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

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:

Finger Lakes Independence Center
Teresa Sivers-NY Connects Specialist
215 Fifth Street
Ithaca, NY 14850
(607) 272-2433
Teresa@fliconline.org

Get help
with your long term services and supports needs.
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

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

**Education and counseling**
- Independent living skills
- Supported employment
- Adult education
- Building occupational skills

**Health and wellness**
- Abuse prevention and protection
- Managing chronic conditions
- Building community relationships