

Overview of Community Resources - Connecticut

This introduction to community resources in Connecticut can help you begin to understand some options and to explore further to see if you may be eligible.

Area Agencies on Aging

Assist older adults with locating services and supports in their community. Locate your local agency at:

portal.ct.gov/AgingandDisability/Content-Pages/Topics-A-Z/Area-Agencies-on-Aging

Connecticut Association of Centers for Independent Living

Connects individuals with disabilities to services and programs in their community.

Locate your local agency at: cacil.net/find-a-cil-near-you/

Community Action Agencies

Can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

Locate your local agency at: cafca.org/agencies/

Connecticut Department of Social Services (DSS)

Find your local DSS field office: portal.ct.gov/DSS/About-the-Department-of-Social-Services/Contact or call 2-1-1. You can also apply online at: connect.ct.gov/access/jsp/access/Home.jsp

At DSS you may apply for:

- **Temporary Family Assistance (TFA)**
portal.ct.gov/-/media/Departments-and-Agencies/DSS/Economic-Security/tfafactsheet.pdf
Cash assistance for low-income households with dependent children.
- **State Supplement Cash Assistance**
portal.ct.gov/DSS/Economic-Security/Economic-Security---Financial-Assistance
This program supplements Social Security Disability (SSI/SSDI) or Veterans' benefits for low-income elders, and people with disabilities or who are blind.
- **State Administered General Assistance (SAGA) Cash Assistance**
portal.ct.gov/-/media/Departments-and-Agencies/DSS/EconomicSecurity/SAGA_CASH_FactSheet.pdf

Cash assistance for adults who are unable to work temporarily or permanently. Often individuals apply for SAGA while waiting for a decision from Social Security Disability (SSI/SSDI).

- **Supplemental Nutrition Assistance Program (SNAP)**

portal.ct.gov/dss/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP

Previously known as Food Stamps, SNAP funds may be used to buy food. Individuals and families with low income may qualify.

Additional Cash Assistance

- **Connecticut Paid Leave** provides eligible workers with income replacement benefits when they need to take time off work. Job protection would be provided, if eligible, under the federal Family and Medical Leave Act (FMLA).
 - For more information and to apply visit: ctpaidleave.org
 - Qualifying reasons include:
 - An employee's own serious health condition.
 - Welcoming a new child through birth, adoption, or foster care
 - Caring for a family member with a serious health condition
 - Caring for a family member who is a covered service member who was injured during active duty in the Armed Forces
 - Address specific urgent situations connected with a spouse, parent, or child's service in the Armed Forces.
 - Being impacted by family violence
- **The Social Security Administration (SSA)** has two programs for people with serious disabilities. **Find your local SSA office:** secure.ssa.gov/ICON/main.jsp or call 800-772-1213. We recommend you apply in person if possible.
 - **Social Security Disability Insurance (SSDI):** for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for at least a certain period of time.
 - **Supplemental Security Income (SSI):** for those who are disabled, blind, or age 65+. Needs-based program with income and asset limits.

Food Assistance

- **SNAP** See DSS above for more information about SNAP (formerly food stamps).
- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**
People with low-income may qualify if they are pregnant, breastfeeding, non breastfeeding postpartum, or a child up to their 5th birthday. **No immigration requirements.** To find and apply at your local WIC office go to: portal.ct.gov/DPH/WIC/Find-a-Local-Agency
- **Commodity Supplemental Food Program (CSFP)**
portal.ct.gov/DSS/SNAP/Commodity-Supplemental-Food-Program
(860) 424-5109

Provides low-income eligible seniors ages 60 and over with free nutritious food.

- **Connecticut Food Pantry Locator**

Contact CT 2-1-1 by dialing 211 (in Connecticut), calling 1-800-203-1234, or searching 211ct.org/ to locate food pantries in your area.

Housing

- **Locate your local housing authority at:** hud.gov/states/connecticut/renting/hawebsites

- **CT 2-1-1 Subsidized Housing Information and Tips:**

uwc.211ct.org/subsidized-housing-information-and-tips/

Fuel Assistance

- CT Community Action Agencies can assist eligible households with heating costs.

Locate your local Community Action Agency at: portal.ct.gov/dss/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating

Emergency Financial Assistance Funds

- **CT 2-1-1**

Explains and refers to financial assistance and other help in the community. Dial 211 (in Connecticut), call 1-800-203-1234, or search 211ct.org/