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.
EMERGENCY PHONE NUMBERS

Emergency (Medical/Fire/Police) ................................................................. 911
Fire Department ...................................................................................... 203.431.2724
Police Department .................................................................................. 203.438 6531

Doctors:


Dentists:


Pharmacy:


RIDGEFIELD COMMISSION
for the
DISABLED

2011 Edition

RESOURCE BOOKLET
for
PEOPLE WITH DISABILITIES
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.

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
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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.
2. **CT STATE AGENCIES/BUREAUS/DEPARTMENTS**

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

1. **Board of Education Services for the Blind (BESB)  860.602.4000**
   
   184 Winsor Ave., Windsor, CT

   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.

2. **Bureau of Rehabilitation Services (BRS)  203.551.5500**
   
   1057 Broad St., Bridgeport, CT 06604

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

3. **CHOICES  800.994.9422**

   (Connecticut's programs for Health insurance assistance, Outreach, Information and referral, Counseling, and Eligibility Screening)

   www.wcaaa.org

   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.

4. **CT Energy Assistance Program  203.431.2754**

   **Contact Municipal Agent for the Elderly**

   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.
5. Department of Developmental Services  
Danbury - 203.448.3500
460 Capital Ave., Hartford, CT 06106  
860.418.6000 (M)
www.ct.gov/dds/site/default.asp
Providing programs, support, various services, individual and family support as well as case management and respite care.

6. Protection & Advocacy  
for People with Disabilities  
860.297.4300  
800.842.7303
60B Weston St., Hartford, CT 06120
www.ct.gov/OPAPD/site/default.asp
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.

7. Tax Assessors Office  
203.431.2706
www.ridgefieldct.org

3. FEDERAL

1. U.S. Access Board  
800.872.2253
1331 F St. NW Suite 1000, Washington DC, 20004  
202.272.0080
www.accessboard.gov

2. U.S. Dept of Justice, Civil Rights Division.  
Disability Rights Section - ADA  
800.514.0383  
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
5 Catoonah Street; Ridgefield, CT 06877
203.438.6777
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
PO Box 7669, Atlanta, GA 30357
800.283.7800

10. Autism Society of CT – (ASCONN)
PO Box 1404, Guilford, CT 06437
888.453.4975
Provides regional workshops, support groups and events throughout the state.

11. Center for Communication,
Hearing and Deafness
10243 W. National Ave., West Allis, WI 53227
414.604.2200
Provides services across the spectrum of communication and technology options.

12. Multiple Sclerosis Assoc. Of America
706 Haddonfield Rd., Cherry Hill, NJ 08002
800.532.7667
856.488.4500
www.msaa.com

13. Muscular Dystrophy Assoc – (MDA)
Midwestern Executive Park, 7 Skyline Dr., 2nd Floor
Hawthorne, NY 10532
914.345.5062
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

   1 Church St. #600, Rockville, MD 20850
   www.spinalcord.org

17. National Stroke Association 800.787.6537
   9707 E. Eastern Lane, Contennial, 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**
   Emergency Room
   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**
   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.**
   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**
   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**
   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
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                              www.ada.gov
   MEDICARE                         www.medicarerights.org
                                    www.medicareadvocacy.org
                                    www.disability.gov
   AUTISM                           www.cdc.gov
   EMPLOYMENT                      www.connect-ability.com
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.
EMERGENCY PHONE NUMBERS

Emergency (Medical/Fire/Police) ....................................................... 911
Fire Department ........................................................................ 203.431.2724
Police Department ...................................................................... 203.438 6531

Doctors:


Dentists:


Pharmacy:


 RESOURCE BOOKLET for PEOPLE WITH DISABILITIES

RIDGFIELD COMMISSION for the DISABLED

2011 Edition