

## Home Care and Aging in Place Resources

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This guide brings together trusted local resources that help seniors remain independent, safe, and supported as they age. It includes home care options, assisted living communities, adult day programs, in-home support services, long-term care facilities, and organizations that provide tools and information for aging in place.

**For guidance, email us at [contact@silversource.org](mailto:contact@silversource.org) or call 203-324-6584**

### Assisted Living

#### [Atria Darien](#)

Assisted living community offering housing, meals, personal care, and social programs for older adults who need daily support.

Phone: 203-662-1090

Website: <https://www.atriaseniorliving.com/atria-darien-darien-ct>

#### [Atria Stamford](#)

Provides assisted living and memory care services, including wellness programs, meals, and support for seniors with cognitive needs.

Phone: 203-327-4555

Website: <https://www.atriaseniorliving.com/atria-stamford-stamford-ct>

#### [Brightview Senior Living](#)

Offers assisted living, memory care, and vibrant community programming designed to support independence and engagement.

Phone: 203-663-6800

Website: <https://www.brightviewseniorliving.com>

#### [Brookdale Wilton](#)

Provides assisted living and memory care with personalized support, activities, and on-site services.

Phone: 203-761-1191

Website: <https://www.brookdale.com/en/communities/brookdale-wilton.html>

#### [Edgehill Senior Living Community](#)

A continuing care retirement community offering independent living, assisted living, skilled nursing, and rehabilitation services.

Phone: 203-595-2400

Website: <https://www.edgehillcommunity.com>

### Sunrise of Wilton

Assisted living and memory care residence offering individualized care, daily support, and enrichment programs.

Phone: 203-761-1191

Website: <https://www.sunriseseniorliving.com/communities/sunrise-of-wilton>

### The Bristol at Armonk

Assisted living and memory care community that provides personalized support, activities, and wellness services.

Phone: 914-432-8200

Website: <https://thebristol.com/locations/armonk>

### The Residence at Selleck's Woods

Assisted living and memory care community offering personalized support, activities, and on-site services.

Phone: 203-663-6600

Website: <https://www.residenceselleckswoods.com>

### The Residence at Summer Street

Assisted living and memory care residence in Stamford providing housing, daily support, and enrichment programs.

Phone: 203-883-8850

Website: <https://www.residencesummerstreet.com>

### Waterstone on High Ridge

Independent living, assisted living, and memory care residence in Stamford providing housing, daily support, and enrichment programs.

Phone: 877-295-3747

Website: <https://www.waterstonesl.com/highridge/>

## Adult Day Care

### ElderHouse Adult Day Center

Provides daytime care, socialization, meals, and support for older adults, helping caregivers maintain balance and respite.

Phone: 203-847-1998

Website: <https://www.elderhouse.org>

### Evergreen Adult Day Program

Adult day program offering structured activities, supervision, meals, and support for older adults who need daytime assistance.

Phone: 203-323-1161

Website: <https://www.evergreenct.org>

### Caring for Seniors Adult Day Care Center

Provides supervised daytime care, social engagement, and wellness activities for seniors, veterans and people with disabilities.

Phone: 203-212-3839

Website: <https://www.caringforseniorsadc.com>

### River House Adult Day Center

Offers adult day services including health monitoring, meals, activities, and caregiver support.

Phone: 203-622-0079

Website: <https://www.thegreenwichhouse.org>

## Long-Term Care/Nursing Homes

### Cassena Care

Provides skilled nursing, long-term care, rehabilitation, and 24-hour medical support.

Phone: 203-351-8300

Website: <https://cassenacare.com/>

### Autumn Lake Healthcare at Norwalk

Offers skilled nursing, rehabilitation, and long-term care services in a supportive environment.

Phone: 203-853-0010

Website: <https://autumnlakehealthcare.com/norwalk>

### The Villa at Stamford

Skilled nursing and long-term care community providing medical support, rehabilitation, and daily assistance.

Phone: 203-325-0200

Website: <https://www.villaatstamford.com>

## Aging-In-Place Resources

### AARP

Provides tools, guides, and resources to help older adults remain independent, safe, and connected while aging in place.

Phone: 1-888-687-2277

Website: <https://www.aarp.org>

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