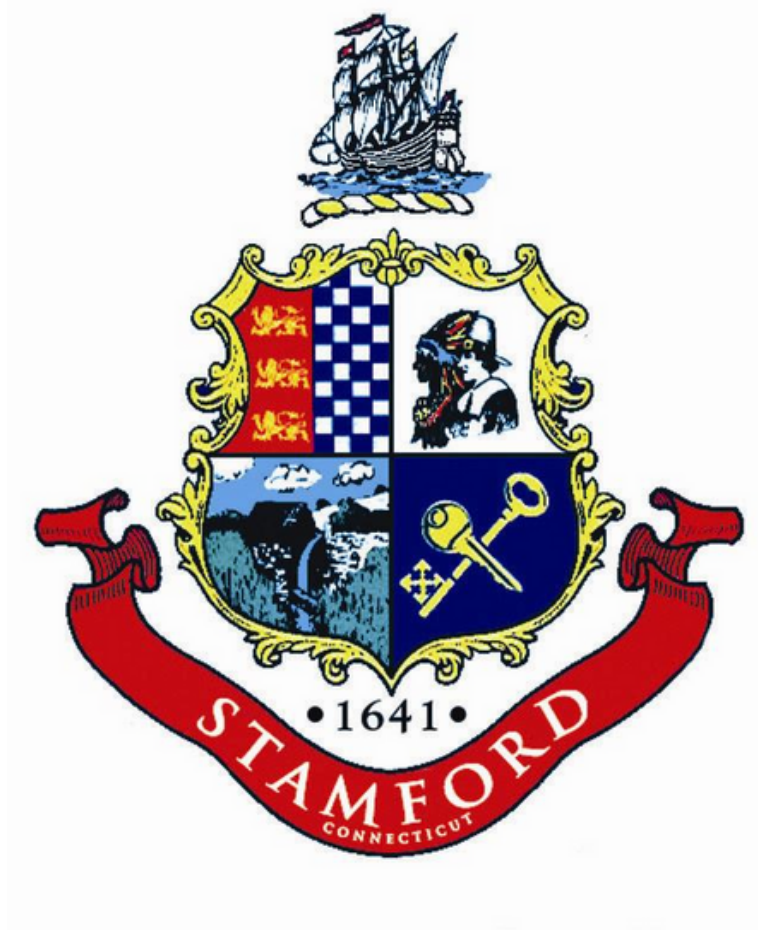


Directory of Services

For Seniors of Stamford



Language Key:

- E** Services in English
- S** Servicios o interpretación en Español
- HC** Sevis ou byen tradiksyon en Kreyòl



bit.ly/stamfordsupport

Senior Services Directory

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Addiction Services

Connecticut Community for Addiction Recovery **E S**

866-205-9770

Online recovery coaching & virtual
support groups

CT Department of Mental Health and **E S HC** Addiction Services

24/7 hotline: 1-800-563-4086

Provide resources for substance
abuse treatment

Liberation Programs **E S**

203-851-2077

Inpatient and outpatient treatment
for substance use disorder
recovery

Pacific House **E S HC**

203-348-2792

Support for substance use
disorder, housing, and case
management

Recovery Network of Programs

203-416-1915 **E S HC**

A medically monitored residential
detoxification unit helping those 18
and over detoxing from alcohol,
opiates, and/or benzodiazepines

Substance Abuse and Mental Health Services Administration (SAMHSA) **E S HC**

24/7 Hotline: 800-662-4357

Crisis counseling and support

Adult Day Care Center

Adult day care centers offer engaging
programs in a group setting for older
adults during the day. These services can
include; nursing care, personal care,
nutrition, social services and recreation.

CT Association of Adults Day Centers - CAADC **E**

Provides information and referral to adult
day care centers across the state.

110 Barnes Road Wallingford, CT 06492
(203)678-4649

River House **E**

125 River Road Ext, Greenwich, CT 06830
(203)622-0079

Elder House **E S**

7 Lewis Street, Norwalk, CT 06851
(203) 847-1998

Assisted Living

Atria Stamford **E**

77 Third Street, Stamford CT 06905
(203)327-4551

Brighton Gardens of Stamford **E**

59 Roxbury Road, Stamford, CT 06902
(203)322-2100

Edgehill **E S HC**

122 Palmers Hill Road, Stamford, CT
06902 (203)204-8449

Scofield Manor **E**

614 Scofield Town Road, Stamford, CT
06903 (203)329-2388

Sunrise of Stamford **E S HC**

251 Turn of River Road, Stamford, CT
06905 (203) 968-8393


Caregiver/Respite Counseling

Provides respite services, information, and support for families caring for a person with Alzheimer's disease or related dementias.

Alzheimer's Association CT Chapter

200 Executive Blvd. Suite 4-B, Southington
CT 
(860)406-3040


Alzheimer's Association Family Support

70 New Canaan Ave, Suite 3, Norwalk CT
06850 
(203)939-1360

Center for HOPE


590 Post Road, Darien, CT 06820
(203)655-4693

CT State Respite Care Program

SWCAA 
1000 Lafayette Blvd., 9th Fl. Bridgeport, CT
06604
(203)333-9288

Respite care services include, but are not limited to adult day care, home health aides, homemaker, companion, skilled nursing care, or short term assisted living or nursing home care. A mandatory assessment must be completed before respite services are provided.

Greenwich Hospital Center for Health

Aging 
5 Perry Street, Greenwich, CT 06830
(203)863-4375

Continuing Education

Norwalk Community College

188 Richards Avenue, Norwalk, CT 06854
203-857-7000
Free classes for seniors over 62 (if space allows)

Sacred Heart University

12 Omega Drive, Stamford, CT 06907
Seniors 62-years-old and over may take up to two courses.
(203) 371-7999, www.sacredheart.edu

Stamford Public Schools Continuing Education

175 Atlantic Street, Stamford, CT 06901
(203) 977 4209

University of Connecticut

1 University Place, Stamford, CT 06901
(860) 486-3331

Seniors 62-years-old or older may audit undergraduate courses on a space available basis and must obtain the instructor's written consent prior to enrollment.

Credit Counseling

Consumer Law Project for Elders

Free legal assistance for people 60 and over with consumer problems
(800)296-1467

Crisis Intervention

Crisis Text Line

Text 'HOME' to 741-741

Regional Mobile Crisis Intervention Team

24/7 Hotline: 800-586-9903

Suicide Prevention Lifeline

9-8-8 

Disability Resources

Access Independence

300 Long Beach Blvd., Suite #1 Stratford,
CT 06615.
(203) 378-6977

Wheel it Forward

48 Union Street, Stamford, CT 06906
(203) 705-1600

Domestic Violence/Sexual Assault

CT Safe Connect

24/7 hotline: 888-774-2900 (call/text)
ctsafecconnect.com

Texting, web chat, and voice call
options for survivors of domestic
violence

Domestic Violence Crisis Center

203-588-9100

24/7 hotline: 203-588-9097

Counseling, advocacy, and emergency
safe housing for survivors of domestic
violence and their children

The Rowan Center

203-348-9346

Local English 24/7 hotline: 203-329-
2929

Statewide Spanish 24/7 hotline: 888-
568-8332

Counseling for survivors of sexual
assault and abuse ages 14+, support
groups, and advocacy

Driving

Connecticut Department of Motor Vehicles

137 Henry Street, Stamford, CT 06902
ct.gov/dmv
Limited Services
By appointment only

Driver's License

Department of Motor Vehicles

ct.gov/dmv

540 Main Avenue, Norwalk, CT 06851

Full-service

Emergency Response

CT Alert Signup

Receive emergency notifications via text,
email and phone calls related to life-
threatening emergency conditions.

(800) 830-3493

(626) 486-9782

Elevator and Safety Repair

Elevator repairpersons and installers are
licensed by the Department of Consumer
Protection. For more licensing information,
visit the Elevator work licensing web page
or email:

DCP.OccupationalProfessional@ct.gov

The safety of elevators is regulated by the
State of CT Bureau of Elevators:

DAS.OSBl@ct.gov

(860)713-5808


Employment Assistance

American Job Center

2 Lafayette Square, Bridgeport, CT
06604

(203) 455-2700 - Full Service

141 Franklin St., 2nd.Fl. Stamford, CT
06901

(203)353-1702 

Associates for Training and Development

198 Selleck Street, Stamford, CT 06902
(203) 461-2154

Building One Community

203-674-8585

Case management, employment support, and more for immigrant families

Jewish Family Services

Title V of the Older American Act
196 Greyrock Place, Stamford, CT 06901
(203)921-4161

Laurel House

203-324-1816

Education, employment, and housing resources for those recovering from or living with mental illness.

Urban League

46 Atlantic Street, Stamford, CT 06901
(203)327-5810

Person to Person


1864 Post Road, Darien, CT 06820
(203)655-0048

Silver Source

1100 Summer Street, 2nd. Fl. Stamford, CT 06905
(203)324-6584

Eviction Storage & Information

City of Stamford - Social Services

888 Washington Blvd. Stamford, CT 06901
(203)977-4112 

Energy & Utility Assistance

Community Action Agency


34 Woodland Avenue, Stamford, CT 06902
(203)357-0720

Federal and State designated Community Action Agency for lower Fairfield County communities. Works with utilities companies to offer energy and heating assistance.

Eversource New Start Program

The New Start program helps you eliminate your outstanding balance in as little as 12 months. You make on-time monthly budget payments.
(800)286-2828

Operation Fuel

To find a fuel bank near you dial 2-1-1. Operation Fuel provides cash award assistance for heating expenses for households with income that meet state and federal poverty level percentages. Local fuel banks assess client eligibility and make payments to vendors.
www.operationfuel.org
(860)243-2345 

Fair Rent

Social Services Commission

Provides responses to citizen inquiries in connection with housing related issues, including, large rent increase, landlord rights, tenant rights.
888 Washington Blvd. Stamford CT
(203)977-4051

Financial Assistance

Cash Assistance (TANF)

Department of Social Services (203)251-9300
1642 Bedford Street, Stamford CT 06905
Offers assistance based in Family income and Medicaid, Title 19, eligibility.

Food Stamps (SNAP)

Based on family income and other guidelines.
1642 Bedford Street, Stamford CT 06905
Apply (866)974-7627.

Property Tax Relief/Abatement for Homeowners

888 Washington Boulevard, 6th floor,
Stamford, CT 06901
(203) 977-4016, (203) 977-4874

Rent Rebate Program

For seniors (65+) and disabled people.
888 Washington Blvd., Stamford, CT 06901
(203)977-4747

Silver Source


1100 Summer Street, 2nd. Fl. Stamford, CT
06905
(203)324-6584

Food Pantries

Faith Tabernacle Church Food Pantry

29 Grove Street, Stamford, CT - 06901
Phone: (203) 348-8755

New Covenant Center Food Pantry

174 Richmond Hill Ave., Stamford, CT -
06902 
Phone: (203) 964-8228

Person to Person

1864 Post Road, Darien, CT 06820
(203) 655-0048

Revival House Food Pantry

980 Hope Street, Stamford, CT - 06902
(203)609-1104

Salvation Army - Stamford Corps Community

198 Selleck Street, Stamford CT 06902
(203)359-2320

Tabernacle of Grace

127 Selleck Street, Stamford, CT
(203)461-8454

Health Insurance & Medicare

City of Stamford Social Services

Only for senior (65+) and disabled.
Husky C & Medicare Saving Program
application assistance
888 Washington Blvd., Stamford, CT 06901
By appointment only (203)977-4747

MedAssist

CHOICES trained counselors assist with health
insurance counseling and application assistance
(long term health insurance, supplement insurance)
888 Washington Blvd., Stamford, CT 06901
By appointment only (203)977-5297.

Social Security Office

Medicare application part A and B must be
submitted through Social Security office.
2 Landmark Square, Stamford, CT 06901
By appointment only (866)770-1881

Home delivered meals

Catholic Charities Nutrition Program

30 Myano Lane, Stamford, CT 06902
(203)324-6175

Jewish Family Services

196 Greyrock Place, Stamford, CT 06901
(203) 921-4161

Housing Affordability

Senior/Disabled Homeowner Tax Credit Program

This program offers biennial tax credit
programs for totally disabled
homeowners (with proof of disability
from Social Security office) or seniors
who have been 65 years of age as of
December 31st of the previous year.
Filing period February 1 to May 15.

Senior/Disabled Renters Rebate Program

This program provides a onetime yearly
payment to renters based on income,
rent and utilities that were paid from the
previous year.
Filing period April 1 to October 1.

Housing Court

Superior Court 

Landlord/tenant matters and evictions
123 Hoyt Street, Stamford, CT 06905
(203) 965-5308

Housing Safety Complaints


- Lack of running water, heat, electricity, and issues with bathroom facilities
 - Pest infestation
 - Mold, lead
 - No smoke detectors

Stamford Government Center

888 Washington Boulevard, Stamford, CT 06901
(203) 977-4349

Inpatient Treatment

Silver Hill Hospital New Canaan

866-542-4455 

Adult and adolescent treatment.
Inpatient, transitional living and intensive outpatient treatment for substance use and mental health disorders.

Stamford Health
203-276-1000 

Inpatient and crisis management care.
Referrals to community resources

Legal Assistance

Center for Medicare Advocacy
(800)262-4414 

Legal Advice and representation to assure Medicare beneficiaries that they receive all the benefits and coverage to which they are entitled.
www.medicareadvocacy.org

Connecticut Dept. of Consumer Protection

165 Capital Avenue, Hartford, CT 06101
(800)842-2649

Connecticut Legal Services

Free legal assistance in civil matters to those who qualify. Title 19 Medical benefits hearing and Social Security Disability.
1177 Summer Street, Stamford, CT 06905
(203)348-9216


Consumer law project for elders hotline (800)296-1467

free legal assistance to Connecticut residents 60 or over who have consumer questions or problems such as credit card or medical debt, abusive or harassing debt collection, debt collection lawsuits, bank executions, wage executions, credit report and repair problems, contract problems, and elder financial exploitation, such as identity theft and scams. Spanish speaking staff is available.

Legal Assistance for Military Retirees and Dependents (860) 694-3741

Legal Assistance to Medicare Patients (LAMP) (800) 413-7796

Stamford Probate Court

888 Washington Boulevard, 8th floor
Stamford, CT 06901
(203) 323-2149 

Statewide Legal Services of CT, Inc., Hotline Number (800) 453-3320, <https://www.slsct.org/>

The New England Pension Assistance Project

(888) 425-6067 or (617) 287-7307
Projects offering counseling and recovery assistance regarding pension benefits. Services are provided to CT residents at no charge.

Long-term Care/Skilled Nursing Facilities

Cassena Care

53 Courtland Avenue, Stamford CT
06902
(203) 351-8300, www.cstamnrc.com

Edgehill Community

122 Palmers Hill Road, Stamford CT 06902
(203) 323-2323,
www.edgehillcommunity.com

Long Ride of Stamford

710 Long Ridge Road, Stamford CT 06902
(203) 329-4026

Long-Term Care Ombudsman

Hartford, CT (860) 424-5200

This program advocates for quality care
and the rights of individuals living in
nursing homes.

St Camillus


494 Elm Street, Stamford CT 06902
(203) 325-0200,
www.sunbridgehealthcare.com

The Villa


88 Rockrimmon Road, Stamford CT 06902
(203) 322-3428, www.stamfordvilla.org

Luncheon Programs (Affordable Nutrition Sites)

Jewish Community Center

1035 Newfield Avenue, Stamford, CT
06905
(203) 322-7900 

New Covenant Center (Soup Kitchen)

174 Richmond Hill Avenue, Stamford, CT
06902 
(203) 964-8228,
www.newcovenantcenter.com

Over Sixty Club

628 Main Street, Stamford, CT 06901
(203) 316-9335

Stamford Senior Center

888 Washington Boulevard, Stamford, CT
06901
(203) 977-5151, www.stamfordseniorct.org

Older Adult Housing

Congregate

Margot Wormser Congregate - 40
Units
28 Vine Road, Stamford, CT 06905
(203)968-1092

New Neighborhood Inc. (203)998-0889

*The Atlantic, 28 units,
50 Bell Street, Stamford, CT 06901

*Belltown Manor, 27 units,
21 Burdick Street, Stamford, CT 06905

*Friendship House
28 Perry Street, Stamford CT 06902

*Martin Luther King Apartments
40 Stillwater Avenue, Stamford, CT 06902

*Madison Smith Apartments
29 Mission Street, Stamford, CT 06902

*Taylor Street Apartments
25 Taylor Street, Stamford, CT 06902

Private (HUD, Faith based, etc.)

*Augustus Manor, 105 units,
101 Main Street, Stamford, CT 06901
(203)357-1281

*Bayview Towers,
300 Tresser Blvd., Stamford, CT 06901 7
(203)964-1445

Older Adult Housing (continued)

*Bishop Curtis Homes, 30 units,
352 Glenbrook Road, Stamford, CT 06906
(203)324-5881

*Colony Apartments
41 Ludlow Street, Stamford, CT 06902
(203)363-7982

*Cross Road Residence, 24 units
6 Cross Road, Stamford, CT 06907
(203)348-5377

*Eleanor Roosevelt, 41 units
18 Knapp Street, Stamford, CT 06907
(203)852-0263

*Glenbrook Manor, 44 units
10 Glenbrook Road, Stamford, CT 06902
(203)977-1400

*Harbourtsite, 77 units
511 Shippan Avenue, Stamford, CT 06902
(203)358-8011

*Mapleview Towers, 100 units,
51 Grove Street, Stamford, CT 06901
(203)324-2031

*Pilgrim Towers, 74 units
25 Washington Court, Stamford, CT 06902
(203)324-2327

*Post House, 60 units
40 Clinton Avenue, Stamford, CT 06901
(203)977-1400

*Rippowan Manor, 81 units,
11 North Street, Stamford, CT 06902
(203)977-1400

*St. John Towers,
101 Tresser Blvd. Stamford, CT 06901
(203)602-0080

*Shippan Place, 146 units
521 Shippan Avenue, Stamford, CT 06902
(203)324-0734

*Stamford Green, 91 units
482 W. Main Street, Stamford, CT 06902
(203)359-8811

Willard Manor, 53 units
36 Vine Road. Stamford, CT 06905
(203)329-3929

Section 8 Program

22 Clinton Avenue, Stamford, CT 06902
Administrated through Charter Oak
Communities. (203)977-1400

Stamford Public Housing Authority (203)977-1400

*Clinton Manor, 88 units,
22 Clinton Avenue, Stamford, CT 06901

*Quintard Manor, 60 units,
18 Quintard Terrace, Stamford, CT 06902

*Stamford Manor, 215 units,
26 Main Street, Stamford, CT 06902

*Scofield Manor, 50 rooms,
614 Scofield Town Rd, Stamford, CT 06903
(203)329-2388

Outpatient Counseling & Treatment

Centro Bienestar 
203-883-8135

Mental health, parenting, eating
disorder, and domestic violence services
for individuals and families.

Community Health Centers, Inc.
203-323-8160 

Individual, group, family and couples
counseling offered for adults and
children. Psychiatric and therapeutic
services offered in Spanish and other
languages. In-person and remote
sessions available

Outpatient Counseling & Treatment (continued)

Family Centers, Inc.


203-869-4848

Mental health, trauma, grief, and social support services ranging from counseling to parenting classes

FS Dubois Center

203-388-1600

Crisis intervention:

203-358-8500 or 1-800-586-9903 

Treatment for mental health and substance abuse; psychiatric services & medication management; jail diversion and care management

Jewish Family Service of Fairfield County

203-921-4161

Individual, group, family, & marital counseling for children and adults; medication management; grief therapy

Optimus Health Care

203-621-3750

Individual, group, family, & marital therapy; medication and case management, and employment support

Scams Information

<https://consumer.ftc.gov/scams>

<https://www.consumerfinance.gov/>

Stamford Police Department

725 Bedford Street, Stamford, CT 06901

(203) 977-4444




Senior Medicare Patrol

The Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling, and education. Call the Connecticut SMP at 1-800-994-9422

Senior Protective Services

If you suspect that an elderly person is a victim of abuse, neglect (including self-neglect) exploitation or abandonment contact the Protective Service Intake Lines

listed below: 

During Business Hours:

In-State: 1-888-385-4225 (Toll Free)

Out of State: 1-800-203-1234 (Toll Free)

After Hour Emergencies:

In-State: 2-1-1 (Toll Free)

Out of State: 1-800-203-1234 (Toll Free)

Protective Services for the Elderly is administered by the Connecticut Department of Social Services.

<http://www.ct.gov/dss/protectiveservicesforelderly>

Social Assistance & Referrals

Building One Community

417 Shippan Avenue, Stamford, CT 06902
(203)674-8585

Social Assistance & Referrals

(continued)

Community Action Agency **E S**
 34 Woodland Avenue, Stamford, CT 06902
 (203)357-0720

Jewish Family Services **E S**
 196 Greyrock Place, Stamford, CT 06901
 (203)921-4161

Person to Person **E S HC**
 1864 Post Road, Darien, CT 06820
 (203)655-0048

Silver Source **E S**
 1100 Summer Street, 2nd. Fl. Stamford, CT 06905
 (203)324-6584

Social Services Dpt. - City of Stamford **E S**
 888 Washington Blvd. Stamford, CT 06901
 (203)977-4747

Urban League **E S**
 46 Atlantic Street, Stamford, CT 06901
 (203)327-5810

Veterans Affairs **E S HC**
 1275 Summer Street, Stamford, CT 06905
 (203)325-0649

Jewish Community Center - Senior Adult Services

1035 Newfield Avenue, Stamford CT, 06905
 (203) 487-0983

Over Sixty Club **E S**
 628 Main Street, Stamford, CT 06901
 (203) 316-9335

Senior Men Association of Stamford
 Congregation Agudath Sholom
 Newfield Avenue, Stamford, CT

Stamford Museum and Nature Center **E**
 39 Scofieldtown Road, Stamford, CT 06903
 (203) 977-6521, www.stamfordmuseum.org

Stamford Senior Center **E S**
 888 Washington Boulevard, 2nd floor,
 Stamford, CT 06901
 (203) 977-5151

Tully Health Center **E S**
 32 Strawberry Hill Court, Stamford, CT 06902
 (203) 276-4567
 Gym facilities available daily. Physician's referral needed.

YMCA **E S**
 10 Bell Street, Stamford, CT 06901
 (203) 357-7000

Socialization/Recreation

Ferguson Library Adult Programs **E S**
 1 Public Library Plaza, Stamford, CT 06904
 (203) 351-8231 www.fergusonlibrary.org

Friendly Connections **E S**
 40 Arch Street, Greenwich, CT 06830
 203-324-3167 www.familycenters.org

Southwestern CT Agency on Aging

Provides aging related information and referral assistance on:
 Health Insurance
 Community based-services,
 Elder Care,
 Trainings and education on aging issues
 Administrates the CT Home Care Program

SWCAA - Southwestern CT Agency on Aging (203)333-9288 or (800)994-9422

Tax Preparation

Assistance

AARP Tax counselors trained by the IRS provide help at no charge. Appointment necessary.
(203) 977-5151

Transportation

Easy Access

275 Wilson Street, Norwalk, CT 06854
(203) 299-5180

Easy Access provides door-to-door transportation to Stamford residents who are unable to use city or fixed-route transportation due to disabilities. Easy Access users must be certified for eligibility before using the service.

FISH (Feel I Should Help)

Stamford, CT (203) 348-3474
Medical Transportation Monday-Thursday

Share The Fare Taxi Program

888 Washington Boulevard, Stamford, CT 06901
(203) 977-5214

Silver Source

1100 Summer Street, 2nd. Fl. Stamford, CT 06905
(203)324-6584

Veyo (For HUSKY recipients)

Medical Transportation
(855) 478-7350, www.ct.ridewithveyo.com

Volunteer Opportunities

Building One Community

417 Shippan Avenue, Stamford.
Email: volunteers@b1c.org
(203) 647-8585
www.building1community.org/engage/

Inspirica

141 Franklin Street, Stamford CT 06901
(203)388-0100


Stamford Museum and Nature Center

39 Scofieldtown Road, Stamford CT 06903
(203) 977-6521

Future 5

135 Atlantic Street Stamford, CT 06901
Email: inquiries@futurefive.org
(203) 358-8787
www.futurefive.org/volunteer

Literacy Volunteers at Family Centers

60 Palmers Hill Road, Stamford CT 06901
(203)388-0100 

Mill River Park

1010 Washington Blvd, First Floor, Stamford, CT 06901
(203) 989-0321

Silver Source

1100 Summer St., 2nd. Fl., Stamford, CT 06901
(203)324-6584

SoundWaters

Cove Island Park
1281 Cove Rd. Stamford, CT 06902
(203) 323-1978
www.soundwaters.org/get-involved/volunteer/

Stamford Public Education Foundation (SPEF)

177 Broad Street, 3rd Floor, Stamford, CT 06901
(203) 965-7733
www.spefct.org/volunteer/

United Way of Western Connecticut

1150 Summer Street, Stamford, Ct 06905
(203)348-7711 