

Questions?

“**M**y mom is 86 and lives alone. She has trouble walking. She needs help with getting meals prepared, shopping, and transportation to the doctor. What kind of help can she get?”

“My 10 year old son has Spina bifida and needs 24 hour care. We have nursing care at home, but sometimes my wife and I feel like we just need a break. Is there anyone that could help us?”

“I’m a counselor for a 34 year old man who suffers from a Traumatic Brain Injury as a result of a car accident. He uses a wheelchair and has some short term memory loss. He lives with his parents and would like to live on his own again, but his parents are concerned about him living without the proper supports. Are there any resources that might be able to help him?”

For information on your local NY Connects, call the New York State Office for the Aging Helpline at

1-800-342-9871

or

Log onto the NY Connects website
www.nyconnects.org

NY Connects is a joint initiative between your Area Agency on Aging and your Local Department of Social Services.



**A trusted resource
in your community
that provides
free information
and assistance
on long term care**



NY Connects is endorsed and supported by the New York State Office for the Aging in collaboration with the New York State Department of Health.



What is NY Connects?

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions about long term care.

Long term care

Long term care can include many services that will help people of all ages remain independent in their daily lives.

When you need long term care, finding the right services to help you can be very confusing.



Who is NY Connects for?

Anyone who needs long term care information and services:

- A child or an adult with a disability
- An older adult
- Family members
- Friends or neighbors
- Helping professionals

What kind of help can I get from NY Connects?

NY Connects provides information on many services, some of which include:

- Home Delivered Meals
- Transportation
- Respite Care
- Home Care
- Counseling and Support
- Insurance Information and Counseling
- Residential Housing Options and Supports
- And more

