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:

Dutchess County NY Connects
114 Delafield St
Poughkeepsie NY 12601

(845) 475-3511

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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

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