

## 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:

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



Finger Lakes Independence Center  
*Opening Doors to Independence*

# Get help

with your long term services and supports needs.



NEW YORK  
STATE OF  
OPPORTUNITY

NY Connects  
Your Link to Long Term  
Services and Supports

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# 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

