

Senior Healthcare Resources

This guide brings together trusted medical and healthcare resources that support the well-being of seniors in our community. It includes primary care clinics, chronic disease management programs, dental and vision services, behavioral health providers, rehabilitation centers, durable medical equipment suppliers, and hospitals offering comprehensive care.

For guidance, email us at contact@silversource.org or call 203.324.6584

Chronic Disease Management

Alzheimer's

[Alzheimer's Association – Connecticut Chapter](#)

Provides support, education, and care navigation for individuals and families affected by Alzheimer's disease and other dementias.

Phone: 800-272-3900

Website: <https://www.alz.org/ct>

[Alzheimer's Early-Stage Support Group](#) (Greenwich Commission on Aging)

Offers early-stage support groups and resources for individuals newly diagnosed with Alzheimer's or related dementias.

Phone: 203-862-6710

Website: <https://www.greenwichct.gov/190/Commission-on-Aging>

[New England Institute for Clinical Research](#) (NEICR)

Conducts clinical trials in neurology, memory disorders, and chronic disease management.

Phone: 203-914-1903

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

Cancer

[Bennett Cancer Center at Stamford Health](#)

Provides comprehensive cancer diagnosis, treatment, survivorship programs, and supportive care.

Phone: 203-276-2695

Website: <https://www.stamfordhealth.org/care-treatment/cancer/>

[CancerCare – Connecticut](#)

Offers free counseling, support groups, education, and financial assistance for people affected by cancer.

Phone: 800-813-4673

Website: <https://www.cancercare.org/contact/connecticut>

Post-Treatment Breast Cancer Support Group (Smilow Cancer Hospital)

Offers support for breast cancer survivors.

Phone: 475-227-5808

Website: <https://www.ynhh.org/smilow/services/support-services/cancer-support-groups>

Smilow Cancer Hospital Care Center – Stamford

Offers oncology services, treatment, and support programs for cancer patients.

Phone: 203-863-3700

Website: <https://www.ynhhs.org/locations/stamford-260-long-ridge-road-smilow>

Parkinson's

Connecticut Parkinson's Working Group (CPWG)

Provides education, support, and advocacy for individuals living with Parkinson's disease.

Phone: 860-704-9519

Website: <http://www.cpwg.org/>

Senior Helpers – Parkinson's Disease Assistance

Provides in-home care tailored to individuals with Parkinson's disease.

Phone: 203-297-8320

Website: <https://www.seniorhelpers.com/ct/stamford/services/parkinsons-care/>

CareLinx

Connects families with professional caregivers who provide personalized in-home care.

Phone: 800-494-3106

Website: <https://www.carelinx.com/caregivers/>

Dental Care

Franklin Street Dental Clinic (Community Health Center, Inc.)

Offers comprehensive dental services including cleanings, exams, restorative care, and emergency dental treatment.

Phone: 203-969-0802

Website: <https://www.chc1.com/locations/stamford-franklin-street/>

Optimus Dental Clinic – Stamford (Optimus Health Care)

Provides affordable dental care including preventive, restorative, and emergency services for adults and seniors.

Phone: 203-621-3700

Website: <https://optimushealthcare.org/location/optimus-on-the-boulevard/>

Vision

Connecticut State Board of Education and Services for the Blind

Supports individuals with visual impairments through vocational training, independent living services, and assistive technology.

Phone: 860-602-4000

Website: portal.ct.gov

Hearing

CaptionCall (Sorenson)

Provides captioned telephone services at no cost for individuals with hearing loss who need assistance understanding phone conversations.

Phone: 877-557-2227

Website: <https://sorenson.com/captioned-calls/>

Healthcare Advocacy

Connecticut Money Follows the Person Program

Helps eligible individuals transition from nursing homes or long-term care facilities back into community-based living.

Phone: 888-992-8637

Website: <https://portal.ct.gov/dss/Health-And-Home-Care/Money-Follows-the-Person-Program/Money-Follows-the-Person-Program>

Southwestern CT Agency on Aging (SWCAA)

Provides guidance on Medicare, Medicaid, supplemental insurance, and health coverage options for older adults.

Phone: 203-333-9288

Website: <https://www.swcaa.org/health-insurance-explained/>

Medicare / Medicaid

Medicare Hotline (Medicare.gov)

Provides official Medicare information, enrollment support, and coverage guidance.

Phone: 800-633-4227

Website: <https://www.medicare.gov>

Medicare Savings Programs – SWCAA

Helps eligible older adults pay for Medicare premiums, deductibles, and co-insurance.

Phone: 203-333-9288

Website: <https://www.swcaa.org/financial-assistance/medicare-saving-programs/>

Prescription Assistance

Connecticut Prescription Expense Assistance

Provides help with medication costs for eligible residents, including guidance on discount programs and financial support.

Phone: Dial 2-1-1 or 800-203-1234

Website: <https://uwc.211ct.org/prescription-expense-assistance-connecticut/>

Prescription Drug Support – SWCAA

Offers information and referrals for prescription assistance programs and medication cost-saving resources.

Phone: 203-333-9288

Website: <https://www.swcaa.org/helpful-links/>

SilverSource

Prescription copay assistance

Phone: 202-324-6584

Website: www.silversource.org

Rehabilitation

Ark Healthcare & Rehabilitation (formerly St. Camillus Center)

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

Phone: 203-325-0200

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

Connecticut Bureau of Rehabilitation Services

Offers vocational rehabilitation, disability services, and support for individuals seeking to live and work independently.

Phone: 203-653-1939

Website: portal.ct.gov

The Nathaniel Witherell – Short-Term Rehab

Provides short-term rehabilitation, skilled nursing, and post-acute care for older adults.

Phone: 203-618-4232

Website: <https://www.thenathanielwitherell.org/short-term-rehab/>

Stamford Health – Rehabilitation Services

Offers physical therapy, occupational therapy, speech therapy, and specialized rehabilitation programs.

Phone: 203-276-7256

Website: <https://www.stamfordhealth.org/care-treatment/rehabilitation/>

Durable Medical Equipment

Durable Medical Equipment / Supplies

Connecticut Surgical Supplies

Provides medical equipment and supplies including mobility aids, bathroom safety equipment, and home care products.

Phone: 203-838-2354

Website: <https://www.connecticutsurgical.net/>

R.A. Caldwell Co.

Offers home medical equipment including oxygen, mobility devices, and home safety products.

Phone: 877-592-1901

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

Wheel It Forward

Provides free or low-cost durable medical equipment through a community lending library model.

Phone: 203-652-8600

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

Healthcare (Hospitals, Clinics & Health Centers)

AmeriCares Free Clinic – Stamford

Provides free primary care services for uninsured, low-income adults, including chronic disease management and preventive care.

Phone: 203-658-9507

Website: <https://www.americaresfreeclinics.org/our-clinics/stamford/>

Community Healthcare Center at Fifth Street

Provides comprehensive primary care, behavioral health services, and an on-site pharmacy to support the medical and wellness needs of seniors and the broader community.

Phone: 203-323-8160

<https://www.chc1.com/locations/stamford-fifth-street/>

Community Health Center of Norwalk

Offers primary care, behavioral health, dental services, and chronic disease management for all ages.

Phone: 203-854-9292

Website: <https://www.chc1.com/locations/norwalk/>

Optimus Healthcare

Provides primary care, dental, behavioral health, and supportive services.

Phone: 203-696-3260

<https://optimushealthcare.org/>

Family Centers Health Care (Greenwich)

Provides primary care, behavioral health, dental services, and support programs for individuals and families.

Phone: 203-869-4848

Website: <https://www.familycenters.org/fchc>

Greenwich Hospital (Yale New Haven Health)

A full-service hospital offering emergency care, specialty services, surgery, and inpatient care.

Phone: 203-863-3000

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

Norwalk Community Health Center

Provides primary care, pediatrics, women's health, behavioral health, and chronic disease management.

Phone: 203-851-1000

Website: <https://norwalkchc.org/>

Southwest Community Health Center

Offers medical, dental, behavioral health, and specialty services for individuals of all ages.

Phone: 203-330-6000

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

Stamford Health

A major regional hospital that provide emergency care, specialty medicine, surgery, and comprehensive inpatient and outpatient services.

Phone: 203-276-1000

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

Disability Support / Resource Centers

Abilis

Provides services and lifelong support for individuals with developmental disabilities, including day programs, employment services, and residential support.

Phone: 203-324-1880

Website: <https://www.abilis.us/>

[ARI of Connecticut](#)

Offers day programs, employment services, residential support, and recreational opportunities for adults with developmental disabilities.

Phone: 203-324-9258

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

[Disability Determination Services](#) (CT Department of Aging & Disability Services)

Evaluates Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) disability claims for Connecticut residents.

Phone: 800-772-1213

Website:

<https://portal.ct.gov/AgingandDisability/Content-Pages/Programs/Disability-Determination-Services>

Behavioral Health

[City of Stamford – Mental Health & Community Support Resources](#)

Provides mental health referrals, crisis support information, and community resource connections for Stamford residents.

Phone: 203-977-4399

Website: <https://www.stamfordct.gov/government/public-safety-health-welfare/departments-of-health/resources/mental-health-resources>

[Connecticut Department of Mental Health and Addiction Services](#) (DMHAS)

Offers statewide mental health and addiction treatment services, crisis support, and community programs.

Phone: 860-418-7000

Website: <https://portal.ct.gov/dmhas>

[Laurel House](#)

Provides mental health recovery services including counseling, employment support, and community-based programs for adults.

Phone: 203-324-1816

Website: <https://www.laurelhouse.net/>

[Schoke Jewish Family Service](#)

Offers counseling, mental health support, case management, and family services for individuals of all ages.

Phone: 203-921-4161

Website: <https://www.ctjfs.org/counseling/>

[Southwestern CT Mental Health System \(SWCMHS\)](#)

Provides mental health treatment, crisis intervention, and community support services for adults.

Phone: 203-388-1600

Crisis Line: 800-586-9903

Website: <https://portal.ct.gov/DMHAS/SWCMHS/Agency-Files/FS-Dubois-Center>

Substance Abuse Services

[DrugRehab.com](#)

Provides information, treatment resources, and support for individuals seeking help with substance use disorders.

Phone: 855-520-2898

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

[Liberation Programs – Outpatient Services](#)

Offers outpatient addiction treatment, counseling, and recovery support for individuals and families.

Phone: 203-391-7940

Website: <https://www.liberationprograms.org/outpatient-services/>

[The Recovery Village – Stamford Resources](#)

Provides treatment information, local rehab resources, and support for individuals seeking substance use recovery services.

Phone: 888-752-7697

Website:

<https://www.therecoveryvillage.com/local-rehab-resources/connecticut/stamford/>

Crisis Intervention / Behavioral Support

[City of Stamford – Mental Health & Community Support Resources](#)

Phone: 203-977-4399

Website: <https://www.stamfordct.gov/government/public-safety-health-welfare/departments-of-health/resources/mental-health-resources>

[Southwestern CT Mental Health System](#) – Crisis Line

Provides 24/7 crisis intervention, mobile crisis support, and emergency mental health services.

Crisis Line: 800-586-9903

Main Phone: 203-388-1600

Website: <https://portal.ct.gov/DMHAS/SWCMHS/Agency-Files/FS-Dubois-Center>

End of Life Care

Autumn Lake Healthcare at Norwalk

Offers skilled nursing, rehabilitation, and long-term care services.

Phone: 203-842-5700

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

Caring Hospice

Provides compassionate hospice and palliative care services.

Phone: 203-674-8380

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

Fairfield County House

A nonprofit residence offering 24-hour hospice care in a home-like setting for individuals at the end of life.

Phone: 203-921-5111 or 203-263-1487

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

RVNA Health

Provides in-home hospice, palliative care, nursing, and caregiver support services.

Phone: 203-438-5555

Website: <https://rvnahealth.org/services-in-home-nursing/>

The Connecticut Hospice

America's first hospice, offering inpatient and home-based hospice and palliative care services.

Phone: 203-315-7301

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

Visiting Angels – Stamford

Provides non-medical home care, respite care, and end-of-life supportive services.

Phone: 203-658-8800

Website: <https://www.visitingangels.com/stamford/senior-life-care-navigation>

Bereavement Support

Fairfield County House – Bereavement Support

Provides grief support resources for families following hospice care.

Phone: 203-921-5111

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

Virtual Bereavement Support Group – Greenwich Hospital

Offers virtual grief support groups facilitated by licensed clinicians.

Phone: 203-863-4623

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

Burial Support

CT Burial Expense Assistance (via 2-1-1)

Provides financial assistance for burial or cremation costs for eligible Connecticut residents.

Phone: Dial 2-1-1

Website: <https://www.211ct.org/search/17317897>

Advanced Care Planning

File of Life

Provides a standardized medical information card for emergency responders to access vital health details quickly.

Phone: 800-814-1788

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

Five Wishes

A nationally recognized advance directive program that helps individuals document medical, personal, emotional, and spiritual care preferences.

Phone: 850-681-2010

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

MOLST (Medical Orders for Life-Sustaining Treatment)

Provides guidance and documentation for medical orders regarding life-sustaining treatment for individuals with serious illnesses.

Phone: 860-812-4321

Website: <https://agingwellnwct.com/important-decisions/polst/>