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  PMFRET  WILTON
DURHAM  LEDYARD  PORTLAND  WINDHAM
EAST HADDAM  LISBON  PRESTON  WOODSTOCK

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.

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www.SeniorResourcesEC.org
Phone 860.887.3561
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Aging 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, 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 & Supplemental Services

Senior Resources offers respite care which enables caregivers to be temporarily relieved of their caregiving responsibilities.

CHOICES

Senior Resources’ CHOICES program offers older adults a one-stop resource that provides information and referral services 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.

Connecticut Statewide Respite Care Program

Senior Resources offers daytime or overnight services for caregivers of individuals with Alzheimer’s disease and related conditions.

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 the 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 a 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 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 Educations for our clients. Registered Dietitians provide a variety of services including 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