington or refer to state level programs. It is important to note there are also businesses outside of the town of Southington that may also serve Southington residents. This toolkit was developed in the fall of 2015 and the listed resources were in business at that time. If there is a Southington business that we missed please contact the Hartford HealthCare Center for Healthy Aging (1-877-424-4641) and this resource will be updated in the on-line version.

Special thanks to Elizabeth Lynch for her time and perseverance to the development of the Southington Community Resource Guide and The North Central Area Agency on Aging for their assistance, commitment, information and collaboration.



Hartford HealthCare Center for Healthy Aging

Connect to healthier.™

Center locations located within The Hospital of Central Connecticut, Bradley and New Britain General campuses MidState Medical Center and Windham Hospital.

1-877-424-4641 • cthealthyaging.org



Sponsored by State of Connecticut and funded by Centers for Medicare & Medicaid Services.

Visit MyPlaceCT.org or for more information, dial 2-1-1 from anywhere in Connecticut any time. Multilingual assistance and TDD also available.

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Meals and Groceries

Local Grocery/Meal Delivery	
Stop and Shop Peapod www.peapod.com	You can shop Stop and Shop Peapod online and have groceries delivered to your home or you can drive thru and have your groceries loaded into your car. You must have a Stop & Shop card. Delivery Fees: Orders \$60.00 - \$100.00 \$9.95 Orders over \$100.00 \$6.95 Minimum order size: \$60.00 Pick-up Fee: All orders: \$2.95 Minimum order size: \$60.00
Top's Market (860) 621-5837 887 Meriden-Waterbury Turnpike Plantsville, CT 06479 www.topsmarket.com	To order call or email topsadplan@yahoo.com the order on Monday or Tuesday for a Wednesday delivery. This can be adjusted if needed. There is a service fee charge of \$7.50 for delivery.
ShopRite ShopRite from Home www.shoprite.com	Using a Price Plus card, through shopritedelivers.com you can log on and order groceries for delivery to your home or for in store pickup.

Online Grocery/Meal Deliver Services	
Online grocery delivery services allow you to see prices and track the cost of your groceries. Some companies focus on special dietary needs, while others specialize in gourmet food or special-occasion meals. Most of the food arrives frozen, however some will ship food fresh.	
The Magic Kitchen 1-877-516-2442 http://www.magickitchen.com	Healthy meals using quality fresh produce and ingredients ensuring they are tasty, nutritious and are quick to prepare. The meals arrive frozen on your doorstep and can stay in the freezer for 6 months, however it is suggested that they be eaten within 30 to 45 day. All you have to do is defrost heat and serve! Shipping begins at \$18.
Net grocer http://www.netgrocer.com/	Net grocer is an online grocery store delivering nationwide. You do your grocery shopping through their selection of refrigerated, frozen, and non-perishable groceries, health and beauty supplies, home, and gift items. Your order will most likely be delivered within 3-

	7 business days. Shipping fee is \$9.99 for orders under \$200. Upwards of that price, the fee varies.
Subsidized Meal Delivery	
<p>Southington Bread for Life 133 Main St., Southington (860) 276-8389</p>	<p>Southington Bread for Life is organized through Bread for Life Soup Kitchen. One hot and one cold meal will be delivered each day Monday through Friday. Baked goods are delivered Monday through Thursday. On Friday, a bag of groceries is delivered with your meals for that day for the weekend.</p>
<p>CW Resources 860-229-7700</p>	<p>CW Resources provides dietitian-certified nutritious meals through the State of Connecticut Home Care Program. CW Resources currently provides complete meal preparation, mess attendant and delivery services to different locations including Meals on Wheels throughout Central Connecticut.</p>
<p>The Magic Kitchen 1-877-516-2442 http://www.magickitchen.com</p>	<p>Healthy meals using quality fresh produce and ingredients ensuring they are tasty, nutritious and are quick to prepare. The meals arrive frozen on your doorstep and can stay in the freezer for 6 months, however it is suggested that they be eaten within 30 to 45 day. All you have to do is defrost, heat and serve! Shipping begins at \$18.</p>
<p>Giving Back Food Pantry at the Tabernacle Christian Church (860) 276-0400 1445 West Street Southington, CT 06489</p>	<p>The Giving Back Food Pantry is open once a week, every week, alternating Tuesdays and Saturdays. The mobile pantry serves produce, bread and non-perishables and is open on scheduled Tuesdays from 9:00 to 9:30 am. Groceries are available for scheduled Saturdays from 9:30 to 10:15 am.</p>
<p>Juniper House Homecare Meals on Wheels (860) 523-1418</p>	<p>For a set fee, two home delivered meals per day for homebound and/or elderly residents of Southington to those who qualify. American, Russian or kosher meals are prepared. Weekend meals are also available.</p>

Senior Community Cafes	
<p>Calendar House 388 Pleasant St. Southington, CT</p>	<p>Meal is served once a day, Monday through Friday with a suggested donation of \$2.50. Phone: 860-621-3014 Email: CHStaff@CalendarHouse.org</p>

Soup Kitchens	
<p>Bread for Life Soup Kitchen (860) 276-8389 76 N Main Street Southington, CT 06489</p>	<p>Bread for Life Soup Kitchen is open Monday through Friday from 11:45 am to 12:30 pm in the Masonic Hall. You must call ahead for information on the food bank.</p>

SNAP (Food Stamps)	
<p>Town of Southington 860-628-3761 www.snap-step1.usda.gov</p> <p>Connecticut State Information/Hotline Number: 1-866-974-SNAP</p>	<p>To learn more and see if you might be eligible to receive benefits, the Town of Southington's Community Services Department may be able to help. They provide support services to Southington residents and can serve as a link between you and governmental agencies.</p> <p>You can also contact our area's regional DSS office located in New Britain on 30 Christian Lane, (860) 612-3400 or for additional assistance and information please contact the department of social services 1-800-842-1508 or call infoline at 211. Or visit MyPlaceCT online at online at http://www.myplacect.org.</p>

Food Pantries (Food Bank)	
<p>Town of Southington Community Services Food Pantry in partnership with Food Share</p> <p>(860) 628-3761 91 Norton Street Plantsville, CT 06479</p>	<p>Available to Southington residents. You may come to the food pantry once a week for meats, groceries and daily for bread, pastry and produce during business hours of 8:30-4:30 Monday through Friday.</p>
<p>Giving Back Food Pantry in collaboration with Food Share of Hartford with the Tabernacle Church</p> <p>(860) 276-0400 1445 West Street Southington, CT 06489</p>	<p>A food pantry which sets up every other Tuesday from 9:00 am to 9:30 am providing primarily fresh produce, breads, and some non-perishables. They are also open Saturdays from 9:30 to 10:15am, providing a variety of groceries.</p>

Emergency Food Assistance	
<p>The Emergency Food Assistance Program</p> <p>211</p>	<p>This federal program is administered by the CT State Department of Social Services (DSS). DSS contracts with Connecticut Food Bank, Inc. and Foodshare, Inc. to distribute United States Department of Agriculture (USDA) commodities to eligible food banks, food pantries, shelters and soup kitchens serving meals and providing household distribution. These food supplies include items such as canned vegetables, fruits, meat, cereals, etc. A listing of food pantries and emergency food assistance locations in your area can be obtained by calling Infoline from any area in the state – just dial 211</p>

Transportation

Transportation Options Driving is just one way to stay mobile. Depending on where you live, there are a variety of ways to get around without driving. Location, cost, convenience (for both the person needing transportation as well as their loved ones), frequency and ease of use all become factors in deciding which option is best.	
Waytogoct.org 860-667-6207	Waytogoct.org provides a list of all of the transportation services offered in 37 different towns. You can call or go to the website and click on Southington for all the transportation services listed for the town.
Dial-A-Ride 860-621-3014 Calendar House Senior Center 388 Pleasant St Southington, CT 06489	Persons must be at least 55 years of age or disabled to use Dial-A-Ride services. Rides to medical appointments can be scheduled Monday through Friday. Rides to and from Calendar House for lunch, activities, programs, and appointments are also offered Monday through Friday. Rides to various shopping locations are offered on Mondays, Tuesdays, and Thursdays. You must call Thursday morning to sign up for the following week's shopping schedule. It is requested that you call at least three days in advance when scheduling a ride. It is also requested that medical appointments be scheduled between 9:00 am and 2:30 pm for in town appointments and between 10:00 am and 1:00 pm for out of town appointments. When calling, make sure you have all information regarding your destination. When you arrive at your appointment, make sure your doctor's office knows to call for your return ride for when your appointment is complete. A small donation is asked for each ride.
Logisticare for Medicaid 888-248-9895	Logistacare offers transportation for non-emergency medical services for Medicaid patients. Travel to specific appointments does not require prior approval.
MyPlaceCT.org	Provide links to available transportation options
211	Provides a list transportation links
Southington out-of-town medical transportation Senior Transportation Services (formerly R.S.V.P.) Tel. 860-224-7117	50 years-old and over. Now accepting patients with walkers. Medical appointments & senior visits to nursing facilities. In and out of town appointments in Meriden. \$25 annual membership. Per trip charge (\$3-\$8) waived if income is less than \$29,950.

<p style="text-align: center;">Driver Assessment</p> <p>A Driver Assessment is conducted by a certified driving rehabilitation specialist (CDRS). He/she screens vision, perception, and physical skills to determine if a person can drive safely.</p>	
<p>Driving Assessment Course</p> <p>AAA (http://seniordriving.aaa.com) AARP (www.aarp.org)</p>	<p>Taking a comprehensive driving improvement course will help to ensure that you have up-to-date driving techniques and understand the latest vehicle technologies and how they affect your driving. AAA and AARP offer online and classroom driver safety programs designed to help keep older drivers independent, safe and confident. The National Center on Senior Transportation, administered by Easter Seals Inc., offers learning opportunities in a variety of formats that include webinars, audio conferences, recorded interviews and on-line training (see www.seniortransportation.net).</p>

Medication Support

Pharmacies that Deliver Most pharmacies will mail or deliver your medication in 90-day supply packs. There are also specialized pharmacies (listed below) that will provide individual pill packaging for your medications. Most pharmacies will do specialized packaging, single-dose packaging, larger font labels, easy-to-open lids, and “\$4” Generic Discount Drug Programs if you ask for them.	
Beacon Pharmacy 609 North Main Street Southington, CT 06489 860-628-3972 beaconrx.com	Beacon Pharmacies specialize in helping seniors and provide compounding services, custom medications in easy-to-take forms, and offer senior discounts. <ul style="list-style-type: none"> • Deliveries can be made to your home or by mail • No charge delivery • If ordered by 11 am , it will be delivered the same day, after 11 am it will be delivered the next business day • Will pick up written prescriptions • Refills can be requested by phone or online • Can provide non-childproof containers •
Plantsville Pharmacy 1 W Main St Planstville, CT 06479 (860) 628-2385	Plantsville Pharmacy provides free home delivery and mail delivery to Southington. They also offer a pre-packaged delivery service. Deliveries are done mid-afternoon Monday through Friday. Refills can be requested on-line. In some cases will pick up prescriptions from the person. If no insurance they offer a 10% discount off prescription meds. At request will provide non safety closure containers.
CVS and Walgreens	CVS and Walgreens have online pharmacy services that provide home delivery.
Stop and Shop	Offers a Prescription Delivery by US Mail Program but specifically excludes Medicaid prescriptions and Medicare diabetic supplies from the program.
Serafino Pharmacy 36 N Main St Southington, CT 06489 (860) 628-7979	Serafino Pharmacy offers a pre-packaged delivery service as well as diabetic products and consulting. Offer free home delivery in Southington & Plantsville. Refills can be requested on-line or by phone. They will pick up prescriptions from the home. Offer a 10% discount for seniors. Offer med blister packs, biweekly medication packs, non-childproof containers, and consultations.

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Medication Assistance	
Patient Assistance Programs are one way to pay for medications you may need but cannot afford. There are many websites that provide information on these types of programs and can help you search for them; most do not charge to access their information.	
Partnership for Prescription Assistance Pparx.org/gethelp	Partnership for Prescription Assistance lets you enter your list of medications, basic information, your drug coverage, and shows you the prescription assistance programs you may be eligible for. You can print and complete these applications from this website and mail them in directly.
Rx Assist Rxassist.org	Rx Assist allows you to search for prescription assistance programs by searching by each individual drug name. Rx assist also offers a printout discount card that can be used at your local pharmacy.
Needy Meds Needymeds.org	Needy Meds allows you to search for prescription assistance programs through the specific drug name. Needy Meds also offers a downloadable, print out discount card that can save you up to 80% in the cost of prescriptions.
Medicare and Medicaid	You may be eligible for extra help paying for Medicare prescription drug coverage (part D). Even if your yearly income exceeds Medicaid yearly income levels, you may qualify for Medicaid under the spend down rules if you are medically needy. Call 1-800-MEDICARE.

Technologies to Assist Medication Management	
Pill Pack 855-745-5727 try.pillpack.com	Pill Pack delivers pills to your home and is pre-sorted into a dispenser in individual packs. Each pack contains one dosage of a pill (or multiple pills) with the day and time that it should be taken. You can register for Pill Pack by calling or going to their website. Pill Pack offers the same co-pays, free shipping, and no additional fees. Your medication changes are managed by Pill Pack's pharmacists who can also coordinate with your doctors and your insurance. Pill Pack is also compatible with most insurance plans and most forms of Medicare Part D.
Philips Medication Dispensing Service 1-888-632-3261 Managemypills.com	Philips offers an electronic pill dispenser that costs as low as \$49 per month. Medications are loaded into dispenser cups. When it's time to take your medication, the machine gives a reminder. You press a button to release your medication. The dispenser is connected to a phone line, so if a dose is missed, the dispenser can contact the person or family member.
CARE Call Reassurance	CARE Call Reassurance offers pill reminder calls and check-in calls. If the person cannot be reached, designated family

Medication-reminders.com	members are contacted. The user and family members can manage the dates and times of the calls.
MedMinder Pill Dispenser 1-888-Med-Mind (1-888-633-6463) Medminder.com	Med Minder Pill Dispenser comes in four different versions: <ul style="list-style-type: none">• Unlocked• Locked• No medical alerts• Medical alerts Reminders can be both visual and auditory and occur in 30-minute intervals until the medication is taken. It will flash, beep, and then provide a phone reminder. If your dispenser has medical alerts, you will be given a waterproof pendant. If something happens, the pendant serves as a two-way voice channel between you and professionals at the monitoring center.

Housing

Housing	
<p>Southington Housing Authority</p> <p>Southington.org</p> <p>43 Academy St Southington, CT 06489 (860) 628-5200</p>	<p>Applications for housing assistance are available on Southington's website or in the Southington Public Library, Calendar House, the Housing Authority Office, and the Community Services Office. Applications are only accepted during January and July. The income limits for a single person applying is \$45,000/year and the limits for a couple is \$52,000/year. You must be at least 62 years of age to apply or disabled by the Federal Social Security Act.</p>
<p>Section 8 in Southington call: (860) 953-9992 ext. 2</p>	<p>Section 8, also known as the Housing Choice Voucher Program is sponsored by the Department of Housing and Urban Development (HUD). Qualified applicants receive vouchers which are used to support the cost of housing. These vouchers are awarded to individuals who meet certain income and earned income requirements. The goal is to provide affordable low cost housing to low income occupants.</p>
<p>APlaceForMom.com/Southington</p> <p>1-855-739-0262</p>	<p>View senior living homes in Southington all in one place. Compare costs, amenities and services and get free, customized search results from our proprietary directory.</p>
Affordable Housing	
<p>Income-based affordable housing for people who are capable of living independently and are sixty-two years of age or older is available in Southington. Please note that there is generally a waiting list for most of these options, the sooner you look into them, the better.</p>	
<p>General Pulaski Terrace 6 Carter Lane Plantsville</p>	<p>Applications are accepted only during the months of January and July and may be obtained on the town's website www.southington.org or at the following Town of Southington locations: Public Library, Calendar House, Housing Authority office, Town Clerk's office, and Community Services office. For more information call the Southington Housing Authority at (860) 628-5200, located at 43 Academy Street and it is open weekdays from 8:00 a.m. to 4:00 p.m.</p>
<p>DiCaprio Fogione Terrace 408 Main St. Southington</p>	<p>Application process as stated above.</p>
<p>Joseph A. Zdunczyk Terrace</p>	<p>Application process as stated above.</p>

500 Pleasant St. Southington	
Lincoln Lewis Terrace 43 Academy St. Southington	Application process as stated above.
MyPlaceCT.org.	Can assist with affordable and accessible housing.
211	Can assist with locating affordable and accessible housing.
Low Income Apartments	
The government gives funds directly to the apartment owners and they in turn charge lower rent for low income persons. Contact these communities for more information on senior housing apartments with subsidized government low income rates.	
Flanders West (Beacon Communities) 203-753-3000, Darling Street - Southington Office 860-621-1700	
If you want to learn more about housing assistance programs, United Way 2-1-1 is a one-stop connection to the housing services you need, as well as utility assistance, food, housing, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 from anywhere in Ct. or search online at www.211ct.org	
<p>The Town of Southington offers and/or administers many programs that can help. They include:</p> <ul style="list-style-type: none"> • Property Tax Credit and Rent Rebate Programs for low income elderly individuals and a Property Tax Exemption Program for wartime-duty veterans who are Connecticut residents; • Rent and Mortgage Assistance Program • The Connecticut Energy Assistance Program, which helps households pay for primary heating bills and the Contingency Heating Assistance Program, for households with higher incomes than would qualify for the Connecticut Energy Assistance Program. Go to the website address: newoppinc.org/energy-assistance • General assistance with identifying and applying for the many different programs offered by the CT Department of Social Services (DSS), such as food & nutritional, health and financial programs. You can go on the DSS website and apply yourself or you can make an appointment with the Southington Community Services office (860-628-3761) and they will assist you with your application, re-determination and follow-up. 	

Home Safety Options

Safe Home Assessments:

One of the first steps to good eldercare planning is a thorough safety assessment of the person's home. Home accidents are of some of the most common reasons why seniors make trips to the hospital or need to move to alternative living facilities like assisted living or a nursing home.

Home safety is one of the easiest and most important assessments.

<p>Hartford Healthcare Center for Healthy Aging</p> <p>877-424-4641</p>	<p>The Connecticut Center for Healthy Aging can provide a professional in-home assessment <i>at no charge</i>. Its caring experts will conduct a comprehensive assessment to evaluate a person's functional, physical, social and financial needs and strengths. The center will make recommendations based on identified needs and will connect with resources that will help.</p>
<p>Community Choices Program</p> <p>Local number is 860-724-6443 or toll free at 1-800-994-9422</p>	<p>The North Central Area Agency on Aging provides person centered planning, advocacy, referral and assistance to those in need.</p>

Home Modifications to Enhance Safety

Basic changes in the home can make it safer and easier to carry out daily activities such as bathing, cooking, or climbing stairs.

The National Association of Home Builders (NAHB) in collaboration with the NAHB Research Center and AARP developed the [Certified Aging-In-Place Specialist \(CAPS\)](#) designation - the only program that teaches remodelers how to modify homes for the aging-in-place market. To see the directory of Certified Aging-in-Place specialists in central Connecticut, go to

www.nahb.org

<p>Melinda Otlowski (860) 919-1944 Melinda@halarch.com</p> <p>CAPS classification: Architect</p>	<p>Halcyon Architects, LLC 243 Prospect Street Plantsville, CT 06479</p>
<p>Jim McMahon 860-919-4003</p>	<p>Handyman, LLC</p>

Help With Financing Home Modifications

The Connecticut Tech Act Project offers an Assistive Technology Loan Program. The Loan Program assists older adults to obtain equipment that will help them improve the functional and safety aspects of their home. Loan amounts generally are approved from \$500 to \$30,000. Loan repayment periods range from one (1) year to (10) years depending upon the amount of the loan, the borrower's repayment capacity, and the type of assistive technology obtained through the loan. The period of a loan is based on the expected useful life of the device to be purchased. For more information, go to www.CTtechact.com or call the CT Tech Act Project, AT Loan Program at (860) 424-5619.

Home modifications made with the objective of increasing or maintaining the elderly person's independence may be paid for, at least in part, by government programs. The [Connecticut](#)

Medicaid State Plan covers wheelchairs and accessories for all clients who live at home. Under the Connecticut Home Care Program for Elders, Medicaid recipients who are over 65 and meet nursing home level of care criteria may be eligible for funding for minor home modifications. Typically modifications include wheelchair ramps, grab-bars in the bathroom, and stair glides.

Veteran's Benefits

VA has three main grant programs to assist disabled veterans and service members with necessary home modifications.

For More Information, Call Toll-Free 1-800-827-1000

or Visit Our Web Site at <http://www.homeloans.va.gov/sah.htm> or www.va.gov

In Home Services

Connecticut boasts an extensive network of public and private organizations and entities that provide funding and assistance with services throughout the lifespan. The following is a non-inclusive list of these programs. Please note that the eligibility guidelines are subject to change. Please contact the lead agencies for additional details.

There are a variety of different types of home care services that are designed to keep people in their homes and out of nursing facilities when that level of care is unnecessary. These services include but are not limited to:

- Companion – another set of eyes, friendly visitor, able to make a pot of tea, read the paper together. Cannot provide any hands-on assistance at any time.
- Homemaker – can provide light housework, cooking, cleaning, laundry, shopping
- Home Health Aide – can provide personal care such as bathing, dressing, toileting.
- Personal Care Assistant (PCA) – can provide personal care such as bathing, dressing, toileting. Usually shifts are of longer duration than a Home Health Aide
- Live-In Aide – Lives with the person they are caring for. Often hired directly by the consumer and not through an agency.
- Physical Therapist
- Occupational Therapist
- Speech Therapist
- Nurse
- Social Worker

Medicare may pay for Home Health Aides, PCAs or Live-In Aide under certain circumstances. Medicare will also pay for PT, OT, ST, Nursing, and Social Work under the proper conditions. Home Care Agencies will offer services such as these and perhaps more. Be sure to consider the type of care you really want and need. Please refer to the sections on State and Local resources for potential funding sources for these services.

For more information on Medicare coverage feel free to contact the CHOICES program 1-800-994-9422

If you have received a Medicare denial and you believe it to be incorrect feel free to contact the Center for Medicare Advocacy <http://www.medicareadvocacy.org/>

Catholic Charities' Elderly Outreach Counseling Services is the area's only non-medical home visiting program for the elderly. The program improves senior' quality of life and helps them to "Age in Place" in their homes and community by offering behavioral health counseling as well as supports for their caregivers/families. All services are designed to meet the strengths and

needs of each senior and his or her caregiver/family.

Durable Medical Equipment

<p>Durable Medical Equipment Harvest Medical 461 N. Main St. Southington, CT Phone: 860-621-9166 Fax: 860-621-9167</p>	<p>Durable medical retailer that places emphasis on customer services, training and billing: A durable medical equipment showroom</p> <p>Separate fitting room for braces, mastectomy prostheses, and compression garment measurement and fitting</p> <p>Ample parking next to the entrance Handicap accessible</p>
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Care Funding Options

(State Level Resources)

Respite Care

Alzheimer's Respite Care Program

This program offers caregivers of any age the opportunity to receive an assessment of services needed and to have a care plan developed and/or purchase services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services including: Adult Day Care; home health aide; homemaker/companion; skilled nursing care or short term nursing home or assisted living facility placement for a limited duration. For additional information and assistance please contact your local Area Agency on Aging at 1-800-994-9422.

Connecticut's National Family Caregiver Support Program

This program is federally funded through the Older Americans Act and is operated in partnership between the State Department on Aging and the Area Agencies on Aging. The program seeks to increase the quality of life for family caregivers by providing the assistance and support necessary to help them keep their loved ones at home. This program will pay for respite care to give caregivers a break. Services may include but are not limited to: adult day care; home health aide; homemaker/companion; skilled nursing care, or short term nursing home or assisted living facility placement for a limited duration. This program also includes a Supplemental Services component that will help pay for everyday items and services that are not covered by standard funding sources such as Medicare. The program has paid for items such as: glasses; hearing aids; dentures; lift chairs; fans or AC's. There is a maximum annual allocation to this program. For additional information and assistance please contact your local Area Agency on Aging at 1-800-994-9422.

American Veterans Aid & Attendance Benefit

Wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance provided by the Department of Veteran Affairs.

The Benefit is designed to provide financial aid to help offset the cost of long-term care for those who need assistance with the daily activities of living such as bathing, dressing, eating, toileting, and transferring.

American Veterans Aid, a private company, is dedicated to helping war era veterans and their surviving spouses receive this Benefit which they so deserve.

Contact information: 1-877-427-8065

Community Based Care Programs

There are several Medicaid Waiver Programs in the state of Connecticut. These programs offer community-based care for specific populations based on individual needs. Each waiver is administered by a designated state agency. Feel free to check online at <http://www.myplacect.org>, the

The following are the current CT Medicaid Waiver Programs:

- CT Home Care Program for the Disabled
- Acquired Brain Injury Waivers (I & II)
- DDS (Department of Developmental Services) Comprehensive Support Waiver
- DDS Individual and Family Support Waiver
- DDS Employment and Day Supports Waiver

<p>Department of Social Services website at http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305170, or call 211 for Infoline to find out more.</p>	<ul style="list-style-type: none"> • DDS Early Childhood Autism Waiver • DDS Autism Waiver • Katie Beckett Waiver • Personal Care Assistance Waiver • CT Home Care Program for Elders
<p>Connecticut Home Care Program for Elders</p>	
<p>The Connecticut Home Care Program for Elders pays for medical and non-medical support services which are needed by frail individuals age 65+ to avoid placement in a nursing home. The cost of care is calculated using a sliding fee scale. The amount of aid given varies and is determined by clients' needs, income, and asset levels. Services include homemaker, companion, personal emergency response system, meals on wheels, adult day care, chore, mental health counseling, assisted living, personal care attendant, assistive technology, adult family living, care management, minor home modifications. The CHCPE is run through the Alternate Care Unit of CT's Department of Social Services. For more information, or to start the application process, please call 1-800-445-5394 (toll-free) or 860-424-4904 locally in the Hartford area and select option 4. Or on-line go to: https://www.ascendami.com/CTHomeCareForElders/default/</p>	
<p>In addition to the Medicaid Waiver Programs for Community Based Care, there are other services available to help people stay and live successfully in their chosen communities.</p>	
<p>Money Follows the Person (MFP)</p>	
<p>Money Follows the Person (MFP) helps individuals currently living in long-term care facilities to transition back into the community. The program aims to allow people maximum independence and freedom of choice regarding where they live and receive support services.</p>	
<p>To be eligible for MFP, an individual must be eligible for Medicaid and be living in a nursing home, hospital or other long term care facility for at least three months. Qualified individuals can receive funds, services and support to move back into the community and to receive care in their homes. Transition coordinators provide one-on-one assistance with the moving process and ongoing support with accessing community supports and resources. Housing coordinators help locate acceptable living arrangements based on the individual's needs, and rental assistance is available for those who qualify. In addition to returning to one's own home, housing options include individual apartments, assisted living and group homes. MFP may also fund needed assistive devices or home modifications.</p>	
<p>MFP participants may also be eligible for other home and community-based service waivers including: Personal Care Assistance Waiver, Acquired Brain Injury Waiver, Elder Waiver, Mental Illness Waiver, Independent Family Support Waiver and Comprehensive Waiver.</p>	
<p>The application process includes screening for Medicaid eligibility and verification that the individual is currently living in a long-term care facility. Applicants who meet these requirements will be connected with a care manager who will assess their needs for community living. To apply for MFP, or to learn more about the program, call 1-888-99CTMFP (1-888-992-8637) toll-free or visit: www.ct.gov/moneyfollowstheperson.</p>	

Medicare Savings Program(s)

There are three levels within the Medicare Savings Program (MSP) that help pay for Medicare Part B premiums. They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). Household gross income determines if the individual or couple qualifies for QMB, SLMB or ALMB. All three programs pay Medicare Part B premiums. However, only QMB pays Medicare co-pays and deductibles for Medicare-covered services.

2015 income limits for the three levels of the program are:

2015 income limits for the three levels of the program are:

- QMB - \$2,069.91 for a single person and \$2,802.08 for a couple
- SLMB - \$2,266.11 for a single person and \$3,067.68 for a couple
- ALMB - \$2,413.26 for a single person and \$3,266.88 for a couple

Income limits are subject to change. It is advisable to check the eligibility limits prior to applying.

<http://www.ct.gov/dss/cwp/view.asp?q=451372>

The Low Income Subsidy (LIS) for Medicare Part D prescription drug insurance is an additional benefit given with the MSP. In CT, all 3 levels of MSP automatically receive the LIS upon enrollment. The LIS will:

- Help pay your Medicare Part D monthly premium.
- Help with your Medicare Part D yearly deductibles and,
- Help pay for your Medicare Part D co-insurance and co-pays for drugs on your plan formulary

Elder Law Services

Legal Assistance	
Low Cost Legal Assistance	
CT Legal Aid Slscet.org Toll Free: (800) 453-3320 Calling Hours: Mon through Fri from 9:00 am-12:00 pm and 1:00-2:00 pm	Statewide Legal Services has free advice for low-income people with legal problems in Connecticut
Elder Law Attorneys	
Kelley Crispino & Kania LLP Attorneys 133 Main St Southington, CT 06489 (860) 628-9617	Assist with elder law, family law, title XIX, probate, wills and trusts.
Valerie Depaolo Sheffy, Mazzaccaro, DePaolo & DeNigris, LLP 166 N Main St. Southington CT, 06489 (860) 620-9460 Extension 104 http://www.smddlaw.com	Areas of practice include estate and business planning, probate, elder law, real estate, and family matters.
Joseph Dimauro J. Dimauro Law, LLC 937 South Main Street Plantsville CT, 06479 860-426-9160 http://jdimaurolaw.com	Provides elder law services such as draft estate planning documents, protect assets while qualifying for Medicaid, Medicaid planning strategies, applications, and rules, tax planning, long-term care insurance and more.
Mazzaccaro Sheffy 166 N Main St Southington, CT 06489 (860) 620-9460 www.sheffylaw.com	Estate planning, wills, trusts, living wills, powers of attorney, appointment of health care agents, probate.
PLAN of CT http://planofct.org/index.html PLAN of CT, Inc. P.O. Box 4280 Hartford, CT 06147 © 2009 PLAN of CT, Inc. (Phone) 860-523-4951 (Fax) 860-523-0267	The Planned Lifetime Assistance Network (PLAN) of CT is a non-profit organization that acts as a trustee for special needs trusts in Connecticut.

Dementia Support

Dementia Services in Southington	
Alzheimer's Resource Center of Connecticut, Inc. 1261 South Main St Plantsville, Ct 06479 860-628-9000	Assisted Living/ Skilled Nursing Facility: all dementia residents Adult Day Program- Social Program
Hartford HealthCare Center for Healthy Aging HOCC at Bradley Memorial Campus 81 Meriden Ave. Southington, CT	Dementia Specialist provides dementia education, coaching, and home assessments. Free dementia caregiver resource guide at: http://www.hhcseniorservices.org/
Mulberry Gardens of Southington 58 Mulberry St. Plantsville, CT 06479 860-276-1020	Assisted Living with a secured unit Adult Day Program- Medical Model
The Summit at Plantsville 261 Summit St Plantsville, CT 06479 (860) 628-0364	Skilled Nursing Facility with a secured unit
Southington Care Center 45 Meriden Ave Southington, CT 06489 (860) 621-9559	Wander Guard

Dementia Caregiver Support

Support Groups	
<p>Alzheimer's disease and related dementia Caregiver Support Groups in Southington</p> <p>Mulberry Gardens 58 Mulberry St Plantsville, CT 06479 (860) 276-1020</p>	
<p>Alzheimer's Resource Center 1261 South Main St Plantsville, CT 06479</p> <p>(860) 628-3056 for support group information (860) 628-9000 for general information</p>	
<p>Alzheimer's Association Connecticut Chapter 200 Executive Blvd Southington, CT 06489</p> <p>1-800-272-3900 (860) 828-2828</p>	

General Support Services and Senior Centers

General Support Services and Senior Centers	
<p>Calendar House 388 Pleasant St. Southington, CT 860-621-3014</p>	<p>A place where residents of Southington, age 55 and over, can meet with old friends and new. It has three classrooms, a computer lab, a fully equipped woodworking shop, a coffee/library lounge, a conference room and a game room. The Main Hall houses the Senior Community Cafe which provides hot meals daily, Monday through Friday, as well as our larger functions.</p>
<p>Hartford HealthCare Center for Healthy Aging HOCC Bradley Memorial 81 Meriden Ave. Southington, CT 06489 http://www.hhcseniorservices.org/</p>	<p>Connecticut Center for Healthy Aging is a resource and assessment center designed to enhance access to services and information related to attaining optimal quality of life for seniors and their caregivers.</p>

Local Level Resources

Local Level Resources

Connecticut's communities are excellent sources of assistance for older adults and individuals with disabilities. Please see below for a non-inclusive list of the types of programs available at the community level.

- Emergency Fuel Programs
- Rental Assistance
- Tax Aid
- Food pantry
- Transportation services
- Nutrition programs

For more information on these municipal level programs, feel free to contact your local Senior Center, your local Municipal Agent for the Elderly*.

*Every Connecticut city and town has a Municipal Agent for the Elderly. They are appointed by city/town officials to a two or four-year term. Please visit www.infoline.org to find the Municipal Agent for the Elderly nearest you.

Older Americans Act-funded services

The regional Area Agencies on Aging receive federal funding under Title III of the Older Americans Act through the Connecticut State Department on Aging, to encourage the development of a comprehensive and coordinated system of service delivery for older persons.

The local agencies supported by the Area Agencies on Aging provide a wide range of services including but not limited to: access services, adult day care, Alzheimer's programs, community education/counseling, community services, health services, in home services, legal services, nutrition programs, and supportive services for caregivers. Not all services are available in all communities; please call your local Area Agency at 1-800-994-9422 to see what is being funded in your community.

Local foundations/Grants in aid

Some towns are served by local philanthropic organizations that provide funding for specific populations or to address particular needs. (See the Larrabee Fund of Hartford as an example <http://hartfordlarrabeefund.org/>) Town Social Workers, Municipal Agents for the Elderly, and Senior Centers are excellent sources of this information. For a list of community foundations, please visit

NOTES _____

Hartford HealthCare 
Center for Healthy Aging
Connect to healthier.™

*Center locations located within The Hospital of Central Connecticut,
Bradley and New Britain General campuses MidState Medical Center
and Windham Hospital.*

1-877-424-4641 • cthealthyaging.org



*Sponsored by State of Connecticut and funded by Centers for Medicare
& Medicaid Services.*

*Visit MyPlaceCT.org or for more information, dial 2-1-1 from anywhere
in Connecticut any time. Multilingual assistance and TDD also
available.*