

# Connecticut Senior Housing & Support Resources

## Help for Housing, Rent, Security Deposits, Utilities & Basic Needs

If you are a senior in Connecticut and are concerned about housing, rent, moving costs, or other essential expenses, please know that resources may be available to help. Some programs may offer guidance, some may offer financial support, and others may help connect you to the right next step.

---

### If You Need Help Right Away

#### 211 Connecticut

Call 2-1-1

Website: [www.211ct.org](http://www.211ct.org)

211 Connecticut is often one of the best places to start if you are not sure where to turn.

They may help connect you with resources for:

- housing assistance
  - rent concerns
  - security deposit help
  - utility shutoff prevention
  - food assistance
  - senior services
  - emergency support
- 

### Senior-Focused Help in Fairfield County

SilverSource, Inc.

1100 Summer Street, Suite 201, Stamford, CT 06905

Phone: (203) 324-6584

Website: [www.silversource.org](http://www.silversource.org)

SilverSource helps older adults in lower Fairfield County remain safe, stable, and independent.

They may be able to help with:

- housing stability
  - move-related hardship
  - financial stress
  - senior resource guidance
  - emergency support
- 

### Southwestern CT Agency on Aging

1000 Lafayette Blvd, 9th Floor, Bridgeport, CT 06604

Phone: (203) 333-9288

Website: [www.swcaa.org](http://www.swcaa.org)

This organization may be helpful for seniors and households in areas such as: Bridgeport, Darien, Easton, Fairfield, Greenwich, Monroe, New Canaan, Norwalk, Stamford, Stratford, Trumbull, Wilton, Westport, and Weston.

This organization helps older adults understand what services, programs, and support may be available.

They may assist with:

- housing guidance
  - senior housing information
  - caregiver support
  - benefits and service navigation
  - community resources
-

## Connecticut Housing & Rental Help

### Connecticut Department of Housing

Website: [www.portal.ct.gov/DOH](http://www.portal.ct.gov/DOH)

The Connecticut Department of Housing offers information about programs that may help with:

- rental assistance
- affordable housing
- housing support programs
- security deposit-related assistance

Some programs may have income limits, eligibility requirements, or waiting lists.

---

### Connecticut Security Deposit Guarantee Program

Website: <https://portal.ct.gov/doh/doh/programs/security-deposit-program>

This Connecticut Security Deposit Guarantee Program may help certain eligible households by providing a **security deposit guarantee** to a landlord instead of requiring the full deposit up front. This may be worth exploring if you are trying to secure a rental home and are struggling with the upfront move-in costs. This program is only open to individuals who are documented as chronically homeless or coming out of shelters. All referrals **MUST** come from the individual's case manager to the Coordinated Access Network via 211 Info Line.

---

### Rental Assistance Program (RAP)

Website: <https://portal.ct.gov/doh/doh/programs/rental-assistance-program>

Connecticut also offers a **Rental Assistance Program** for some low-income households. This program may help eligible households pay a portion of rent in the private rental market. Availability may be limited, and some programs may have waiting lists.

---

### Affordable Senior Housing Options

#### State-Funded Elderly Housing

Connecticut has senior housing options for many adults **age 62 and older**.

These communities may offer:

- more affordable rent
- independent living
- one-bedroom apartments
- accessible housing options

Availability varies by town, and some communities may have waiting lists.

---

### Help in Western Fairfield County / Danbury Area

Community Action Agency of Western Connecticut

78 Triangle Street, Danbury, CT 06810

Phone: (203) 744-4700

Website: [caawc.org](http://caawc.org)

This organization may be helpful for seniors and households in areas such as: Bethel, Brookfield, Bridgewater, Canaan, Cornwall, Danbury, Darien, Greenwich, Kent, New Canaan, New Fairfield, New Milford, Newtown, North Canaan, Redding, Ridgefield, Roxbury, Salisbury, Sharon, Sherman, Stamford, Warren, Washington, Weston and Wilton.

They may offer help or referrals for:

- emergency assistance
- energy and heating support

- housing stabilization
- financial hardship concerns

---

## Don't Forget Your Local Town Resources

Many Connecticut towns also have local support for older adults through:

- Human Services
- Social Services
- Senior Services
- Municipal Agent for the Elderly
- Housing Authorities

Depending on your town, these local offices may help with:

- emergency hardship concerns
- utility issues
- senior services
- housing referrals
- local nonprofit connections

---

## A Gentle Reminder

If you are feeling stressed or overwhelmed by a housing transition, you are not alone.

Many older adults face unexpected housing changes due to:

- rising rents
- a landlord selling a property
- changes in income
- health or family circumstances
- the high upfront cost of moving

There may be help available, and sometimes the best next step is simply to reach out and ask the right questions.

---

## Good Places to Start

If you are not sure where to begin, these are often the best first calls:

- **211 Connecticut**
- **SilverSource**
- **Southwestern CT Agency on Aging**
- **Connecticut Department of Housing**


---


**Guiding Connecticut homebuyers and sellers every step of the way.**

### **Kathleen Turner**

Real Estate Professional

SRES® | SFR® | A.I. Certified Agent

 (203) 767-0363 (Cell)

 (203) 767-0432 (Office)

 [KathleenTurnerRealEstate.com](http://KathleenTurnerRealEstate.com)

**Property Choices Real Estate**