

# [CHOICES Program](#)

**What is CHOICES?** CHOICES helps Connecticut's older adults and other people with Medicare understand their Medicare and health care options. Our goal is to help you make informed health insurance decisions and to help prevent, detect and report healthcare fraud and abuse. We provide INFORMATION (free of charge) on Medicare, Medigap, Medicare Managed Care, Medicaid, Long Term Care Insurance and other related state & federal programs. We also provide community outreach, information and referral services on a wide variety of topics.

The [CHOICES](#) Program (Connecticut's programs for Health insurance, Outreach, Information and Eligibility Screening) is designated as the official State Health Insurance Program (SHIP).



[SMP](#) is The Senior Medicare Patrol Program, created to help combat Medicare and Medicaid fraud and abuse. Both programs are funded in large part by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Dept. of Health and Human Services.

The [CHOICES](#) and [SMP](#) programs work in cooperation with the CT Department of Social Services, Elderly Services Division, the Center for Medicare Advocacy and is administered by the five Area Agencies on Aging in Connecticut. [Area Agencies on Aging](#) are private, not-

for-profit organizations which serve the needs of older persons. They are a focal point for information, program development and advocacy.

Each Area Agency on Aging has staff who have received extensive training in health insurance issues. They can provide you with written and verbal information and can refer interested persons to trained counselors in the community for one-on-one, in-person assistance as needed. CHOICES/SMP counselors consist of volunteers and local social service professionals who have gone through a four day intensive training. CHOICES/SMP counselors are able to meet with seniors, other Medicare beneficiaries or their families at various community sites. Counselors do not sell insurance. They provide the information and assistance necessary for consumers to understand their rights, receive benefits to which they are entitled and make informed choices about health insurance concerns.

**If you are interested in becoming a CHOICES Volunteer Counselor please contact [Sadie Padilla](#).**

The training schedule for 2018 is available on the [State Department on Aging](#) website.

[Choices Application](#)

[SMP Volunteer Roles](#)

[SWCAA SMP Application](#)

CHOICES brochure is now available in the following languages:

[CHOICES Brochure in English](#)



**For local CHOICES counselors click on link below:**

**[Local CHOICES counseling sites](#)**

**Southwestern CT Agency on Aging**

1000 Lafayette Blvd.

Bridgeport CT 06604

1-800-994-9422 (within CT) or (203) 333-9288

**Southwestern CT Agency on Aging [E-mail](#)**

**[For other Area Agencies in Connecticut](#)**

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