

INFORMATION and REFERRAL

Human Services has up-to-date information about programs and services.

Common topics include:

Health Care

Home Care

Transportation

Housing

Financial Assistance

Legal Issues

Insurance Information

Educational Opportunities

Volunteering

Advocacy

Elder Abuse

Support



860-561-7561

WEST HARTFORD
Human & Leisure
Services

SERVICES FOR SENIORS



Department of Human & Leisure Services
Division of Human Services
50 South Main Street, Room 306
West Hartford, CT 06107

www.westhartford.org/humanservices

860-561-7561

CASE MANAGEMENT PROGRAM

The Division of Human Services Case Management Program assists residents over the age of 60 and people with disabilities to connect with community services that will increase a resident's safety, fulfillment and independence in remaining in the community. There is no charge for these services.

Social workers can make home visits or meet in the office with residents and their families to assess which programs or services would most help. The older person's living situation, mobility, transportation, family support, financial resources, etc., are all considered when arriving at a plan that will provide the most independence, along with the assistance needed for quality of life and safety, for the resident to thrive.

INFORMATION AND REFERRAL

The Division of Human Services offers information and referral to residents seeking knowledge about programs or services, or needing contact information regarding housing, financial programs, homecare services, transportation, or other programs.

HOUSING

West Hartford offers a wide variety of housing for older residents.

- Independent apartments
- Subsidized apartments
- Assisted Living
- Retirement communities
- Skilled nursing facilities

Call 860-561-7561 for more details or for a list of housing options.

TRANSPORTATION

Dial A Ride: The Town of West Hartford operates Dial A Ride, for those over the age of 65 or who have a disability, prioritizing medical and grocery rides.

Volunteer Medical Escort Service, for those who cannot navigate Dial A Ride for medical appointments, on as-available basis.

NUTRITION

The Elderly Nutrition Program operates meal programs Monday – Friday for a nominal fee:

Congregate Meal Sites:
Elmwood Community Center
860-233-7127

Federation Homes
860-233-5441

Meals on Wheels:
Community Renewal Team
860-560-5825

VNA Meals on Wheels
860-249-4862

Juniper House
860-523-1418

SENIOR CENTERS

The **Elmwood Senior Center** and the **West Hartford Senior Center** offer a wide range of activities and services consisting of hundreds of classes such as bridge lessons, dance and exercise classes, language groups, book discussions and art sessions; numerous special events and trips; prevention health programs such as blood pressure clinics, foot care, skin cancer checks, hearing and dental checks. Both facilities have full range fitness centers and computer training rooms. The centers issue a bimonthly newsletter and have information in the Human and Leisure Services program guide issued seasonally.

The Centers also provide a wide range of volunteer opportunities, from teaching classes, providing office assistance, helping with mailing projects, assisting with special events and planning.

Annual memberships are \$10.00 for residents and \$30.00 for non-residents. Contact the Elmwood Senior Center, located at Elmwood Community Center, at 561-8180 or the West Hartford Senior Center, located in Bishop's Corner, at 561-7583.

VOLUNTEER SERVICES

Hundreds of West Hartford residents volunteer hours of service every year. The programs that serve older adults in town are:

Grocery Shopping

Volunteer shoppers will do weekly grocery runs for homebound elders.

Medical Transportation

Volunteers drive seniors who do not have adequate alternative transportation to medical appointments.

Friendly Visitor

Volunteers make weekly visits to be a friend, talk, play cards, knit or help with mail.

Telephone Reassurance

From home or in our office, volunteers make regular phone calls to homebound elders to alleviate isolation and loneliness.

Opportunities to Volunteer:

In addition to the programs above, volunteers also run conversational English groups, tutor children or adults at the Hillcrest Area Neighborhood Outreach Center, or organize and conduct food drives to benefit the Town's Food Pantry.

Call 860-561-7561 to inquire about all volunteer programs.

HEALTH & HOME CARE

It is the mission of the Town of West Hartford Human Services to promote a resident's ability to live at home safely and comfortably, if that is the desire of the resident.

Many options for home care exist, with some programs providing financial assistance. Contact 561-7578 for further information.

CT Homecare Program for Elders

1-800-445-5394

The CT Statewide Respite Care Program

1-800-994-9422

National Family Caregiver Support Program

1-800-994-9422

Home Health Agencies

See Yellow Pages or call 860-561-7561

Homemaker and Companion Agencies

See Yellow Pages or call 860-561-7561

Adult Day Centers

See Yellow Pages or call 860-561-7561

Emergency Response Systems

("Lifeline," "Life Call" etc. buttons)

Call 860-561-7561 for information

Money Follows the Person

1-888-992-8637

FINANCIAL RESOURCES

Several programs assist an older person to live independently by offering financial assistance. Call 860-561-7561 for more information and financial guidelines for eligibility.

CT Department of Social Services

860-723-1000

Subsidized Elderly Housing

(see *Housing*)

Rental Rebate Program

860-561-7561

Energy Assistance Programs

860-561-7561

Elderly Tax Assistance

860-561-7414

Elderly Tax Freeze

860-561-7414

Income Tax Assistance

561-8180 or 561-7583

VETERANS SERVICES

Contact Human Services, 561-7561, for information and a brochure on various federal, state and local programs for veterans of all ages.