

# NY Connects

For people of all ages, any disability, and caregivers

NY Connects can work with anyone who needs information on long term services and supports — children or adults with disabilities, older adults, family members and caregivers, friends or neighbors, veterans, and helping professionals.

## NY Connects can help you...

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in caregiving
- Find supported employment programs
- Get answers about Medicare
- Apply for Medicaid and other benefits

## Community long term services and supports are designed to help people remain healthy and independent:

### Personal care services

- Preparing meals
- Housekeeping
- Bathing
- Transportation
- Home safety and accessibility
- Household finances

### Education and counseling

- Independent living skills
- Supported employment
- Adult education
- Building occupational skills

### Behavioral health/developmental supports and services

- Intellectual/developmental disability supports and services
- Mental health services
- Substance use disorder services

### Health and wellness

- Abuse prevention and protection
- Managing chronic conditions
- Building community relationships



## Connect to long term services and supports in your community

- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
- Social supports

## Three ways to reach NY Connects

### By phone.

Call 1-800-342-9871.

Interpretation and translation services are free. Individuals who are deaf or hard of hearing can use NY Relay System 7-1-1.

### Online.

Visit our website:

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

### In-person.

To find the NY Connects office near you, call our toll-free number, visit our website, or see the address below.

### Your local NY Connects office:

Tompkins County Office for the Aging  
214 W. Martin Luther King Jr. Street  
Ithaca, NY 14850  
607-274-5482  
or  
Finger Lakes Independence Center  
607-793-4981

This document was developed under grant CFDA 93.778 from the U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not assume endorsement by the Federal Government.

# Get help

with your long term services and supports needs.



**NY Connects**  
Your Link to Long Term Services and Supports