**NY Connect through Office of the Aging (OFA) or Senior Services**

**What is the Program/Service**  
  
NY Connects is a point of entry into the long term services and support system for older adults and people of all ages with disabilities. NY Connects programs are locally based where anyone - individuals, concerned family members or friends, or helping professionals - can go for help in finding the information, services, and supports that they need.  
  
Long term services and supports can be provided in the home or in other community-based or residential settings to help someone stay healthy and independent. There are many long-term services and supports options that may be available in your community, including:

* + Home Delivered Meals
  + Transportation
  + Respite Care
  + Home Care
  + Insurance Information
  + Options Counseling

NY Connects has trained Information and Assistance Specialists who will discuss the full range of options that are available and help you make informed decisions about the services and supports that will meet your needs.  
  
NY Connects also has a searchable online Resource Directory that can help you find long term services and supports in New York State. For more information, visit the [NY Connects Resource Directory](https://www.nyconnects.ny.gov/) External Link)online.

* **Who is Eligible?**  
    
  Anyone who needs information on long term supports and services or assistance with accessing these supports and services may contact NY Connects, such as:
  + Older adults
  + Adults with a disability
  + Children with a disability
  + Caregivers
  + Friends or neighbors
* **Is There a Cost?**  
    
  There is no cost to access your NY Connects program.
* **How do I Get Help/Apply?**  
    
  Local NY Connects programs are available in most counties in New York State. Programs can be accessed via telephone, in-person, or online. To find a local NY Connects program near you, visit the online [NY Connects Resource Directory.](https://www.nyconnects.ny.gov/)External Link)  
    
  For Additional Help Contact -
  + [Local Offices for the Aging (use NYC for the 5 boroughs)](https://aging.ny.gov/NYSOFA/LocalOffices.cfm)
  + [NY Connects: Your Link to Long Term Services and Supports](https://www.nyconnects.ny.gov/) External Link)

**Respite Services**

**Retired Senior Volunteer Program (RSVP)**

**Senior Centers**

**Senior Community Service Employment Program (SCSEP)**

**Senior Farmers Market Nutrition Program (SFMNP)**

**Senior Medicare Patrol (SMP) - NYS Medicare Fraud Hotline Number 1-877-678-4697**

**Social Model Adult Day Services Program**

**Supplemental Nutrition Assistance Program (SNAP) - (Formerly known as Food Stamps)**

**Transportation**