

INTRODUCTION

Mission Statement: The Ridgefield Commission for the Disabled Seeks to:

1. Advise the Selectmen and other Ridgefield Officials, Commissions and Boards in matters pertaining to the rights and needs of citizens with disabilities and reasonable accommodations for the special needs;
2. Proactively advocate future improvements in current public facilities and accommodations, which may or may not be required by statute, to provide citizens with the means for more independent and safe access throughout Ridgefield;
3. Cooperate with other organizations in Ridgefield, both municipal and private, which promote programs that benefit this town's citizens who have either physical or cognitive disabilities;
4. Exchange information and cooperate with organizations in surrounding towns, and at the state and national level, as appropriate, in furtherance of these general aims.

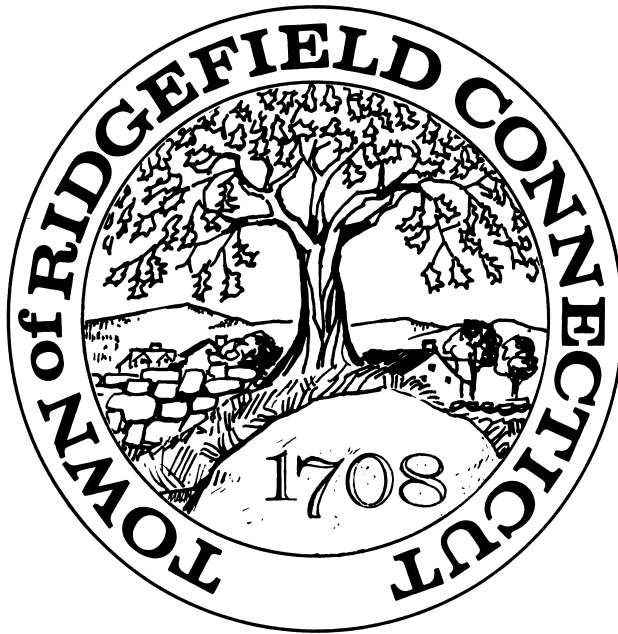
This Resource Booklet has been prepared as a resource for information about services for people with disabilities. The sections list and explain the resources available in Ridgefield, state, national and federal areas as well as specific needs and websites. Over the years, we had the need to identify these varied resources and we hope that you, too, will find them useful.

Along with the town state and federal resources, you will find volunteer organizations and private businesses listed.

The Ridgefield Commission on Aging has prepared a RIDGEFIELD DIRECTORY OF SERVICES FOR SENIORS AND RESIDENTS, including a list of contractors and tradespersons. You may find it useful to use that directory also.

Please notify The Commission for the Disabled if you find any errors in this Directory or to suggest additional resources for the future edition.

RESOURCE BOOKLET for PEOPLE WITH DISABILITIES



**RIDGEFIELD COMMISSION
for the
DISABLED**

2011 Edition

Please be aware that the Commission for the Disabled and the Town of Ridgefield cannot, endorse, promote or guarantee any of the services listed here or the continuation of these services, public or private. Always check with the listed services to find out if there are still available.

TABLE OF CONTENTS

1 Local-Ridgefield and Danbury Areas

Municipal	Recreation
Food	Support
Housing	Transportation
Medical	

2 Connecticut State Agencies/Bureaus/Departments

3 Federal

4 Organizations – National/State/Regional

5 Transportation

Public
Cars and Driving

6 Medical/Therapy/Support

7 Animal Assistance and Therapy

8 Entertainment, Leisure and Recreation

9 Equipment and Supplies

10 Advocacy

11 Websites

1. LOCAL-RIDGEFIELD AND DANBURY AREAS

MUNICIPAL

Address: Town Hall- 400 Main St., Ridgefield, CT 06877

Office Hours: 8:30am – 4:30pm Monday through Friday

1. Municipal Agent for the Disabled 203. 431. 2777

Town Hall, 400 Main St., Ridgefield, CT 06877

Your first stop for information on services for people with disabilities. The Municipal Agent works with you to solve problems relating to disability.

2. Ridgefield Commission for the Disabled 203. 431. 2777

The Commission works to raise awareness on disability issues to enhance the quality of life for people with disabilities. Contact the Commission by calling the Municipal Agent (203.431.2751) to confirm meeting dates. Meetings are held the second Monday of the month at 5:30pm at Town Hall.

3. Ridgefield Department of Social Services 203.431.2777

Town Hall, 400 Main St., Ridgefield, CT 06877

The director of Social Services is the town compliance officer for ADA. Offers information, referral and crises intervention services tailored to individual circumstances.

4. Ridgefield Directory for Services for Seniors and Residents

Many services are available to people with disabilities. Call Ridgefield Town Hall to request a copy of these services.

FOOD

1. Food Pantry

203.431.2777

Town Hall, 400 Main St., Ridgefield, CT 06877

Canned and packaged food items are available to provide assistance to those in need, Monday through Friday, 9:00AM till 11:30AM and 2:30PM to 4:00PM.

Access elevator at Bailey Ave. entrance or use the floor door.

2. Friendly Shopper Service Program

203.431.2777

Volunteers assist in shopping. Call the Director of Social Services for more information.

3. Meals on Wheels

203.438.8788

Ballard Green 25 Gilbert St., Ridgefield, CT 06877

Business Hours: 8:00am – Noon Monday, Wednesday and Friday

Provide lunch and/or dinner for people unable to shop or prepare meals for themselves. Meals are prepared and delivered by volunteers 365 days per year. There is no age or income limit. There's a nominal fee charged for each meal; fee adjustment available; and no one is refused for financial reasons. For more information contact Meals on Wheels (203.438.8788).

HOUSING

1. Ballard Green Housing Authority

203.438.9845

(Central Office) 25 Gilbert St., Ridgefield, CT 06877

Office Hours: 9:00am – 3:00pm Weekdays

One bedroom apartments for Seniors and people with disabilities who are able to live independently. Income and age requirements must be met to be eligible.

2. Prospect Ridge: Housing Authority 203.431.9943

51 Prospect Ridge, Ridgefield, CT 06877

Office Hours: 8:00am – 4:00pm Weekdays

Congregate housing consists of 34 one-bedroom apartments. Central dining room where one meal a day is served at noontime. Each unit receives a maximum of one hour housekeeping per week and someone is on duty 24 hours a day to assist in emergencies. Criteria of age and income apply.

3. Nolan Enterprises

203.797.8255

323 Main St., Danbury, CT 06810

Real Estate Rental; Property Management.

Subsidized one and two bedroom apartments at 17 Halpin Lane.

MEDICAL

1. Danbury Nurses Registry

203.748.2420

131 Deer Hill Avenue; Danbury, CT 06810

www.seniorcareathome.com

The Danbury Nurses Registry is a family owned and operated home health referral agency founded in 1930. They provide patient care attendants to assist people in their homes with bathing, dressing, meal preparation, medication reminders, and companionship. They provide Registered Nurses, Licensed Practical Nurses aids for staff relief and one on one care.

2. Ridgefield Visiting Nurses Association

203.438.5555

90 East Ridge, Ridgefield, CT 06877

Non-profit, home care agency that is Medicare certified, state licensed and nationally accredited. Provides services such as Home care professional services (Specialized nurses, therapist etc), Community Programs (Clinics, self-help groups, immunizations, vaccine clinics and

more) Quality living at home, Senior Care Services, Family Care Services, Rehabilitation at home, Lifeline Program, Telemonitoring (Monitor acute and chronic medical conditions from home) and Hospital Liaison Program (Help in transition from hospital to home).

RECREATION

1. Aldrich Contemporary Art Museum **203.438.4519**
258 Main St. Ridgefield, CT 06877
www.aldrichart.org

One of the United States leading contemporary art galleries and special exhibition spaces.

2. C.H.I.R.P. **203.431.6501**
Ballard Park, Main St., Ridgefield CT
<http://chirpct.org>

Provides free summer concerts where you can hear a variety of world and alternative music. Concerts held at Ballard Park, but with inclement weather concerts will be held at Ridgefield Playhouse. Check out the website for upcoming events.

3. Founders Hall **203.431.7000**
193 Danbury Road, Ridgefield, CT 06877
Hours: 8:30 am – 4:30pm Weekdays

Founders Hall is dedicated to providing a diverse program of social, educational and physical fitness programs for today's active seniors in a warm, fun and stimulating atmosphere.

4. Ridgefield Adult Education

203.341.2812

Mailing: 70 Prospect St., Ridgefield, CT 06877

Office: 2nd Floor-Venus Building 90 East Ridge, Ridgefield, CT

Courses available on a wide range of topics. Discounts available for people with disabilities. For the full list contact R.A.E or visit the website at www.ridgefieldschools.org.

5. Ridgefield Library

203.438.2282

472 Main St., Ridgefield, CT 06877

Hours: Mon.Wed.Fri.: 10am – 6pm

Tues.Thurs: 10am- 9pm

Saturday: 9am – 5pm

Provides library services, home delivery and programs.

6. Ridgefield Parks and Recreation

203.431.2755

19 Danbury Rd., Ridgefield, CT 06877

www.ridgefieldparksandrec.org

Pool, gym, exercise and other programs available. Programs can be adapted for people with disabilities. Accessible trail. Ridgefield Social Services Dept. can provide an approval letter for a 10% discount for people with disabilities. Also provides:

Martin Park – Town swimming area. Wheelchair with oversize tires is available for transportation on beach area.

Out & About Club - Provides outings to enhance the social, emotional and physical well being for young adults with disabilities. Contact program director, Susan Bonestalli at the Ridgefield Recreation Center.

7. Ridgefield Playhouse

203.438.5795

80 East Ridge, Ridgefield, CT 06877

www.ridgefieldplayhouse.org

Provides various concerts and events. Call or visit website for upcoming events and concerts.

8. Ridgefield Symphony Orchestra **203.438.3889**
90 East Ridge, Ridgefield, CT 06877
www.ridgefieldsymphony.org

Professional concerts are held during the year at the Ridgefield High School as well as the Ridgefield Playhouse.

9. Sensory Friendly Movies **301.657.0881**
61 Eagle Rd., Danbury, CT 06810 (AMC)
www.autism-society.org

For special needs individuals to watch favorite films in a safe and accepting environment on a monthly basis with the "Sensory Friendly Films" program. Visit the website for more information.

10. The Theater Barn **203.431.9850**
57 Halpin Lane, Ridgefield, CT 06877

Provides quality live theater productions of comedy, dramas, and musicals.

SUPPORT

1. Ability Beyond Disability **888.832.8247**
4 Berkshire Blvd., Bethel, CT 06801

Mission: To enable individuals whose independent living skills are impaired by disability, illness or injury. Provides home, health and rehabilitation services. Call the information and Referral Office for matters involving employment, career development, career development, housing independent living, in-home support, day service and transportation.

2. SPHERE

Special People Housing Education Recreation Employment

SPHERE Inc, PO Box 1136, Ridgefield, CT 06877

www.spherect.org

Puts efforts into improving quality of life for individuals with developmental issues. Activities provided include performances at Ridgefield Playhouse, Summer Art Workshops, Art Shows and more. SPHERE supports Ridgefield's Rec Center's Out and About Program and sponsors the Adult Continuing Education classes. Visit the website for more information.

TRANSPORTATION

1. F.I.S.H. (Friends In Service Here)

203.438.8044

Provides free transportation for medical and/or therapy appointments in Ridgefield, Danbury, Wilton and Norwalk. Call at least 24 hours in advance for an appointment.

2. Sweet-hart Bus (HART)

203.744.4070

62 Federal Road, Danbury, CT 06810

Wheelchair equipped. The Sweet-hart bus provides door-to-door service in Ridgefield to people with disabilities and anyone 60 years or older. The service beyond Ridgefield is limited. Call in advance to make an appointment for a ride. Bus applications are available at the Dept. of Social Services in the Town Hall.

Call the Ridgefield Municipal Agent for the Disabled for assistance in working with these State agencies.

Provides information, education and training in all areas of independent living for adults who are legally blind and children who are legally blind or visually impaired.

Assists in creating opportunities for individuals with significant disabilities to work competitively and live independently.

Provides information about Medicare and other related health insurance as well as provides information and referrals to agencies for home care, nursing, transportation etc. The CHOICES program is a comprehensive “one stop shopping” source for most services available to older adults.

This program is designed to assist low-income household's pay their heating bills. The program makes vendor payments for those homeowners and renters that qualify. Benefits are based on income and household size.

Providing programs, support, various services, individual and family support as well as case management and respite care.

This agency provides information, referral, and advocacy services, pursues legal and administrative remedies on behalf of people with disabilities who experience disability-related discrimination and investigates allegations of abuse and neglect that arise in specific service settings or that affect individuals with particular disabilities.

3. FEDERAL

2. U.S. Dept of Justice, Civil Rights Division. 800.514.0383
Disability Rights Section - ADA 800.514.0301
U.S. Department of Justice
950 Pennsylvania Avenue, Washington, D.C. 20530
NW Civil Rights Division, Disability Rights Section - NYA
www.justice.gov/crt/drs/drshome.php

4. ORGANIZATIONS – NATIONAL/ STATE/REGIONAL

- | | |
|---|---------------------|
| 1. Alzheimer's Association | 203.939.1360 |
| 607 Main Ave., Norwalk, CT 06851 | 800.272.3900 |
| 2. American Cancer Society | 800.227.2345 |
| www.cancer.org | |
| 3. American Diabetes Association | 800.342.2383 |
| 1701 North Beauregard St., Alexandria, VA 22311 | |
| 4. American Foundation For The Blind | 212.502.7600 |
| 2 Penn Plaza, Suite 1102, NY, NY 10121 | |
| Email: AFBinfo@AFB.net | |
| 5. American Heart Association | 203.294.0088 |
| 5 Brookside Dr., PO BOX 5022, Wallingford, CT 06492 | |
| www.americanheart.org | |
| 6. American Lung Association | 212.315.8700 |
| 61 Broadway, New York, NY 10006 | |
| www.lungusa.org | |
| 7. American School for the Deaf | 860.570.2300 |
| 139 North Main St., West Hartford, CT 06107 | |
| www.asd-1871.org | |

Programs and Services for the deaf and heard of hearing. Call of visit the website for more information.

8. Are You OK **203.438.6777**

5 Catoonah Street; Ridgefield, CT 06877

A program sponsored and supported by the Ridgefield Woman's Club and the Ridgefield Firefighters Association, which provides the free service of daily telephone calls to check on resident safety. It is available to any resident of Ridgefield who is over the age of 60 and to residents living alone that are homebound, or are medically disabled (either on a temporary or a permanent basis) regardless of age.

9. Arthritis Foundation **800.283.7800**

PO Box 7669, Atlanta, GA 30357

10. Autism Society of CT – (ASCONN) **888.453.4975**

PO Box 1404, Guilford, CT 06437

Provides regional workshops, support groups and events throughout the state.

11. Center for Communication, **414.604.2200**

Hearing and Deafness

10243 W. National Ave., West Allis, WI 53227

Provides services across the spectrum of communication and technology options.

12. Multiple Sclerosis Assoc. Of America **800.532.7667**

706 Haddonfield Rd., Cherry Hill, NJ 08002 **856.488.4500**

www.msaa.com

13. Muscular Dystrophy Assoc – (MDA) **914.345.5062**

Midwestern Executive Park, 7 Skyline Dr., 2nd Floor

Hawthorne, NY 10532

www.mdausa.org

- 14. National Alliance on Mental Illness- (NAMI) 203.650.3463**
Local Office – Fairfield, CT
CT Main Office – 241 Main St. 5th Floor, Hartford, CT 06106
www.namifairfield.org
- 15. National Osteoporosis Foundation 202.223.2226**
1150 17th St. NW, Suite 500, Washington DC 20036
- 16. National Spinal Cord Injury Assoc. 800.962.9629**
1 Church St. #600, Rockville, MD 20850
www.spinalcord.org
- 17. National Stroke Association 800.787.6537**
9707 E. Eastern Lane, Centennial, CO 80112
www.stroke.org
- 18. Social Security Administration 866.275.6537**
131 West St., Danbury, CT 06810
www.ssa.gov
Social Security, Medicare and Supplemental Security Income
- 19. The Polio Outreach of CT Email: PolioOutreach@aol.com**
75 Tallwood Rd., Southbury, CT 06488
www.the-polio-outreach-of-ct.com
- 20. Veterans Administration 203.798.84227**
Germantown Road, Danbury, CT 06810

5. TRANSPORTATION

PUBLIC

1. AIRLINES

Before purchasing a ticket, check the airline for services provided for people with disabilities. Wheelchairs should be available for transportation in the terminal. Mobility equipment should not count as checked baggage. If you need oxygen, you will have to purchase it through the airline.

2. AMTRAC

800.872.7245

www.Amtrac.com

Reduced Fare Program available. 15% Discount off-peak, 10% discount on North American Rail Pass.

3. METRO-NORTH DISCOUNT PROGRAM

800.636.7646

www.mta.info

50% Discount off-peak for people with disabilities

4. SWEET-HART BUS

203.744.4070

62 Federal Road, Danbury, CT 06810

Wheelchair equipped. Provides door-to-door bus service in Ridgefield to people with disabilities and to anyone 60 years and older. Limited service beyond Ridgefield. Call in advance to make an appointment for a ride.

CARS AND DRIVING

1. BUREAU OF REHABILITATION SERVICES

203.551.5500

1057 Broad St., Bridgeport, CT 06604

Information and assistance for training, license and vehicle modification if driving is essential to your employment.

ALSO CONTACT....

Department of Motor Vehicles

800.842.8222

For licensing and guidance on adaptive controls for personal use.

EASTER SEALS MOBILITY CENTER

203.630.2208

158 State St., Meriden, CT 06450

The D.M.V. provides driving assessments to individuals over 16 who have an injury or impairment that may impact their ability to safely operate a vehicle. They also provide clinical and on the road assessments, equipment recommendations and prescriptions plus vehicle inspections. Rx is required. The only State approved vendor site serving clients of the CT BRS.

2. Sources for rental and purchase of modified vehicles.

RIDE AWAY CORP

888.743.3292

www.ride-away.com

Regional dealer for modified vehicles and adapted equipment.

3. WHEELCHAIR GETAWAYS

203.790.9998

32 Stony Hill Rd., Bethel, CT 06801

www.wheelchairgetaways.com

Modified Vehicle Rental company.

6. MEDICAL/THERAPY/SUPPORT

1. DANBURY HOSPITAL

203.797.7000

24 Hospital Ave. Danbury, CT 06810

Department of Physical Medicine; in patient unit and services; outpatient cardiac exercise center.

Main Street Physical Rehabilitation Center- Outpatient unit for Danbury Hospital. Adult and pediatric physical, occupational and speech therapy, pool therapy, supervised exercise and pool program, Lions Low Vision Center, and support groups.

2. NORWALK HOSPITAL **203.852.2000**
Emergency Room **203.852.2160**
34 Maple St., Norwalk, CT 06856
www.norwalkhospital.org
See Also: Yellow Pages for Doctors and Therapists

7. ANIMAL ASSISTANCE AND THERAPY

1. Canine Companions for Independence **800.572.2275**
PO Box 446, Santa Rosa, CA 95402
www.cci.org

Providing highly-trained assistance dogs for children and adults with disabilities, free of charge.

2. FIDELCO GUIDE DOG FOUNDATION INC. **860.243.5200**
103 Old Iron Ore Rd., Bloomfield, CT 06002
www.fidelco.org

Trains and places German Shepherd guide dogs in U.S. and Canada

3. GUIDING EYES FOR THE BLIND **914.245.4024**
611 Granite Springs Rd., Yorktown Heights, NY 10598
www.guidingeyes.org

Internationally accredited guide dog training program, provides guide dogs to the blind and visually impaired

4. PEGASUS FARM – THERAPEUTIC RIDING **845.669.8235**
310 Peach Lake Rd., Brewster, NY 10509
www.prgasus.org

Pegasus Farm has been a premier therapeutic riding center. Research shows that horseback riding has exceptional physical and psychological benefit which enable riders with disabilities to achieve control and

mobility they may not otherwise experience. **Also Visit: N. American Riding for the Handicapped Association @ www.narha.org.**

8. ENTERTAINMENT/LEISURE/RECREATION

1. ACCESS-ABLE TRAVEL SOURCE

www.access-able.com

Supplies access to information and resources for people with disabilities and others.

2. DISABLED SPORTS USA (DS/USA) 301.217.0960

451 Hungerford Dr., Suite 100, Rockville, MD 20850

www.dsusa.org

Providing skiing, water sports, summer & winter competitions, fitness, and special events. Provide training for select athletes to represent USA at Paralympics Games.

-DISABLED SPORTS USA YOUTH SPORTS MENTORING PROGRAM

-WOUNDED WARRIORS PROJECT

www.woundedwarriorsproject.org

Provides programs and services to severely injured service members during the time between active duty and transition to civilian life.

3. LEAPS OF FAITH 203.426.0666

90 Housatonic Dr., Sandy Hook, CT 06482

www.leapsoffaithwaterskiers.com

They bring water skiing into the lives of children and adults with disabilities.

4. NEW ENGLAND HANDICAPPED SPORTS ASSOC. 603.763.9158
PO Box 2135, Newbury, NH 03255

www.nehsa.org

Sunapee Resort (N. Peak Lodge, Mt. Sunapee State Park) Ski clinics, kayaking, climbing, rowing, sailing, swimming, canoeing, camping, hiking, golf and others. Annual membership: \$45

5. SPECIAL OLYMPICS **203.380.9990**

101 Merritt Blvd., Suite 10, Trumbull, CT 06611

www.soct.org

6. SPORTS ASSOC. OF GAYLORD HOSPITAL **203.284.2772**

Todd Munn, CTRS, Gaylord Hospital

203.284.2800

PO Box 400, Wallingford, CT 06492

www.gaylord.org/Home/WhyGaylord/SportsAssociation.aspx

Quad rugby; wheelchair tennis; kayaking; skiing; scuba diving; sailing; handcycling.

9. EQUIPMENT AND SUPPLIES

1. MEDICAL HOME CARE	203.792.6872
-----------------------------	---------------------

32 Stoney Hill Rd., Bethel, CT 06801

www.medicalhomecarect.com

Providing home medical supplies, DME, Ostomy, Respiratory, Scooters, CPAP, Electrotherapy, Power Wheelchairs, Lift Chairs and more.

2. NEXT STEP TECHNOLOGIES 203.790.5347

9 Berkshire Blvd., Bethel, CT 06801

Source of orthotics

10. ADVOCACY

The Americans with Disability Act gives certain protections and rights to people with disabilities. Advocacy groups seek to identify noncompliance with ADA regulations and protect the rights of people with disabilities.

1. RIDGEFIELD COMMISSION FOR THE DISABLED **203.431.2754**
Town Hall, 400 Main St. Ridgefield, CT 06877

2. SW CT DISABILITY ADVOCACY COLLABORATIVE **203.637.4304**
www.ct-dac.org

Email: pkana@snet.net

They serve lower Fairfield county.

3. CT DISABILITY ADVOCACY COLLABORATIVE **860.614-8351**
Email: stankosloski@att.net

Connecticut state advocacy

11. WEBSITES

There are websites that have valuable information about Civil Rights of people with disabilities. It is important to know the laws that protect accessibility to the built environment and employment for people with disabilities, Here is a sample of what is available...

ADA
MEDICARE

www.ada.gov
www.medicarerights.org
www.medicareadvocacy.org
www.disability.gov

US Dept. of JUSTICE
AUTISM
EMPLOYMENT

www.justice.gov/crt/drs/drshome.php
www.cdc.gov
www.connect-ability.com

The Ridgefield Commission For The Disabled

CHAIRMAN

Emma Lou Benedict

MEMBERS

Don Ciota
James Heus
Jack Huzar
Robert Ingraham
Grace Romero
Connie Taibi-Lewis

EX OFFICIO

Carole Konner
Director of Social Services
Agent for the Disabled

EMERGENCY PHONE NUMBERS

Emergency (Medical/Fire/Police)911

Fire Department203.431.2724

Police Department203.438 6531

Doctors:

Dentists:

Pharmacy:
