



1100 Summer Street #201
Stamford, CT 06905
203.324.6584
www.silversource.org

CAREGIVER RESOURCES

IN PERSON CAREGIVER SUPPORT GROUPS

Alzheimer's Association: ALZCONNECTED <https://alzconnected.org/>

Waterstone 215 High Ridge Rd. Stamford, CT (888) 385.4225
Spousal Caregiver Support Group In Person at Waterstone
Donna Spellman, MSW & Kellie Eudowe, MSW
Tuesdays at 3pm November 28th & December 19th
Call Jeanie or Lynne at (475) 400.9200 to RSVP

SilverSource Caregiver Support Group www.silversource.org (203) 324-6584 Alison Heim, LCSW

VIRTUAL CAREGIVER SUPPORT GROUPS

Bridges by Epoch Evening Support Group – All Community Locations
Mondays at 7pm | November 6 | December 4

Bridges by Epoch Daytime Support Group – All Community Locations
Wednesdays at 11 am | November 15 | December 13

Link to register: [Support Group Website Campaign | Bridges® by EPOCH \(bridgesbyepochmemorycare.com\)](#)

The Greens at Greenwich | Support Group (203) 531.5500 www.thegreensatgreenwich.com
Maria Scaros, Executive Director & Susan Doyle, Certified Senior Advisor

Greenwich Hospital Family Caregiver Support Group | Contact Roni Lang, LCSW (203) 863.4375
Meets 1st and 3rd Thursday of the month at 1 pm

Hilarity for Charity/HFC www.wearehfc.org

Visiting Nurse & Hospice of Fairfield County Stephanie Shaughnessy at (203) 834.6341, ext. 316
Caring for the Caregiver Support Group | Wednesday evenings 6 - 7PM





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ADULT DAY PROGRAMS

ElderHouse, Norwalk (203)847.1998 <https://www.elderhouse.org/>
River House, Greenwich (203)622.0079 www.theriverhouse.org/

OTHER RESOURCES

AARP www.aarp.org/caregiving/

Alzheimer's Association <https://www.alz.org> 24/7 Helpline 1(800)272.3900

Brain Injury Alliance <https://biact.org/get-help-now/support-groups/>

Caregiver Action Network <https://www.caregiveraction.org/>

Daughterhood <https://daughterhood.org/>

Family Caregiver Alliance <https://www.caregiver.org/>

Medicare Hotline: 1(800) 633.4227 www.medicare.gov

National Institutes on Aging <https://www.nia.nih.gov>

Oasis Senior Advisors, Susan Doyle Certified Senior Advisor (914) 356.1901 sdoyle@youroasisadvisor.com

Parkinson's Disease <https://www.apdaparkinson.org/resources-support/for-caregivers/>

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Social Security <https://www.ssa.gov/>

The Caregiver Resource Center <https://caregiverresourcecenter.com/>

Wine, Women, and Dementia <https://www.winewomenanddementia.com/resources>

RESPIRE CARE SERVICES

CT State Unit on Aging 1(800)994.9422
<https://portal.ct.gov/AgingandDisability/Content-Pages/Bureaus/State-Unit-on-Aging>

Southwestern CT Agency on Aging (203) 333.9288
<https://www.swcaa.org/>

ELDER ABUSE OR NEGLECT

Elder Justice Hotline 1(860)808.5555

CT State **Protective Services for the Elderly** 1(888)385.4225
o To report elder abuse: financial, physical, or psychological exploitation.

