

# 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](http://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](mailto: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](mailto: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](mailto: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](mailto:scaastro@beaconcommunitiesllc.com)  
Housing Type: Subsidized Units: 85

## Bridgeport Neighborhood Trust

570 State Street Bridgeport, CT 06604  
Email: [michael@bntweb.org](mailto: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](mailto: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](mailto: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](mailto:ncolon@demarcomc.com)  
Phone: 203-338-0615  
Housing Type: Subsidized Units: 40

### **Harborview Tower**

376 Washington Avenue  
Bridgeport, CT 06608  
Email: [cperez@parkcitycommunities.org](mailto: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](mailto: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](mailto: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](mailto:vocasio@parkcitycommunities.org)  
Housing Type: Subsidized Units: 105

### **Forest Green Homes**

725 Palisade Avenue Bridgeport, CT  
06606  
Email: [vocasio@parkcitycommunities.org](mailto: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](mailto:toweriiapts@yahoo.com)  
Phone: 203-579-1659  
Housing Type: Subsidized Units: 136

### **Sycamore Place Apartments**

285 Maplewood Avenue  
Bridgeport, CT 06605  
Email: [bridgeportelderlybc.com](mailto: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](mailto:info@parkcitycommunities.org)  
Housing Type: Veteran/Supp Units: 48

### **The Franklin**

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

### **Stratfield Apartments**

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

### **Truman Street Apartments**

71 Truman Street Bridgeport, CT  
06610  
Phone: 203-952-0700  
Housing Type: Subsidized Units: 30

### **Twin Tower Apartments**

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

### **Washington Heights**

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

## **Darien**

### **Greenfield Commons**

580 Villa Ave Fairfield, CT 06825  
Email: [Cantrum.fha@gmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:millportmgr@konoverresidential.com)  
Phone: 203-324-2154  
Housing Type: Subsidized Units: 40

### **Millport Apartments**

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

### **Schoolhouse Apartments**

156 South Avenue New Canaan, 06840  
Email: [schoolhouse@ehmchm.org](mailto: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](mailto:broadriver@ehmchm.org)

Housing Type: Congregate Units: 48

## **Cedar Court**

92 Cedar Court Norwalk, CT 06851

Email: [cedarcourt@vestacorp.com](mailto:cedarcourt@vestacorp.com)

Phone: 203-939-9613

Housing Type: Subsidized Units: 90

## **Hilltop Homes**

212 Rowayton Avenue Norwalk, CT 06583

Email: [hilltophomes@ehmchm.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:kcokley@related.com)  
Housing Type: Subsidized Units: 105

### **Belltown Manor**

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

### **Bishop Curtis Homes**

358 Glenbrook Road Stamford, CT 06901  
Email: [crobinson@winnco.com](mailto: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](mailto:stamfordcrossroad@ehmchm.org)  
203 348 5377 option 3  
Housing Type: Subsidized Units: 24

### **Harboursite**

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

### **Fairgate**

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

### **Glenbrook Manor**

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

### **Greenfield**

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

### **Quintard Manor**

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

### **Eleanor Roosevelt House**

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

### **Maple View Towers**

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

### **Pilgrim Towers**

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

### **Posthouse**

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

### **Summer Place**

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

### **Rippowam Manor**

11 North Street Stamford, CT 06902

Email:

[Mmoye@CharterOakCommunities.org](mailto: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](mailto:kpowell@bostonland.com)

203-359-8811 Ext 130

Housing Type: Subsidized Units: 91

### **Stamford Manor**

26 Main Street Stamford, CT 06901

Email: [charteroakcommunities.org](http://charteroakcommunities.org)

Phone: 203-944-1400

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](mailto:Khilljohnson@demarcomc.com)

Phone: 203-329-3929

Housing Type: Subsidized Units: 53

### **Wormser Congregate**

8 Vine Road Stamford, CT 06905

Email: [wvines@charteroakcommunities.org](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:cmartin14@snet.net)

Phone: 203-227-4672

Housing Type: Supportive Units: 54

## Canal Park

5 Canal Park Westport, CT 06880

Email: [cmartin14@snet.net](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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.*