CONNECTICUT
Aging and Disability Services

Aging and Disability Summit 2025

ADS Vision

What is your vision of improving the experience of accessing services through the eyes of a consumer?

- Deliver aging and disability services responsive to the needs of Connecticut citizens;
- Provide leadership on aging and disability issues statewide;
- Provide and coordinate aging and disability programs and services in the areas of employment, education, independent living, accessibility and advocacy;
- Advocate for the rights of Connecticut residents with disabilities and older adults; and
- Serve as a resource on aging and disability issues at the state level.

ADS Vision – improving accessibility

What is your vision of improving the experience of accessing services through the eyes of a consumer?

Website: https://portal.ct.gov/ads

Our website was updated this year for federal accessibility compliance – and we are happy to report we already have an A rating for accessibility and have added several ASL videos to connect our Deaf, DeafBlind and Hard of Hearing Consumers to services

ADS Core Services

Employment

Oversee federal and state aging services programs within Connecticut.

Education

Provide services for residents who are Deaf, DeafBlind, or are Hard of Hearing to live and work independently.

Independent Living

Determine medical eligibility for Social Security Disability Insurance and Supplemental Security Income programs.

Accessibility

Help people with disabilities to train for work, find a job and thrive in their careers. We also provide services to help them live independently.

Advocacy

Help residents of skilled nursing facilities, residential care homes, or assisted living facilities, as well as some home programs, advocate for residents' rights, care, and well-being.

Contact Information

CONNECTICUT
Aging and Disability Services

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Amy Porter
Commissioner

CONNECTICUT
Aging and Disability Services

Additional Resources

Employment Services

ADS helps people find and keep fulfilling jobs. We provide services that support job seekers, workers, and employers.

ADS employment services can help individuals with disabilities and older adults:

- **For job seekers :** We can help with job searches, interviewing, resume writing, and more.
- **For those currently employed :** Find out about job services and supports including counseling, retraining, and career planning.
- **Not currently able to work?** Whether you feel you are unable to because of a disability, or need help returning to employment after an injury, we can help! Explore programs and services from CT ADS to find out how.
- **For employers :** Learn how your business can partner with ADS Rehabilitation Services to assist you with your needs.

Education Services

Get support for your education needs with a wide range of services.

We help people learn in all stages of life, including:

- Infants with visual impairments;
- Childhood education, including high school; and
- College services for people with disabilities

- **Children's programs:** Find services for infants, pre-school, and school-aged children who are blind or visually impaired.
- **High school and college students:** Discover school-to-work transition programs and pre-employment services.
- **Educators and parents:** See training opportunities for parents, professionals, and paraprofessionals. Learn about best practices for students with disabilities.

Independent Living Services

ADS wants people to live their most independent life. With specialized services and supports that promote independence, we aim to help people thrive in their communities.

- **Healthy living :** Get access to services to manage your health and quality of life.
- **Getting around :** Find transportation options such as learning to drive a modified vehicle or finding a bus route.
- **Independent living resources :** Learn about programs that support the ability to remain independent in the community.
- **DeafBlind community inclusion :** Recreation, communication, socialization, and more for adults age 21 or older who are DeafBlind.

Healthy Living

We believe everyone should have access to services that help them manage their health and quality of life. Programs and services include:

Nutrition Programs

- The **Senior Nutrition Program** offers balanced meals for older adults. It aims to reduce hunger and food insecurity. It also promotes socialization, health, and well-being in the community.

Caregiver Programs

- **The Statewide Respite Care Program** offers respite services for caregivers. It helps them care for loved ones with Alzheimer's or related dementia.
- **The National Family Caregiver Support Program** gives caregivers a break. It helps those caring for older adults, disabled grandchildren, or adult children.
- **Grandparents as Parents Support** offers resources, including support groups and information, to grandparents who are raising their grandchildren.

Health Programs

- **No Wrong Door Initiatives – Improving Behavioral Health Services for Older Adults:** This program supports the mental health needs of older adults. It seeks to achieve short- and long-term goals.
- **Falls Prevention Program** (from the Department of Public Health): Many older adults (65+) fear falling. They limit their activities and social lives as a result. This can lead to a decline in health, depression, isolation, and feelings of helplessness. This program helps address the issue.
- **Live Well, a Chronic Disease Self-Management Program:** Live Well teaches skills for managing chronic health conditions. Workshops are available in English or Spanish. They are not a substitute for your physician's care.

Independent Living Resources

There are many programs in Connecticut that support individuals and families to live independently in their communities.

- **Area Agencies on Aging (AAA):** Nonprofit groups that help older adults and families find services like nutrition, health care, and social support. They also offer Medicare counseling and referrals.
- **Independent Living Program:** This program connects people with significant disabilities to services through Connecticut's five Centers for Independent Living.

Accessibility Services

Accessibility is at the heart of the ADS mission. Our services provide information, activities, and environments in a way that is usable for all to fully participate.

Accessibility services include:

- **Assistive technology:** ADS offers many programs that help with assistive technology, including loan programs, education, and assessment.
- **Accessibility at home:** Learn how to make your home safer and more comfortable with accessibility equipment and modifications.

Advocacy Services

We believe in promoting self-advocacy in the community.

Through our programs and services, we provide residents with counseling and information to help them get the support they need. This includes directing them to important resources not only from within ADS, but also from other agencies and organizations that provide assistance, such as:

- **Benefits Counseling :** Understand how employment may impact your disability benefits.
- **Fraud prevention :** Information to help you and your loved ones not be a victim of fraud and scams.
- **Health insurance counseling :** This service provides counseling for Medicare-eligible individuals, their families, and caregivers.
- **Legal assistance :** While Aging and Disability Services does not provide legal help, here are some resources that may help you.
- **LGBTQ+ resources for older adults :** ADS is proud to offer specialized support for LGBTQ+ older adults.
- **Long Term Care Ombudsman :**This program provides support and advocacy for people living in long-term care facilities.

CHOICES: Health insurance counseling

Navigating Medicare can be complicated. We can help.

- **CHOICES** is Connecticut's Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening program.
- Whether someone is new to Medicare, reviewing their plan options, or have questions about how to use it, our team of experts can help. CHOICES provides in-depth and unbiased one-on-one insurance counseling and education to Medicare beneficiaries, their families, and their caregivers. We aim to help people make smart and informed decisions about benefit coverage and improve healthcare access.
- This program is a partnership between Aging and Disability Services (ADS), the state's 5 Area Agencies on Aging (AAAs), and the Center for Medicare Advocacy, Inc. Call 800-994-9422 to speak to a counselor about CHOICES. This toll-free number now automatically routes callers to their local AAA.

Long-Term Care Ombudsman Program

What Is The Long Term Care Ombudsman Program?

- **The Long Term Care Ombudsman Program (LTCOP)** works to improve the quality of life and quality of care of Connecticut citizens residing in nursing homes, residential care homes and assisted living communities. All Ombudsman activity is performed on behalf of, and at the direction of residents. All communication with the residents, their family members or legal guardians, as applicable, is held in strict confidentiality.

- The LTCOP responds to and investigates complaints brought forward by residents, family members, and/or other individuals acting on their behalf. Ombudsmen offer information on consultation to consumers and providers, monitor state and federal laws and regulations, and make recommendations for improvement. The program also recruits, trains, and supervises Volunteer Resident Advocates who assist residents in resolving concerns. Contact LTCOP at 860-424-5200.