

Legal & Protection Resources

Access to trusted legal information helps older adults and caregivers protect their rights, navigate complex systems, and address concerns related to health care, safety, housing, immigration, and financial security. This guide brings together reputable statewide and local organizations that offer legal assistance, advocacy, and protective services.

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

Legal Services & Advocacy

[CT Advance Directives](#)

Provides information and forms to help Connecticut residents document their health care wishes, including living wills, health care representatives, and related planning documents.

Phone: 860-808-5318

Website: <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Advance-Directives>

[Connecticut Legal Services \(CLS\)](#)

The state's largest legal aid agency. CLS offers free civil legal help to low-income individuals, including support with housing, benefits, family law, and elder law issues.

Phone: 860-344-0447

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

[Statewide Legal Services](#) (Legal Services Program)

A legal aid hotline providing free legal advice, referrals, and guidance for low-income Connecticut residents.

Phone: 800-453-3320

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

Elder Justice

[Coalition for Elder Justice in Connecticut](#)

A statewide network of organizations working together to prevent elder abuse and protect the rights and well-being of older adults.

Phone: 860-235-7962

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

Immigration Support

[Building One Community \(B1C\)](#)

Provides immigration legal services, English language learning, family support, and workforce development for immigrants in Stamford and Fairfield County.

Phone: 203-674-8585

Website: <https://building1community.org/>

[Connecticut Institute for Refugees and Immigrants \(CIRI\)](#)

Offers immigration legal services, refugee resettlement, anti-trafficking support, and case management across Connecticut.

Phone: 203-336-0141

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

Safety & Fall Prevention

[CT Lifeline Discount Program](#) (Telephone Bill Assistance)

Provides discounted telephone service for eligible low-income residents to ensure access to emergency communication.

Phone: 2-1-1

Website: <https://uwc.211ct.org/telephone-bill-credit-programs/>

[CT Department of Public Health](#) – Fall Prevention Program

Offers education, resources, and community programs to reduce fall risk among seniors.

Phone: 860-509-8251

Website: <https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/The-Office-of-Injury-Prevention/Falls-Prevention-Program>

[Fall Prevention Services](#) (Fairfield Family Care)

Provides in-home fall risk assessments and safety planning for older adults.

Phone: 203-295-3477

Website: <https://fairfieldfamilycare.com/features/fall-prevention-services-ct/>

[File of Life Foundation](#)

Offers free medical information cards and magnetic holders to help first responders access critical health information during emergencies.

Phone: 800-814-1788

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

Fraud Prevention & Scams

AARP Fraud Watch Network

Provides education, alerts, and support to help older adults recognize and avoid scams and fraud.

Phone: 877-908-3360

Website: <https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>

Elder Justice Hotline (CT Attorney General)

A statewide hotline offering help with fraud, abuse, neglect, discrimination, and other elder justice concerns.

Phone: 860-808-5555

Website: <https://portal.ct.gov/ag/elderhotline>

National Do Not Call Registry

Allows consumers to register their phone numbers to reduce unwanted telemarketing calls.

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

National Elder Fraud Hotline (U.S. DOJ)

Supports older adults affected by financial fraud by providing assistance, referrals, and reporting guidance.

Phone: 833-372-8311

Website: <https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope>

Safety & Protection

CT Department of Social Services – Protective Services for the Elderly (PSE)

Investigates suspected abuse, neglect, and exploitation of adults age 60+.

Phone:

- In-State (Business Hours): 888-385-4225

- Out-of-State: 800-203-1234

Website: <https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Social-Work-Services/psebrochure.pdf>

Mozaic Senior Life

The Center for Elder Abuse Prevention, part of Mozaic Senior Life, empowers victims through safe-haven and services, and champions safer communities for older adults.

Phone: 203-396-1097

Website: <https://www.mozaicsl.org/services/advocacy-education/elder-abuse-prevention>

State of Connecticut – Elder Abuse, Neglect & Exploitation

Centralized state resources for reporting and addressing elder abuse, including ombudsman and social work contacts.

Phone:

- Long-Term Care Ombudsman: 860-424-5200
- Social Work Services: 860-424-5281
- Protective Services: 888-385-4225

Website: <https://portal.ct.gov/Services/Public-Safety/Elder-Abuse-Neglect-and-Exploitation>

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