



*You Have  
Aging Questions...  
We Have  
Aging Answers*



1000 Lafayette Boulevard  
Bridgeport CT 06604  
**800-994-9422**  
[www.swcaa.org](http://www.swcaa.org)

SERVING:  
Bridgeport, Darien, Easton, Fairfield, Greenwich,  
Monroe, New Canaan, Norwalk, Stamford,  
Stratford, Trumbull, Weston, Westport, Wilton

## CONNECTICUT HOME CARE PROGRAM

The **CT Home Care Program** is designed to help CT residents, ages 65 and over, who are functionally and financially eligible, age in place safely in their own home. Through individualized care plans, qualified Care Managers coordinate and oversee the support and services necessary to avoid nursing home placement or institutionalization.

For qualifying individuals, Medicaid funds provide home care and community-based services which may include:

- Home Health Care: Nursing, Personal Care Assistant, Homemaker
- Adult Day Care
- Home Delivered Meals
- Emergency Response System
- Rehabilitation Services
- Light Housekeeping
- Adult Family Living

\*Financial and functional eligibility apply. For more information, please visit: [www.swcaa.org/careinthecommunity/eldersoverview/eligibility](http://www.swcaa.org/careinthecommunity/eldersoverview/eligibility)



## COMMUNITY OPTIONS

The **Community Options** department at SWCAA coordinates programming designed to help eligible individuals, ages 18-64, who require support to live at home or return to community living.

**Personal Care Assistance** is for disabled individuals who meet institutional level of care guidelines and enables them to employ personal care attendants to help with daily activities. Services may also include Visiting Nurse, Meals on Wheels, and emergency response services.

**Community First Choice** is a program offered to Medicaid recipients as a part of the Affordable Care Act. This program allows individuals who can self-direct services and meet institutional level of care guidelines, to receive support and services in their home.

**Acquired Brain Injury** is a program for Medicaid recipients with a qualifying brain injury who meet institutional level of care guidelines. Funding provides support and services in the home and assists with community inclusion.

**Money Follows the Person** is a program that helps Medicaid-eligible individuals living in long-term care facilities – such as nursing homes, hospitals, and other qualified institutions – successfully transition back into the community.



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SWCAA is an invaluable resource for older adults and individuals with disabilities in Southwestern Connecticut. By offering support to navigate complex systems like Medicare and Medicaid, as well as connecting people with community-based services, SWCAA plays a crucial role in enabling individuals to remain independent and in their own homes. The emphasis on preserving dignity and advocating for the right to choose care settings aligns with a person-centered approach to aging and healthcare.

SWCAA has evolved since its inception in 1974, starting with a focus on a federally sponsored nutrition program and expanding to become an Area Agency on Aging mandated by the Older Americans Act. The dedication of social service professionals, alongside volunteer Board and Advisory Council members, underscores the community's commitment to supporting its older population.

By providing high-quality care management, access to information, and capacity-building initiatives, SWCAA not only addresses immediate needs but also contributes to the overall strength and resilience of the aging network in the region.



## AGING ANSWERS

No one prepares us for older adulthood or to be a caregiver. It happens, and we must adapt. These new roles leave us with questions. When you have aging questions, SWCAA has **Aging Answers!**

**Aging Answers** is your gateway to information on age-related topics. If you need home care, housekeeping, a local senior center, Medicaid, food assistance or housing options, call us. Call **Aging Answers** at **800-994-9422**.

This one call is your gateway to all the answers you need. SWCAA is designated by the federal government. We do not sell anything; we want to give you the information to make the best decision for you. We can help plan and implement services designed to help you stay in your community and home. SWCAA works with the aging network – home care agencies, skilled nursing, municipal agents, senior centers, and adult day services – to provide unbiased information, access and funding based on eligibility, for older adults, and persons with disabilities.

*Here are some of the ways we can help:*

### **Medicare 800-994-9422**

The Medicare Program is a lifeline for older adults and persons with disabilities. It can be confusing with its federal requirements and coverage options. SWCAA can help demystify the different coverage groups – A, B, C, and D – while directing you to evaluate your current health situation against the coverage and costs. We can help identify prescription drug plans and assess you for the Medicare Savings Program, which can save you hundreds in co-payments. Senior Medicare Patrol helps identify and prevent billing discrepancies and potential scams.

### **Help for Someone in Need 800-994-9422**

Programs like the CT Statewide Respite Care Program & National Family Caregiver Support Program may be able to pay for limited home care services, adult day center participation, home delivered meals and incontinence and home safety supplies.

### **Financial Security 800-994-9422**

SWCAA helps eliminate the barrier of enrollment in essential programs like food security (SNAP), Medicaid, Medicare Savings Program, Supplemental Social Security Income, security deposits, and moving expenses. These programs can be a tremendous benefit for anyone struggling to meet their financial needs.

### **Capacity Building**

SWCAA engages the aging network in so many ways. We allocate federal grants to support aging services including senior centers, nutrition sites, transportation, and mental health services. Evidence-based health programs support healthy living and improved health outcomes. Educational seminars provide up-to-date information on today's most pressing aging challenges. Through an Advisory Council and volunteer Board of Directors, SWCAA makes certain that state and federal funds reach our neighbors in need throughout southwestern Connecticut.

