



ADS Programs and Services

Long Term Care Planning Committee Meeting

March 11, 2025

ADS

Our programs, policies and practices are designed to:

- 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.
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- **Website:** <https://portal.ct.gov/ads>

ADS: History

The Department was first established in 2011 when many existing disability programs were merged into one office.

In 2017, Department on Aging became part of ADS. This allowed us to provide more unified services for people with disabilities and older adults in Connecticut.

ADS Service Bureaus

Aging

Oversee federal and state aging services programs within Connecticut.

Deaf, DeafBlind, and Hard of Hearing Services

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

Disability Determination Services

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

Education and Services for the Blind

Provide services for residents who are blind, DeafBlind, or have low vision to live and work independently.

Rehabilitation Services

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.

Long Term Care Ombudsman Program

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.

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
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- **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** provides nutritionally balanced meals, reduces hunger and food insecurity, and promotes socialization and the health and well-being for older adults.

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** provides support to caregivers who are caring for individuals within the community through a variety of services including respite.

Health Promotion and Disease Prevention Programs

- The **Fall Prevention Program** focuses on decreasing the rate of falls among community-dwelling older adults through education, research, and the implementation of evidence-based falls prevention programs.
- **Live Well**, a chronic disease and chronic pain self management program, supports older adults who have ongoing health conditions.

Independent Living Resources

There are many agencies and programs in Connecticut that support individuals and families to live independently in their communities. Our key funded partners include:

- **Area Agencies on Aging:** Connecticut's five agencies on aging receive federal Older Americans Act funds through the Bureau of Aging to provide a range of services through local providers including nutrition, health promotion, and caregiver support. The AAAs are connected through one entity, AgingCT, and serve as a key entry point for older adults to connect to services.
- **Centers for Independent Living:** Connecticut's five Centers for Independent Living provide consumers with the support, training, education and tools they need to live independently and to fully participate in their communities. The Centers are key entry points to connect people with disabilities to services.

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, there are some resources that may help you.
- **LGBTQ+ resources for older adults** : ADS offers resources and 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 helps Connecticut's older adults, persons with disabilities, providers and caregivers understand their Medicare coverage and healthcare options.
- Certified CHOICES counselors at community agencies throughout the State provide objective, free, person-centered assistance so Medicare recipients can make informed choices about their benefits.
- CHOICES also provides community outreach, application assistance, and information and referral on a variety of topics including long term care services and supports.
- CHOICES 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.

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.

Contact Information



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