

SENIOR & DISABLED AFFORDABLE HOUSING GUIDE





We would like to take this opportunity to thank our community partners who assisted us in compiling this housing guide. It would not have been possible without their guidance and involvement.

To the best of our knowledge the information in this guide is accurate at the time of publication and will be updated periodically. If you have information regarding content changes, please feel free to contact us at 203-814-3639.

SWCAA's mission is to provide leadership and resources to meet the needs of the rapidly growing older population and disabled to maintain and improve the quality of life and foster independence.

Call **Aging Answers** at 1-800-994-9422 or visit us at www.swcaa.org

About This Guide

This guide is designed to help individuals age **60 and older and people with disabilities** identify and explore affordable housing options in Southwestern Connecticut. It includes a range of housing types such as **affordable, subsidized, congregate, supportive, transitional, and veteran housing**.

Housing availability, eligibility requirements, rent calculations, and waitlists vary by property and change frequently.

Applicants are strongly encouraged to contact properties directly for the most current information.

Some properties prefer contact by **phone, while others prefer email**.

Important Notice

SWCAA cannot provide additional housing availability information beyond what is listed in this guide. For emergency or immediate housing assistance, please contact 211.

Updated March 2026

Prepared by the Southwestern Connecticut Agency on Aging
(SWCAA)

How to Use This Guide

1. Locate your town in alphabetical order.
2. Review housing options listed under that town.
3. Note the housing type, number of units, and contact information.
4. Contact properties directly to confirm eligibility and application status.

Housing Type Definitions

(A) Affordable

Housing where residents generally pay no more than 30% of income toward rent (HUD guideline).

(C) Congregate

Housing for individuals age 62+ that typically includes one daily communal meal, 24-hour security, and weekly housekeeping.

(M) Market Rate

Rent is determined by prevailing market conditions.

Moderate Income

Households earning between 81%–95% of the area median income

Section 8 / Housing Choice Voucher

A federal subsidy program that assists income-eligible households with rent payments, either through project-based units or tenant-based vouchers.

(S) Subsidized

Housing where a portion of rent is paid by a government program.

(SP) Supportive

Housing that provides services to assist individuals transitioning from homelessness to independent living.

(T) Transitional

Short-term housing paired with supportive services.

(VT) Veteran

Housing designated for individuals eligible for VA healthcare who are experiencing homelessness.

Bridgeport

Alpha Communities

387 Clinton Avenue, Bridgeport, CT
06605
Phone: 203-366-2809
Email: mvalentin@cccymca.org
Housing Type: Supportive Units: 461

Augustana Homes

525 Palisade Avenue, Bridgeport, CT
06610
Phone: 203-366-4333
Housing Type: Subsidized Units: 186

Barnum House

140 Fairfield Avenue, Bridgeport, CT
06604
Phone: 203-384-0243
Email: mrivera@related.com
Housing Type: Subsidized Units: 83

Benham Avenue Apartments

Bridgeport, CT 06604
Phone: 203-337-8900
Housing Type: Subsidized Units: 28

Bishop Curtis Homes East

264 Union Avenue Bridgeport, CT
06607
Phone: 203-791-8510
Housing Type: Subsidized Units: 48

Bishop Curtis Homes

280 Jewett Avenue, Bridgeport, CT
06606
Phone: 203-335-8442
Housing Type: Subsidized Units: 72

Boston Common

1260 Boston Avenue, CT 06610
Phone: 203-337-8934
Email: lfuller@parkcitycommunities.org
Housing Type: Subsidized | Units: 33

Bridgeport Elderly Housing

2400 North Avenue, Bridgeport, CT
06604
Phone: 203-338-0573
Email: scaastro@beaconcommunitiesllc.com
Housing Type: Subsidized Units: 85

Bridgeport Neighborhood Trust

570 State Street Bridgeport, CT 06604
Email: michael@bntweb.org
Phone: 203-290-4255 Ext. 133 /130
Housing Type: Afford/Support/Veterans
Units: 30 Scattered

Clifford House

1450 Main Street Bridgeport, CT
Email: mrivera@related.com
Phone: 203-450-3413
Housing Type: Subsidized Units: 100

Fire Side Apt I

730 Palisade Avenue Bridgeport, CT
06610
Email: vocasio@parkcitycommunities.org
Phone: 203-337-8850
Housing Type: Subsidized Units: 93

Hall Commons

55 George E. Pipkin's Way
Bridgeport, CT 06608
Email: ncolon@demarcomc.com
Phone: 203-338-0615
Housing Type: Subsidized Units: 40

Harborview Tower

376 Washington Avenue
Bridgeport, CT 06608
Email: cperez@parkcitycommunities.org
Phone: 203-337-8893
Housing Type: Subsidized Units: 240

Laurelwood Place

585 Norman Street Bridgeport, CT
06606
Phone: 203-579-0577
Housing Type: Subsidized Units: 100

Seymour Hollander Apartments

4190 Park Avenue Bridgeport, CT
06604
Email: volene@hollanderhouse.org
Phone: 203-374-7868
Housing Type: Subsidized Units: 85

Grant Street Senior Apartments

430 Grant Street Bridgeport, CT 06610
Email: manager@grantseniors.com
Phone: 203-384-0615
Housing Type: Subsidized Units: 40

Fire Side Apt III

75 Stewart Street Bridgeport, CT 06610
Phone: 203-337-8850
Email:
vocasio@parkcitycommunities.org
Housing Type: Subsidized Units: 105

Forest Green Homes

725 Palisade Avenue Bridgeport, CT
06606
Email: vocasio@parkcitycommunities.org
Phone: 203-337-8850
Housing Type: Subsidized Units: 24

Gateway

570 State Street Bridgeport, CT 06604
Phone: 203-290-4255 Ext. 122
Housing Type: Market/Affordable
Units: 30

Tower II Apartments

1491 Central Avenue Bridgeport, CT
06610
Email: toweriiapts@yahoo.com
Phone: 203-579-1659
Housing Type: Subsidized Units: 136

Sycamore Place Apartments

285 Maplewood Avenue
Bridgeport, CT 06605
Email: bridgeportelderlybc.com
Phone: 203-336-2812
Housing Type: Subsidized Units: 117

The Eleanor

695 Park Avenue Bridgeport, CT 06604
Phone: 203-337-6012
Email: info@parkcitycommunities.org
Housing Type: Veteran/Supp Units: 48

The Franklin

695 Park Avenue Bridgeport, CT 06604
Email: info@parkcitycommunities.org
Phone: 203-332-2700
Housing Type: Subsidized Units: 62

Stratfield Apartments

1241 Main Street Bridgeport, CT 06604
Email: jvidal@thecapitalrealty.com
Phone: 203-366-4321
Housing Type: Subsidized Units: 194

Truman Street Apartments

71 Truman Street Bridgeport, CT
06610
Phone: 475-282-3062
Housing Type: Subsidized Units: 30

Twin Tower Apartments

199 Yacht Street , CT 06605
Email: mayra@sharpmgmt.com
Phone: 203-330-1861
Housing Type: Subsidized Units:
250

Washington Heights

115 Washington Avenue
Bridgeport, CT 06604
Email: manager@washingtonhtseniors.com
Phone: 203-367-8171 Ext. 1
Housing Type: Subsidized Units:
120

Darien

Greenfield Commons

580 Villa Ave Fairfield, CT 06825
Email: Cantrum.fha@gmail.com
Phone: 203-366-6578
Housing Type: Subsidized/Affordable
Units:10

The Heights

24 Allen O'Neill Drive Darien, CT
06820
Email: macosta@imagineersllc.com
Phone: 203-655-0866
Housing Type: Market/Afford Units:
106

Fairfield

Berger Building

1838 Black Rock Tpke, CT 06825
Phone: 203-331-4770 ext 1009
Housing Type:
Market/Affordable/Subsidized
Units: 26

Bishop Curtis Homes

1677 Post Road, Fairfield, CT 06824
Phone: 203-791-8510
Housing Type: Subsidized Units: 15

Durrell Drive

Fairfield, CT 06824
Phone: 203 270 9123
Housing Type: Subsidized Units: 4

Trefoil Court

20 Trefoil Court, Fairfield, CT 06825
Email: cantrum.fha@gmail.com
Phone: 203-366-6578
Housing Type: Subsidized Units: 30

Parish Court

175 Warde Terrace, Fairfield, CT 06825
Email: parishcourt@enmchm.org
Phone: 203-333-4912
Housing Type: Subsidized Units: 100

Pine Tree Lane

15 Pine Tree Lane, Fairfield 06825
Email: cantrum.fha@gmail.com
Phone: 203-366-6578
Housing Type: Subsidized Units: 50

Sullivan-McKinney

224 Meadowbrook Road, Fairfield, CT
06824
Email: sullivanmckinny@elmchm.org
Phone: 203-259-1991

Trademark

665 Commerce Drive, Fairfield, CT
06825
Phone: 203-255-4000
Housing Type: Affordable Units: 11

Greenwich

Agnes Morley Heights

249 Milbank Avenue, Greenwich, CT
06830
Phone: 203-869-1138
Housing Type: Subsidized Units: 150

Quarry Knoll II

Quarry Knoll Drive, Greenwich, CT
06830
203-869-1138
Housing Type: Subsidized Units: 40

Bishop Curtis Homes

1040 East Putnam Avenue
Greenwich, CT 06878
Phone: 203-324-5881
Housing Type: Subsidized Units: 31

Hill House

10 Riverside Avenue
Greenwich, CT 06878
Email: hillhouse@ehmchm.org
Phone: 203-637-3177
Housing Type: Subsidized Units: 37

McKinney Terrace 2

71 Vinci Drive, Greenwich, CT 06830
Phone: 203-869-1138
Housing Type: Subsidized Units: 51

Monroe

Mill Apartments

41 Millport Avenue, New Canaan, CT
06840
Email: millportmgr@konoverresidential.com
Phone: 203-324-2154
Housing Type: Subsidized Units: 40

New Canaan

Mill Apartments

41 Millport Avenue, New Canaan, 06840
Email: millportmgr@konoverresidential.com
Phone: 203-324-2154
Housing Type: Subsidized Units: 40

Millport Apartments

61 Millport Avenue New Canaan, 06840
Email: millportmgr@konoverresidential.com
Phone: 203-324-2154
Housing Type: Subsidized Units: 18

Schoolhouse Apartments

156 South Avenue New Canaan, 06840
Email: schoolhouse@ehmchm.org
Phone: 203-972-0020
Housing Type: Subsidized Units: 41

Norwalk

Broad River Homes

108 New Canaan Avenue, Norwalk, CT 06850

Phone: 203-846-3700

Email: broadriver@ehmchm.org

Housing Type: Congregate Units: 48

Cedar Court

92 Cedar Court Norwalk, CT 06851

Email: cedarcourt@vestacorp.com

Phone: 203-939-9613

Housing Type: Subsidized Units: 90

Hilltop Homes

212 Rowayton Avenue Norwalk, CT 06583

Email: hilltophomes@ehmchm.org

Phone: 203-348-5377 option 3

Housing Type: Subsidized Units: 24

Irving Freese Apartments

57 Ward Street Norwalk, CT 06851

Email: Akeegan@norwalkha.org

Phone: 203-838-8471

Housing Type: Subsidized Units: 59

Kingsway Apartments

152 Westport Avenue Norwalk, CT 06851

Phone: 203-847-7027

Housing Type: Subsidized Units: 12

Laura Raymond Homes

290 Main Avenue Norwalk, CT 06851

Email:

lauraraymondhomes@ehmchm.org

Phone: 203-846-4500

Housing Type: Subsidized Units: 49

Leroy Downs Apartments

26 Monroe Street Norwalk, CT 06854

Phone: 203-838-8471

Housing Type: Subsidized Units: 49

Ludlow Commons

11 Roger Ludlow Square Norwalk, CT 06850

Phone: 203-899-8534

hwilliams@hscct.org

Housing Type: Subsidized Units: 44

Ludlow Village

Emerson Street Norwalk, CT 06855

203-838-8471

Housing Type: Subsidized Units: 30

Norwalk Elderly

100 Leonard Street Norwalk, CT 06850

Email: hallkeen@hallkeen.com

Phone: 203-852-0263

Housing Type: Subsidized Units: 52

Senior Court

9 Union Avenue Norwalk, CT 06851
Phone: 203-838-8471
Housing Type: Subsidized Units: 128

Shostak Apartments

65 Ward Street Norwalk, CT 06851
Phone: 203-838-8471
Housing Type: Subsidized Units: 40

The Marvin

60 Gregory Blvd Norwalk, CT 06855
Email: themarvin@underoneroofinc.org
Phone: 203-854-4660
Housing Type: Subsidized Units: 49

West Avenue

20 West Avenue Norwalk, CT 06854
Phone: 203-838-8471
Housing Type: Subsidized Units: 54

Stamford

Augustus Manor

101 Main Street, Stamford, CT 06901
Phone: 203-357-1281
Email: kcokley@related.com
Housing Type: Subsidized Units: 105

Belltown Manor

21 Burdock Street Stamford, CT 06905
Phone: 203-325-4472
Email: dloglisci@nnistamford.org
Housing Type: Subsidized Units: 27

Bishop Curtis Homes

358 Glenbrook Road Stamford, CT 06901
Email: crobinson@winnco.com
Phone: 203-324-5881
Housing Type: Subsidized Units: 30

Charter Oak Communities/ Stamford Housing Authority

22 Clinton Avenue
Stamford, CT 06901
Phone: 203-977-1400
Housing Type: Subsidized Units:
Scattered

Clinton Manor

22 Clinton Avenue Stamford, CT 06901
Phone: 203-977-1400
Housing Type: Subsidized Units: 88

Cross Road Residence

6 Cross Road Stamford, CT 06905
Email: stamfordcrossroad@ehmchm.org
203 348 5377 option 3
Housing Type: Subsidized Units: 24

Harboursite

511 Shippan Avenue Stamford, 06902
Email: 0059@nationalchurchresidences.org
Phone: 203-358-8011
Housing Type: Subsidized Units: 77

Eleanor Roosevelt House

18 Knapp Street Stamford, CT 06902
Phone: 203-852-0263
Housing Type: Subsidized Units: 41

Fairgate

9 Fairgate Drive Stamford, CT 06902
Email: dfenton@charteroakcommunities.org
Phone: 203-487-0208
Housing Type: Market/Afford Units: 90

Maple View Towers

51 Grove Street Stamford, CT 06901
Email: MTowers@Related.com
203-324-2031
Housing Type: Subsidized Units: 100

Glenbrook Manor

10 Glenbrook Road Stamford, CT 06902
Email: Bjanney@charteroak.communities.org
Phone: 203-977 -1400 x 3353
Housing Type: Subsidized Units: 44

Pilgrim Towers

25 Washington Court Stamford, 06901
Email: info@kingswaygroup.org
Phone: 203-359-4611
Housing Type: Subsidized Units: 74

Greenfield

9 Fairgate Drive Stamford, CT 06902
Phone: 203-487-0208
Housing Type: Market/Affordable Units:
44

Posthouse

40 Clinton Avenue Stamford, CT 06901
Phone: 203-944-1400 X3411
Housing Type: Market/Affordable Units:
90

Quintard Manor

18 Quintard Terrace Stamford, 06902
Email: cwarren@charteroakcommunities.org
203-977-1400
Housing Type: Subsidized Units: 60

Summer Place

992 Summer Street Stamford, 06905
Email: cwarren@charteroakcommunities.org
203-977-1400
Housing Type: Veterans/Affordable
Units: 48

Rippowam Manor

11 North Street Stamford, CT 06902

Email:

Mmoye@CharterOakCommunities.org

Phone: 203-977-1400 x3163

Housing Type: Subsidized Units: 81

Stamford Green

482 West Main Street Stamford, CT
06902

Email: kpowell@bostonland.com

203-359-8811 Ext 130

Housing Type: Subsidized Units: 91

Stamford Manor

26 Main Street Stamford, CT 06901

Phone: 203-977-1400 x3205

Housing Type: Subsidized Units: 215

Shippan Place

521 Shippan Avenue Stamford, 06902

Phone: 203-324-0734

Housing Type: Subsidized Units: 146

Willard Manor

36 Vine Road Stamford, CT 06905

Email: Khilljohnson@demarcomc.com

Phone: 203-329-3929

Housing Type: Subsidized Units: 53

Wormser Congregate

8 Vine Road Stamford, CT 06905

Email: wvines@charteroakcommunities.org

Phone: 203-968-1092

Housing Type: Affordable Units: 41

Stratford

Elm Terrace Gardens

Elm Terrace & Woodend Road Stratford

Email: snuzzo@stratfordha.org

Phone: 203-375-4483 Ext 118

Housing Type: Subsidized Units: 50

Lucas Gardens

125 Arbor Street Stratford, CT 06614

Email: snuzzo@stratfordha.org

Phone: 203-375-4483 Ext 118

Housing Type: Subsidized Units: 53

Raymond Baldwin Apartments

295 Everett Street Stratford, CT 06615

Email: snuzzo@stratfordha.org

Phone: 203-375-4483 Ext 118

Housing Type: Subsidized Units: 75

Robert Kennedy Apartments

201 Birch Drive Stratford, CT 06615

Email: snuzzo@stratfordha.org

Phone: 203-375-4483 Ext 118

Housing Type: Subsidized Units: 75

Shiloh Gardens

175 Henry Street Stratford, CT 06615

Email: snuzzo@stratfordha.org

Phone: 203-375-4483 Ext 118

Housing Type: Subsidized Units: 60

Trumbull

Stern Village

200 Hedgehog Circle, Trumbull, CT
06611

Phone: 203-261-5740

Email: lisa.a@trumbullhousing.org

Housing Type: Affordable Units: 186

Stern Center

210 Hedgehog Circle, Trumbull, CT
06611

Phone: 203-261-5740

Email: lisa.a@trumbullhousing.org

Housing Type: Congregate Units: 36

Huntington Place Apartments

1235 Huntington Tpke Trumbull, CT
06611

Phone: 203-359-6940

Housing Type: Affordable Units: 40

Teresian Towers/Carmel Ridge

6454 Main Street Trumbull, CT 06611

Phone: 203-261-2229

Housing Type: Market Units: 84

Westport

1177 at Greens Farms

1177 Post Road Westport, CT 06880

Email: Greenfarms@jonesstreet.com

Phone: 203-557-8547

Housing Type: Mark/Afford Units: 65/29

Hidden Brook

1655 Post Road East Westport, CT
06880

Email: cmartin14@snet.net

Phone: 203-227-4672

Housing Type: Affordable Units: 39

Hales Court

2-78 Hales Court Westport, CT 06880

Email: cmartin14@snet.net

Phone: 203-227-4672

Housing Type: Supportive Units: 78

Sasco Creek Village

1655 Post Road East Westport, CT 06880

Email: cmartin14@snet.net

Phone: 203-227-4672

Housing Type: Supportive Units: 54

Canal Park

5 Canal Park Westport, CT 06880

Email: cmartin14@snet.net

Phone: 203-227-4672

Housing Type: Supportive Units: 50

Wilton

Avalon

116 Danbury Road Wilton, CT 06897

Email: gabriela.cevallos@avalonbay.com

Phone: 203-529-3540

Housing Type: Mark/Afford Units: 70/30

Wilton Commons I

21 Station Road Wilton, CT 06897

Email: Bmatos@cthousingpartners.org

Phone: 203-359-6940 Ext 1809

Housing Type: Afford/Cong Units: 51

Station Place

31 Old Danbury Road Wilton, CT 06897

Email: catherine@brickwalkcapital.com

Phone: 203-690-2245

Housing Type: Market/Afford Units: 21/9

Ogden House

100 River Road Wilton, CT 06897

Email: Ogdenhouse@ehmchm.org

Phone: 203-762-8035

Housing Type: Market/Afford Units: 21/9

This guide is updated periodically. Information is accurate to the best of our knowledge at the time of publication and is subject to change.