

The Road to Gold Resource Guide

- **Free classes:** If you are over 65, you can attend **computer classes** as well as a selection of others at any State University! For more information, www.ctdhe.org/EEIC/pdfs/SeniorCitizen.pdf
- **Experience Corps:** Interested in joining the **Experience Corps**, a national program that offers **part time work** to those over 55 while reconnecting them to their community? To find out if it is the right fit for you, www.experiencecorps.org/index.cfm
- **Property tax relief:** How can you take advantage of the state's "**Circuit Breaker**" Property Tax Relief program for older adults and disabled persons? Fill out an application here to start: www.ct.gov/opm/lib/opm/igp/grants/taxrel/owners_application_m35h.pdf
Over 100 towns have a local relief program too. Check with your town Assessor.
- **CHOICES program:** To find out more about programs for elders including housing, food, energy, medical and cash assistance, see <http://www.ct.gov/dss/cwp/view.asp?a=2345&Q=304924&dssNav=1> or call 2-1-1 INFOLINE. You can also talk to someone in person or get help from an array of local programs from CHOICES at 1-800-994-9422. The **CHOICES** program is a collaborative program of the Connecticut Department of Social Services, State Area Agencies on Aging, and the Center for Medicare Advocacy.
- **Money Follows the Person:** To learn more about a program that helps keep people out of nursing homes, visit Connecticut's **Money Follows the Person** Initiative at www.ct.gov/dss/cwp/view.asp?Q=414524&A=2345.
- **Connecticut Commission on Aging:** To visit the **Commission on Aging**, see <http://www.cga.ct.gov/coa/index.asp>
- **Long Term Care:** Did you know Connecticut has a **long term care website?** <http://www.ct.gov/longtermcare/site/default.asp> And an ombudsman to help with long term care service issues? <http://www.ct.gov/lcop/site/default.asp>
- **Energy Assistance:** **Operation Fuel** is an organization based in Bloomfield whose mission is to provide year-round energy assistance to low-income Connecticut families. To find a fuel bank near you, http://www.operationfuel.org/NetworkCoverage_2008-09.pdf. For more information www.operationfuel.org.
- **Rental Assistance:** **The Rental Assistance Program**, or RAP is designed to help low-income families with their housing costs. Go here to apply, http://www.das.state.ct.us/Business_Svs/HCVF/HCVF_Home.asp.

- **Food Assistance: Meals on Wheels** is a program designed to make meals more accessible to older adults in Connecticut. To find out if your town does offer Meals on Wheels or Senior Meal Programs <http://www.mealcall.org/meals-on-wheels/ct/>.
- **ConnPACE: Do you need help paying for prescription drugs?** **ConnPACE** offers prescription assistance for CT residents over age 65, or those 18-65 living with a disability. To apply, <http://www.connpace.com/pubs/index.htm>.
- **Earth's Elders exhibit: The Earth's Elders** project is a creative project whose goal is to bring generations together. To learn more about the Earth's Elders exhibit by the commission on Aging visit their special projects page, <http://www.cga.ct.gov/coa/earthselders.asp>.
- **Public Initiatives That Help Elders and individuals with disabilities stay at home.** Check out this informative directory for very detailed information about the programs in Connecticut to help older adults remain at home. <http://www.cga.ct.gov/coa/PDFs/Reports/Public%20Initiatives%20That%20Help%20Elders%20and%20those%20with%20Disabilities%20to%20Remain%20at%20Home%202009%20update%201-23-09.pdf>
- **Wise Retirement.** The Women's Institute for a Secure Retirement (WISER) is dedicated to improving the long-term financial security of all women through education and advocacy. To take advantage of these resources visit www.wiserwomen.org
- **Social Security Information for women.** For more resources and information for women about social security check out the Women's page on the Social Security Administration's website, www.socialsecurity.gov/women/

This Resource Guide is produced in conjunction with the Connecticut Elder Economic Security Initiative. To find out more, go to www.cga.ct.gov/pcsw/

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Wider Opportunities for Women