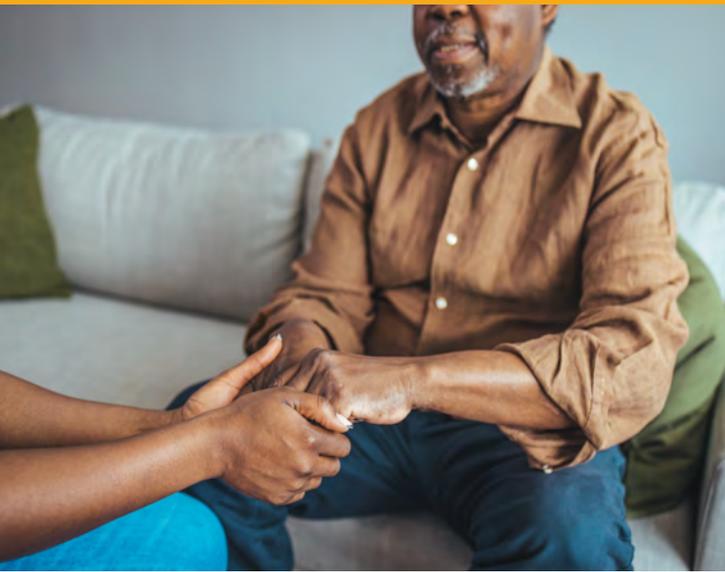




NEW YORK  
STATE OF  
OPPORTUNITY

Office for  
the Aging

# Future Planning Guidebook



**For Older Caregivers of Adults with  
Intellectual and Developmental Disabilities (I/DD)**



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**For Older Caregivers of Adults with  
Intellectual and Developmental Disabilities (I/DD)**

New York State Office for the Aging (NYSOFA)  
[www.aging.ny.gov](http://www.aging.ny.gov)



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## **ABOUT**

### **Future Planning Guidebook For Older Caregivers of Adults with Intellectual and Developmental Disabilities**

This resource guide was developed by the New York State Office for the Aging with support in part from grant number C024342, Disability Awareness Training – Aging Initiative, from the U.S. Administration for Community Living (ACL), the Department of Health and Human Services through the New York State Developmental Disabilities Planning Council (NYS DDPC).

Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy or the opinions, interpretation, or policy of the NYS DDPC.

## Message from NYSOFA Director Greg Olsen

Dear Reader:

Approximately 1 million individuals aged 60 or older in the U.S. are providing care for an adult with intellectual and developmental disabilities (I/DDs) such as autism, cerebral palsy, or Down syndrome. As individuals with I/DDs experience longer life expectancy, their parents or other family members are also more likely to continue providing care later in life.

Older adult caregivers of individuals with I/DD have unique concerns, anticipating a time when they'll be unable to continue caregiving for various reasons. How can they assure that a son or daughter with I/DD is maintaining quality of life and health, financial security, independence, and social connectedness?

Long-term planning is vital. But caregivers of adults with I/DD may feel overwhelmed by the prospect of planning for the future. There's also the emotional barrier of coming to grips with one's own future absence from the life of a loved one.

If you are an older adult caring for an individual with I/DD, this guidebook is here to help, connecting you with information and resources to begin the process of long-term planning, including financial and legal tools as well as supportive programs and services. In many cases, these services and options are available to people of all ages who are in a caregiver role, including adults with children or aging parents who need this kind of assistance.

Remember that local assistance is also available. See the companion information provided with this guide to learn about services in your community.

Sincerely,



Greg Olsen  
Director  
New York State Office for the Aging



# RESOURCES

**Please note:** This guidebook is provided for informational purposes only. Resource links in this guidebook are reviewed and updated on a periodic basis. To ensure you are accessing the most up-to-date links, see the most current version of this guidebook on our website at <https://aging.ny.gov/>.

While NYSOFA makes every effort to include accurate and reliable information in this guidebook, it does not guarantee or warrant that the information and/or resources are complete, accurate or up-to-date. The links used in this guidebook do not imply NYSOFA's approval or endorsement of the listed destinations, guarantee the accuracy of any information in those destinations, or constitute an endorsement of any of the opinions expressed on any of these outside resources or websites.

NYSOFA assumes no responsibility or liability for injuries, losses or damages resulting from the use or application of any information and/or resources in this guidebook. Such material should not be utilized in lieu of legal advice from an attorney and/or benefits or financial counseling by an appropriate professional.

## Financial Resources

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People with all types of disabilities may be concerned about being able to continue accessing public benefits and services that are “means-tested,” or available based on their financial resources. Trusts and ABLE accounts enable qualified individuals to keep resources while still accessing public benefits.

### Trusts

Trusts are a way to save resources for someone who has a disability and still needs to access certain public services or benefits.

Types of trusts:

- **Supplemental Needs Trust (SNT)** helps qualify or preserve a beneficiary's eligibility for vital government benefits such as Medicaid and Supplemental Security Income (SSI).
- **A pooled trust** is an irrevocable supplemental needs trust (SNT). It allows people to spend-down their excess funds in order to qualify or maintain government benefits, such as Medicaid and/or SSI. Various organizations provide pooled trust services.

“Guidelines for Trustees of First Party Supplemental Needs Trusts” (New York State Bar Association):

[https://nysba.org/app/uploads/2020/02/GuidelinesforTrusteesofFirstPartySupplementalNeedsTrusts\\_brochure-smaller-June-2012.pdf](https://nysba.org/app/uploads/2020/02/GuidelinesforTrusteesofFirstPartySupplementalNeedsTrusts_brochure-smaller-June-2012.pdf)

“Using Supplemental Needs Trusts To Retain Public Benefits Part 1” (New York Legal Assistance Group): <https://www.youtube.com/watch?v=F7FEtuDNsGO>

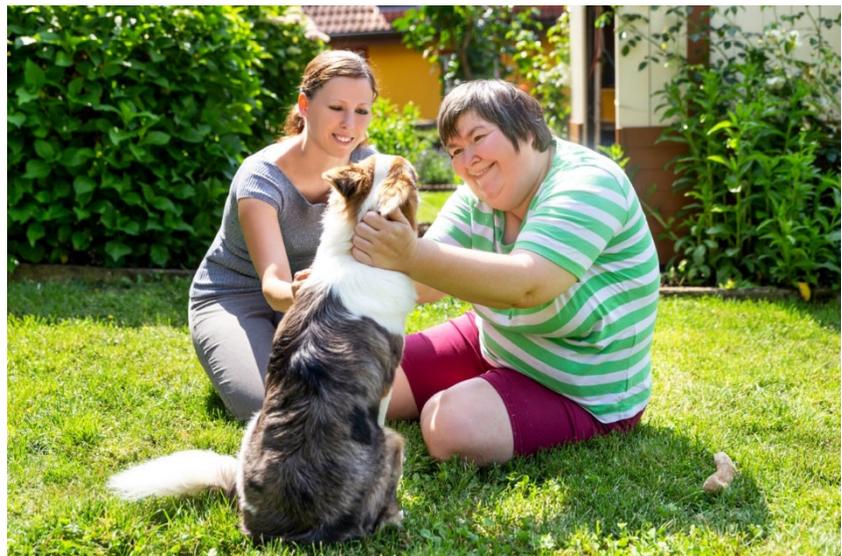
“Spotlight On Trusts – 2022 Edition” (Social Security Administration):  
<https://www.ssa.gov/ssi/spotlights/spot-trusts.htm>

You can search for pooled trust options by contacting NY Connects or using the NY Connects website at <https://nyconnects.ny.gov/>. NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York for people of all ages or with any type of disability.

### **ABLE Accounts**

ABLE accounts are tax-advantaged savings accounts authorized under the Achieving a Better Life Experience Act of 2014 (codified at Internal Revenue Code § 529A) for individuals with disabilities who had an onset of disability prior to age 26. The beneficiary is the account owner. The individual and their family, friends or employers may make direct contributions into the account using post-tax dollars up to annual limits.

Learn more about NY ABLE:  
<https://www.mynyable.org/home.html>



### **MyBenefits**

MyBenefits is a web-based tool with information about New York State programs and services. By entering your information, MyBenefits will tell you which state and federal assistance programs you are eligible for, including assistance with paying your home-heating bills, grocery bills, and other programs.

MyBenefits: [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov)

### **Will**

A will is a document that spells out your wishes after you pass away. You can find templates for creating a will online; however, you may want to contact an elder law attorney licensed in New York State for help with drafting and executing a will.

“LEGAlease: Why You Need a Will” (New York State Bar Association):  
<https://nysba.org/legalease-why-you-need-a-will/>

## **Representative Payee**

A Representative Payee is an individual or organization appointed by the Social Security Administration (SSA) to receive Social Security and/or SSI benefits for someone who cannot manage the payments. The SSA provides a guide for individual payees (<https://www.ssa.gov/pubs/EN-05-10076.pdf>) and you can contact NY Connects (1-800-342-9871) for information about organizations that serve as representative payees.

## **Bill Pay Assistance Programs**

Many offices for the aging offer a bill-paying assistance program for individuals finding it difficult to do this independently. A bill-payer representative can help organize bills, ensure they are paid on time, and inform you of any discrepancies or potential fraud.

To find a program near you, contact:

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

1-800-342-9871

## **Accessible Banking and Other Banking Products**

Someone you care about may be capable of managing some or all of their finances and could benefit from accessible banking services or other banking products. You can work with your bank to make sure you are receiving information in accessible formats, and that you are using options available to you, like alerts about transactions over certain amounts, about approaching account limits, view-only privileges, etc. Some banking institutions offer options like accounts where you can have set spending limits so an individual can manage their level of risk of over-spending. Contact the financial institutions you use to find out what is available to you. Some institutions focus on serving caregivers.

## **Financial Assistance Acquiring Assistive Technology, Durable Medical Equipment, or Complex Rehabilitation Technology**

This is often a need that is not covered by insurance; items such as hearing aids, communication devices, wheelchairs, and home or vehicle modifications can be expensive to purchase. Necessary durable medical equipment and complex rehabilitation technology should be at least partially covered through Medicare and/or Medicaid. Home modifications (“e-mods”), vehicle modifications (“v-mods”), and assistive technology may be covered through a Medicaid waiver. For technology that is not covered, the National Disability Institute can help you find and afford assistive or other necessary technology. Their Assistive Technology (AT) Loan Program provides affordable loans of \$500 to \$30,000 to residents of New Jersey and New York: <https://www.nationaldisabilityinstitute.org/financial-wellness/assistive-technology-loan-program/>

# Healthcare Considerations

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## Health care proxy

The New York Health Care Proxy Law allows you to appoint someone you trust — for example, a family member or close friend – to make health care decisions for you if you lose the ability to make decisions yourself. By appointing a health care agent, you can make sure that health care providers follow your wishes.

“Health Care Proxy – Appointing Your Health Care Agent in New York State” (New York State Department of Health): <https://www.health.ny.gov/publications/1430.pdf>

## Health Insurance Information, Counseling, and Assistance Program (HIICAP)

More than 500 trained HIICAP counselors operate through local offices for the aging across the state. They answer questions about Medicare, Medicare Advantage programs (managed care), Medicare prescription drug coverage, Medigap, and other health and long-term care insurance issues. Counseling is also available through the toll-free HIICAP helpline. Callers will be prompted to enter their zip code and will be routed to their local offices for the aging to talk with a trained counselor.



“Health Insurance Information, Counseling, and Assistance Program”:  
[www.aging.ny.gov/health-insurance-information-counseling-and-assistance](http://www.aging.ny.gov/health-insurance-information-counseling-and-assistance)  
1-800-701-0501

## Documentation

Having a good documentation system can make medical visits easier. Consider preparing and bringing a list of current medications, questions or concerns, and any physical or cognitive changes.

“How to Prepare for a Doctor’s Appointment” (National Institute on Aging)  
<https://www.nia.nih.gov/health/how-prepare-doctors-appointment>

The National Task Group on Intellectual Disabilities and Dementia Practices (NTG) released the NTG-Early Detection Screen for Dementia (NTG-EDSD), which was developed in response to requests by family caregivers and agencies for a tool useful to record observations of changes in function. Using this tool can help identify what changes might be related to a person’s disability, and what might indicate symptoms of another health condition like dementia.

“Early Detection and Screen for Dementia” (NTG):  
<https://www.the-ntg.org/ntg-edsd>

## **Home Care**

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### **OPWDD Self-Direction**

Self-direction means choosing your own services. This kind of care offers increased flexibility to select the staff you want to work with and a schedule that works best for you. It gives you more control over how you want to structure your life.

Learn more at <https://opwdd.ny.gov/types-services/self-direction>.

### **Consumer Directed Personal Assistance Program**

This Medicaid program provides services to chronically ill or physically disabled individuals who have a medical need. Recipients have flexibility and freedom in choosing their caregivers. Services can include personal care aide (home attendant), home health aide, or nurse. Many individuals receive help with “activities of daily living,” such as bathing or showering, dressing, getting in and out of bed or a chair, walking, using the toilet, and eating.

Learn more at [https://www.health.ny.gov/health\\_care/medicaid/program/longterm/cdpap.htm](https://www.health.ny.gov/health_care/medicaid/program/longterm/cdpap.htm).



## Decision-Making

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None of us makes decisions completely on our own. Sometimes, people want a court to say that they have the right and duty to make decisions for someone else. This is called guardianship.

### **Guardianship under Article 17-A of the Surrogate’s Court Procedure Act**

In New York State, when a person becomes 18 years old, they are assumed to be legally competent to make decisions for themselves. This means no other person is allowed to make a personal, medical, or financial decision for that individual unless authorized by the individual. If a person is intellectually disabled or developmentally disabled, has difficulty making decisions for themselves, and is over 18 years old, the Surrogate’s Court may be petitioned to appoint a guardian for the individual. As of the writing of the first draft of this Guidebook, 17-A guardianships are “plenary,” or give all of someone’s decision-making rights to someone else. See the resources below.

[https://nycourts.gov/courthelp/pdfs/DIYchecklist/guardianship17A\\_checklist.pdf](https://nycourts.gov/courthelp/pdfs/DIYchecklist/guardianship17A_checklist.pdf)

<https://nycourts.gov/courthelp/Guardianship/17A.shtml>

<https://www.nysenate.gov/legislation/laws/SCP/A17-A>

## **Guardianship under Article 81 of the Mental Hygiene Law**

The purpose of Article 81 of the Mental Hygiene Law is to provide for the personal or property management needs of an incapacitated individual in a manner tailored to the individual needs of the person, while allowing for the individual's greatest possible degree of independence and self-determination. Guardianship of an incapacitated person can be obtained through an Article 81 proceeding if the court determines that a person is incapacitated and the person needs to have a guardian appointed. A person is incapacitated if they are:

- Unable to care for their own property and/or personal needs, and
- Likely to suffer harm because they cannot understand the nature and consequences of not being able to care for their property and/or personal needs

Article 81 guardianships might give someone else decision-making power over someone's personal and health care needs and/or their financial affairs. Article 81 requires that the guardian's powers must be the least restrictive form of intervention based on the specific needs of the individual.

See <https://nycourts.gov/courthelp/Guardianship/AIP.shtml>.

## **Supported Decision-Making**

Supported decision-making (SDM) is now a well-recognized practice. Under SDM, people with intellectual and developmental disabilities (I/DD) make their own decisions with the support of trusted persons in their lives and retain all their legal and civil rights.

See <https://sdmny.org/>.

## **Power of Attorney**

A power of attorney is one of the most widely used legal documents, allowing an individual to transfer the legal authority to manage their own financial affairs to another person. Doing so may avoid the need for a time-consuming and expensive guardianship proceeding when a person becomes incapacitated. The power of attorney is also widely used in many specific, limited, transactions (such as real estate closings), allowing the agent to sign on behalf of the principal. See the resources links below.

<https://nysba.org/power-of-attorney-update/>  
<https://www.lawhelpny.org/resource/poa-form>

## Community Supports

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### TRAID Program

The Technology-Related Assistance for Individuals with Disabilities (TRAID) Program provides access to assistive technology to any New Yorker with a disability through Regional TRAIID Centers. Regional TRAIID Centers provide device loans and hands-on training to people with disabilities.

Learn more at <https://www.justicecenter.ny.gov/traid-program>.

### Independent Living Centers

Independent Living Centers (ILCs) provide an array of services that assist New Yorkers with all disabilities to live fully integrated and self-directed lives. ILCs promote self-help, equal access, peer role modeling, personal growth, and empowerment. Services include peer counseling, independent living skills training, information and referral services, and advocacy. ACCES-VR administers base funding for 41 Independent Living Centers (ILCS) throughout the state.

Learn more at <http://www.acces.nysed.gov/vr/independent-living-centers>.

## Disability Rights

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### Protection and Advocacy (P&A)

The Protection and Advocacy (P&A) System and Client Assistance Program (CAP) is a nationwide network of legally based disability rights agencies mandated by federal law to protect and advocate for individuals with disabilities. P&A agencies have the authority to investigate abuse and neglect of people with disabilities, provide legal representation to people with disabilities, and engage in other advocacy to advance the rights of individuals with disabilities.



<https://www.drny.org/index.php>  
1-800-993-8982

## **Division of Human Rights**

Under the Human Rights Law in New York, every citizen has an “equal opportunity to enjoy a full and productive life.” To file a complaint, contact:

<https://dhr.ny.gov/contact-us>  
1-888-392-3644

## **Long Term Care Ombudsman Program**

The Long Term Care Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

<https://aging.ny.gov/long-term-care-ombudsman-program>  
1-855-582-6769

## **Emergency Preparedness**

When it comes to emergency preparedness, individuals with disabilities and their families have specific concerns that need to be anticipated well before a potential disaster strikes. Does the person require any assistive technology or durable medical equipment? Does this equipment have backup power systems in the event of outages? If you need to evacuate quickly, is there a plan to make certain the person has all needed items, including medication, a tablet/smartphone for communication (and a charger), walkers to ambulate, or other considerations? See the resources below for more information and tips.

[https://adata.org/sites/adata.org/files/files/Emergency%20Supply%20Kits\\_LP\\_final2018\(1\).pdf](https://adata.org/sites/adata.org/files/files/Emergency%20Supply%20Kits_LP_final2018(1).pdf)  
[www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies)

## Travel and Mobility

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Transportation is vital to independence. Services are provided by a variety of organizations and methods, including Offices for Persons with Disabilities, Offices for Aging, public transportation (paratransit), Independent Living Centers, Veterans' Affairs, and others. Travel Trainers help people to become successful transit users by providing information and support through one-on-one instructor assistance. You can learn more about this option through your local transit authority and other organizations.

### Ridesharing

Ridesharing is a car service. Rides, usually in a privately owned vehicle, can be arranged using a smartphone app or phone call. Rideshare companies (like Uber or Lyft) are licensed by the New York State Department of Motor Vehicles. Some other ridesharing options include: GoGo Grandparent, GreatCall, Concierge, Via, Ridewith24.



[www.dmv.ny.gov/more-info/faq-tnc-passengers](http://www.dmv.ny.gov/more-info/faq-tnc-passengers)

### Medicaid Transportation

New York State covers medical transportation for Medicaid beneficiaries traveling to Medicaid-covered services. If you are Medicaid eligible, visit the website below to find out how to arrange transportation in your county to and from your medical appointments.

[www.medanswering.com](http://www.medanswering.com)

## Social Supports

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### Respite

Respite services provide informal caregivers with a temporary break from their caregiving responsibilities and associated stresses. Caring for a loved one is a responsibility most take on without hesitation. However, informal caregivers often face financial, physical, and emotional burdens that have an impact on their families, social lives, and careers. As the population of older adults grows, so do the demands placed on informal caregivers, making these services even more important.

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov) (1-800-342-9871)

<https://opwdd.ny.gov/types-services/respice-services>

### Inclusive Recreation Opportunities

Find inclusive, accessible recreation opportunities by activity, region, agency or town:

<https://search.inclusiverec.org/>

Find inclusive, accessible recreation on state lands and Department of Environmental Conservation campgrounds:

<https://www.dec.ny.gov/outdoor/34035.html>

## Housing

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### Access to Home Program (NYS Homes and Community Renewal)

The Access to Home Program provides financial assistance to property owners to make dwelling units accessible for low- and moderate-income people with disabilities. This assistance with home adaptation helps individuals continue to live safely and comfortably in their residences and avoid institutional care.

<https://hcr.ny.gov/access-home>

### New York Housing Search

The New York Housing Search is a free online tool to list and find affordable and accessible housing in New York State.

[www.nyhousingsearch.gov/index.html](http://www.nyhousingsearch.gov/index.html)

## **Housing Navigators**

Housing navigators are available across the state to assist individuals with I/DD and their families to find housing in the community. A list of navigators can be found at <https://nyhrc.org/directory.php>.

## **Caregiver Resource Centers**

Under this program, the New York State Office for the Aging is authorized to establish training and assistance programs for caregivers. These local Caregiver Resource Centers (CRCs) provide information, assistance and counseling, support groups, training, and other initiatives, including specialized training for caregivers of adults with developmental disabilities, minority populations, and caregivers of grandchildren.

<https://aging.ny.gov/respice>

<https://www.aarp.org/home-family/caregiving/planning-and-resources/?cmp=RDRCT-7733b975-20200401>

<https://aging.ny.gov/caregiver-resource-center-crc>

## **NY Connects**

NY Connects is the statewide system for anyone who needs information on long-term services and supports. This includes people with disabilities, older adults, family members and caregivers, and helping professionals. NY Connects can connect you with live, local resources to find care and support, remain independent, understand care options, find transportation, learn about supports in caregiving, find supported employment programs, get answers about Medicare, and apply for Medicaid and other benefits, including the Supplemental Nutrition Assistance Program (SNAP) and the Home Energy Assistance Program (HEAP).

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)  
1-800-342-9871

## Office for the Aging Directory

Local Offices for the Aging, also known as Area Agencies on Aging (AAA), are the gateway to home and community-based services that help older New Yorkers age in place.

<b>Albany County</b>	518-447-7177		<b>Niagara County</b>	716-438-4020
<b>Allegany County</b>	585-268-9390		<b>Oneida County</b>	315-798-5456
<b>Broome County</b>	607-778-2411		<b>Onondaga County</b>	315-435-2362
<b>Cattaraugus County</b>	716-373-8032		<b>Ontario County</b>	585-396-4040
<b>Cayuga County</b>	315-253-1226		<b>Orange County</b>	845-615-3700
<b>Chautauqua County</b>	716-753-4471		<b>Orleans County</b>	585-589-3191
<b>Chemung County</b>	607-737-5520		<b>Oswego County</b>	315-349-3484
<b>Chenango County</b>	607-337-1770		<b>Otsego County</b>	607-547-4232
<b>Clinton County</b>	518-565-4620		<b>Putnam County</b>	845-808-1700 ext. 47105
<b>Columbia County</b>	518 828-4258		<b>Rensselaer County</b>	518-270-2730
<b>Cortland County</b>	607-753-5060		<b>Rockland County</b>	845-364-2110
<b>Delaware County</b>	607-746-6333		<b>St. Lawrence County</b>	315-386-4730
<b>Dutchess County</b>	845-475-3511		<b>Saratoga County</b>	518-884-4100
<b>Erie County</b>	716-858-8526		<b>Schenectady County</b>	518-382-8481
<b>Essex County</b>	518-873-3695		<b>Schoharie County</b>	518-295-2001
<b>Franklin County</b>	518-481-1526		<b>Schuyler County</b>	607-535-7108
<b>Fulton County</b>	518-736-5650		<b>Seneca County</b>	315-539-1765
<b>Genesee County</b>	585-343-1611		<b>Seneca Nation of Indians</b>	716-532-5778
<b>Greene County</b>	518-719-3555		<b>St. Regis Mohawk</b>	518-358-2963
<b>Hamilton County</b>	See Warren/Hamilton		<b>Steuben County</b>	607-664-2298
<b>Herkimer County</b>	315-867-1121		<b>Suffolk County</b>	631-853-8200
<b>Jefferson County</b>	315-785-3191		<b>Sullivan County</b>	845-807-0241
<b>Lewis County</b>	315-376-5313		<b>Tioga County</b>	607-687-4120

<b>Livingston County</b>	585-243-7520		<b>Tompkins County</b>	607-274-5482
<b>Madison County</b>	315-697-5700		<b>Ulster County</b>	845-340-3456
<b>Monroe County</b>	585-753-6280		<b>Warren/Hamilton</b>	518-761-6347
<b>Montgomery County</b>	518-843-2300 ext. 229		<b>Washington County</b>	518-746-2420
<b>Nassau County</b>	516-227-8900		<b>Wayne County</b>	315-946-5624
<b>New York City</b>	Within boroughs – 311		<b>Westchester County</b>	914-813-6400
<b>Bronx County:</b>	347-862-5200			
<b>Kings County:</b>	718-671-6200			
<b>Manhattan:</b>	212-962-2720			
<b>Queens County:</b>	718-559-4400			
<b>Richmond County:</b>	718-489-3954			

## Independent Living Center Directory

Below is a directory of Independent Living Centers. To find the most up-to-date information, please see the online directory provided by the New York Association on Independent Living (NYAIL) at <https://nysilc.org/resources/ilc-directory>.

Location	Organization and Address	Phone Number	Website
Albany Center	Capital District Center for Independence 1716 Central Ave Albany, NY 12205	TEL 459-6422 V & TTY	<a href="http://www.cdciweb.com">http://www.cdciweb.com</a>
Albany/Schenectady Center	Office of Disability Services 650 Franklin St Schenectady, NY 12305	TEL (518) 459-6422	<a href="http://www.cdciweb.com">http://www.cdciweb.com</a>
Binghamton Center	Southern Tier Independence Center (STIC) 135 East Frederick Street Binghamton, NY 13904	TEL 724-2111 V & TTY	<a href="http://www.stic-cil.org">www.stic-cil.org</a>
BRIDGES (Formerly Rockland Independent Living Center)	2290 Palisades Center Drive, 2nd Floor West Nyack, NY 10994	TEL (845) 624-1366 TTY (845) 624-0847	<a href="http://www.bridgesrc.org">www.bridgesrc.org</a>
Bronx Center	Bronx Independent Living Services, Inc. 4419 Third Avenue, Suite 2C Bronx, NY 10457	TEL (718) 515-2800 ext 116 TTY (718) 515-2803	<a href="http://www.bils.org">www.bils.org</a>
Brooklyn Center	Brooklyn Center for Independence of the Disabled (BCID) 25 Elm Place, 5th Floor Brooklyn, NY 11201	TEL (718) 998-3000 TTY (718) 998-7406	<a href="http://www.bcid.org">www.bcid.org</a>

Buffalo Centers	Western New York Independent, Inc (WNYIL) 3108 Main Street Buffalo, NY 14214	TEL (716) 836-0822 V & TTY	<a href="http://www.wnyil.org">www.wnyil.org</a>
Buffalo/Batavia/Warsaw	Independent Living of the Genesee Region (ILGR) 319 W. Main Street, Batavia, NY 14020 2407 Main Street, Warsaw, NY 14569	TEL (585) 815-8501 ext. 406 V & TTY	<a href="http://www.wnyil.org/ILGR">www.wnyil.org/ILGR</a>
Buffalo/Niagara Falls	Independent Living of Niagara County (ILNC) 746 Portage Road Niagara Falls, NY 14301	TEL (716) 284-4131	<a href="http://www.wnyil.org/independent-living-niagara">www.wnyil.org/independent-living-niagara</a>
Corning Centers/Outreach Offices	AIM Independent Living Center 271 East First Street Corning, NY 14830	TEL (607) 962-8225 V & TTY	<a href="http://www.aimcil.com">www.aimcil.com</a>
Corning/Elmira	AIM Chemung Independent Living Center & Transition Academy 350 West Church Street Elmira, New York 14901	TEL (607) 962-8225 TTY (607) 733-7764	<a href="http://www.aimcil.com">www.aimcil.com</a>
Corning/Bath	AIM - Outreach Office 117 East Steuben Street Bath, NY 14810	TEL (607) 776-3838 V & TTY	<a href="http://www.aimcil.com">www.aimcil.com</a>

Corning/Belmont	AIM - Outreach Office 84 Schuyler Street Belmont, NY 14813	TEL (607) 962-8225	<a href="http://www.aimcil.com">www.aimcil.com</a>
Corning/Hornell	AIM - Outreach Office Sawyer Street Apartments Hornell, NY 14843	TEL (607) 962-8225	<a href="http://www.aimcil.com">www.aimcil.com</a>
Cortland Center	Access to Independence of Cortland County 26 North Main Street Cortland, New York 13045	TEL (607) 753-7363 V & TTY	<a href="http://www.aticortland.org">www.aticortland.org</a>
Glens Falls Centers	Southern Adirondack Independent Living (SAIL) 71 Glenwood Avenue Queensbury, NY 12804	TEL (518) 792-3537 TTY (518) 792-0505	<a href="http://www.sailhelps.org">www.sailhelps.org</a>
Saratoga Office	Remote services offered, location TBD Ballston Spa, NY 12020	TEL (518) 584-8202 TTY (518) 584-4752	<a href="http://www.sailhelps.org">www.sailhelps.org</a>
Plattsburgh Office	194 US Oval, Room 226 Plattsburgh, NY 12901	TEL (518) 792-3537	<a href="http://www.sailhelps.org">www.sailhelps.org</a>
Harlem Center	Harlem Independent Living Center (HILC) 289 St. Nicholas Avenue Suite 21, Lower Level New York, NY 10027	TEL (212) 222-7122	Website: <a href="http://www.perceptions4people.org">www.perceptions4people.org</a>  Website: <a href="https://hilc.org/">https://hilc.org/</a> (coming soon)
Ithaca Center	Finger Lakes Independence Center 215 Fifth Street Ithaca, NY 14850	TEL (607) 272-2433 V & TTY Video (607) 215-9683	<a href="http://www.fliconline.org">www.fliconline.org</a>

Jamestown Center	Southwestern Independent Living Center, Inc. (SILC) 843 North Main Street Jamestown, NY 14701	TEL (716) 661-3010 TTY (716) 661-3012	<a href="http://www.ilc-jamestown-ny.org">www.ilc-jamestown-ny.org</a>
Kingston Center	Resource Center for Accessible Living, Inc. (RCAL) 727 Ulster Avenue Kingston, NY 12401	TEL (845) 331-0541 TTY (845) 331-4527	<a href="http://www.rcal.org">www.rcal.org</a>
Long Island Center	Long Island Center for Independent Living, Inc. (LICIL) 3601 Hempstead Turnpike, Suite 208 & 500 Levittown, NY 11756	TEL (516) 796-0144 TEL (Español) (516) 796-6176 TTY (516) 796-0135	<a href="https://licilinc.org">https://licilinc.org</a>
Manhattan Center	Center for Independence of the Disabled in New York, Manhattan (CIDNY) 1010 6th Avenue	TEL (212) 674-2300 TTY (212) 674-5619 VP (646) 350-2681	<a href="http://www.cidny.org">http://www.cidny.org</a>
Manhattan/Queens	Center for Independence of the Disabled in New York, Queens (CIDNY) 80-02 Kew Gardens Road, Suite 400 Kew Gardens, NY 11415	TEL (646) 442-1520 TTY (718) 886-0427 VP (646) 846-6875	<a href="http://www.cidny.org">http://www.cidny.org</a>
Massena Center (MILC)	Maximizing Independent Living Choices 156 Center Street Massena, NY 13662	TEL (315) 764-9442 V & TTY	<a href="http://www.milcinc.org">www.milcinc.org</a>
Monticello Centers	Action Toward Independence, Inc. (ATI) 309 E. Broadway, Suite A Monticello, NY 12701	TEL (845) 794-4228 V & TTY	<a href="http://www.atitoday.org">www.atitoday.org</a>
Monticello/Middletown	Action Toward Independence, Inc. (ATI) P.O. Box 359 126 Seward Avenue Middletown, NY 10940	TEL (845)343-4284 V & TTY	<a href="http://www.atitoday.org">www.atitoday.org</a>

Newburgh Centers	Independent Living, Inc. 5 Washington Terrace Newburgh, NY 12550	TEL (845) 565-1162 V & TTY	<a href="http://www.myindependentliving.org">http://www.myindependentliving.org</a>
Newburgh/Middletown	Independent Living, Inc. 30 Industrial Drive Middletown, NY 10940	TEL (845) 342-1162 V & TTY	<a href="http://www.myindependentliving.org">http://www.myindependentliving.org</a>
Newburgh/Monticello	Independent Living, Inc. 10 Prince Street, Suite 12 Monticello, NY 12701	TEL (845) 794-3322	<a href="http://www.myindependentliving.org">http://www.myindependentliving.org</a>
Oneonta Center	Catskill Center for Independence (CCFI) 6104 State Highway 23 Oneonta, NY 13820	TEL (607) 432-8000 V & TTY	<a href="http://www.ccfi.us">www.ccfi.us</a>
Olean Center (DIL)	Directions in Independent Living 512 West State Street Olean, NY 14760	TEL (716) 373-4602 V & TTY	<a href="http://www.oleanilc.org">www.oleanilc.org</a>
Plattsburgh Center	North Country Center for Independence (NCCI) 80 Sharron Avenue Plattsburgh, NY 12901	TEL (518) 563-9058 V & TTY	<a href="http://www.ncci-online.com">www.ncci-online.com</a>
Poughkeepsie Center	Taconic Resources for Independence (TRI) 82 Washington Street, Suite 214 Poughkeepsie, NY 12601	TEL (845) 452-3913 TTY (845) 485-8110 Video (845) 345-8416	<a href="http://www.taconicresources.org">www.taconicresources.org</a>
Rochester Centers	Regional Center for Independent Living (RCIL) 497 State Street Rochester, NY 14608	TEL (585) 442-6470 V & TTY	<a href="http://www.rcil.org">www.rcil.org</a>
	Regional Center for Independent Living (RCIL) 497 State Street Rochester, NY 14608	TEL (585) 442-6470 V & TTY	<a href="http://www.rcil.org">www.rcil.org</a>

Rochester/Geneva	Center for Disability Rights, Inc. (CDR) 34 Castle Street Geneva, NY 14456	TEL (315) 789-1800 V & TTY	<a href="http://www.cdrnys.org/">http://www.cdrnys.org/</a>
Rochester/Corning	23 West Market, Suite 103 Corning, NY 14830	TEL (607) 654-0030 V & TTY	<a href="http://www.cdrnys.org/">http://www.cdrnys.org/</a>
Saranac Lake	Tri Lakes Center for Independent Living (TLCIL) 43 Broadway Street, Suite 1 Saranac Lake, NY 12983	TEL (518) 891-5295	<a href="http://www.tlcil.org">www.tlcil.org</a>
Staten Island Center	Staten Island Center for Independent Living (SICIL) 470 Castleton Avenue Staten Island, NY 10301	TEL (718) 720-9016 TTY (718) 720-9870	<a href="http://www.siciliving.org/">http://www.siciliving.org/</a>
Suffolk Centers	Suffolk Independent Living Organization (SILO) 3253 Route 112, Bldg. 10 Medford, New York 11763	TEL (631)880-7929 TTY (631) 946-6585	<a href="https://www.siloinc.org/">https://www.siloinc.org/</a>
Syracuse Centers	ARISE 635 James Street Syracuse, NY 13203	TEL (315) 472-3171 TTY (315) 479-6363	<a href="http://www.ariseinc.org">http://www.ariseinc.org</a>
	ARISE Auburn 21 Lincoln Street Auburn, NY 13021	TEL (315) 255-3447 TTY (315) 282-0762	<a href="http://www.ariseinc.org">http://www.ariseinc.org</a>
	ARISE Madison County 1972 New Boston Road Chittenango, NY 13037	TEL: (315) 363-4672 TTY: (315) 363-2364	<a href="http://www.ariseinc.org">http://www.ariseinc.org</a>

	ARISE Fulton Satellite 113 Schuyler Street, Suite 2 Fulton, New York 13069	TEL (315) 887-5156	<a href="http://www.ariseinc.org">http://www.ariseinc.org</a>
	ARISE/Oswego Center Satellite Creekside Plaza, State Rt. 104 Oswego, New York 13126	TEL (315) 342-4088 TTY (315) 342-8696	<a href="http://www.ariseinc.org">http://www.ariseinc.org</a>
Troy Centers (ILCHV)	Independent Living Center of the Hudson Valley 15-17 Third Street Troy, NY 12180	TEL (518) 274-0701 V & TTY	<a href="http://www.ilchv.org">www.ilchv.org</a>
Troy Centers (ILCHV)	Independent Living Center of the Hudson Valley 802 Columbia St. Hudson, New York 12534	TEL (518) 828-4886 TTY (518) 828-6293 TTY (800) 421-1220	<a href="http://www.ilchv.org">www.ilchv.org</a>
Utica Centers	Resource Center for Independent Living (RCIL) 131 Genesee Street P. O. Box 210 Utica, NY 13503-0210	TEL (315) 797-4642 TTY (315) 797-5837	<a href="http://www.rcil.com/">http://www.rcil.com/</a>
Utica Centers	Resource Center for Independent Living/The Dorothy Smith Center for Advocacy 1607 Genesee Street Utica, NY 13501	TEL (315) 624-2554	<a href="http://www.rcil.com/">http://www.rcil.com/</a>
Utica/Amsterdam	Resource Center for Independent Living (RCIL) 131 Maple Avenue Extension Amsterdam, NY 12010	TEL (518) 842-3561 TTY (518) 842-3593	<a href="http://www.rcil.com/">http://www.rcil.com/</a>

Utica/Herkimer	Resource Center for Independent Living 420 East German Street, Suite 107A Herkimer, NY 13350	TEL (315) 866-7245 TTY (315) 866-7246	<a href="http://www.rcil.com/">http://www.rcil.com/</a>
Watertown Center	Northern Regional Center for Independent Living (NRCIL) 210 Court Street, Suite 107 Watertown, NY 13601-2711	TEL (315) 785-8703 TTY (315) 785-8704	<a href="http://www.nrcil.net">www.nrcil.net</a>
Watertown / Lowville	Northern Regional Center for Independent Living (NRCIL) 5520 Jackson Street Lowville, NY 13367	TEL (315) 836-3735	<a href="http://www.nrcil.net">www.nrcil.net</a>
White Plains Centers	Westchester Independent Living Center (WILC) 10 County Center Road, 2nd Floor White Plains, NY 10607	TEL (914) 682-3926 VP (914) 259-8036	<a href="http://www.wilc.org">www.wilc.org</a>
WILC Putum	Putnam Independent Living Services 1441 Route 22, Suite 204 Tompkins Mahopac Bank Building Brewster, NY 10509	TEL (845) 228-7457 VP/TTY (914) 259-8036	<a href="http://www.putnamils.org">www.putnamils.org</a>
Yonkers Outreach Office	Pathways to Success 75 Riverdale Avenue Yonkers, NY 10701	TEL (914) 376-8600	
Yonkers Center	Westchester Disabled on the Move, Inc. (WDOM) 984 No. Broadway, Suite 400 Yonkers, NY 10701	TEL (914) 968-4717	<a href="http://www.wdom.org">www.wdom.org</a>

## Developmental Disabilities Regional Offices (DDROs)

Developmental Disabilities Regional Offices (DDROs) are the starting point to apply for services. For the most up-to-date information about DDROs, please visit <https://www.msnavigator.org/> and search for DDROs.

Region	Contact Information	Counties Served
Region 1: Western NY & Finger Lakes	Phone: 585-241-5700, Main Line Rochester  800-487-6310, Main Line West Seneca	Allegany, Cattaraugus, Chautauqua, Chemung, Erie, Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Schuyler, Seneca, Steuben, Wayne, Wyoming, Yates
Region 2: Central NY, Broome & Sunmount	Phone: 315-473-6978, Main Line Syracuse	Broome, Cayuga, Chenango, Clinton, Cortland, Delaware, Essex, Franklin, Hamilton, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, Otsego, St. Lawrence, Tioga, Tompkins
Region 3: Capital District, Taconic & Hudson Valley	518-388-0431, Main Line Capital District  845-473-5050, Main Line Poughkeepsie  845-947-6100, Main Line Thiells	Albany, Columbia, Dutchess, Fulton, Greene, Montgomery, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Schoharie, Sullivan, Ulster, Warren, Washington, Westchester

<p>Region 4: Metro New York, Brooklyn, Staten Island &amp; Bernard Fineson</p>	<p>718-217-5890, Main Line Queens</p> <p>718-642-6000, Main Line Brooklyn</p> <p>646-766-3222, Main Line Manhattan</p> <p>718-430-0885, Main Line Bronx</p> <p>718-983-5233, Main Line Staten Island</p>	<p>Bronx, Kings, New York, Queens, Richmond</p>
<p>Region 5: Long Island</p>	<p>Phone: 631-434-6100, Main Line</p>	<p>Nassau, Suffolk</p>

## Regional TRAIID Centers

For more information about TRAIID services, contact your nearest TRAIID Center below or contact the Justice Center for the Protection of People with Special Needs at [infoassistance@justicecenter.ny.gov](mailto:infoassistance@justicecenter.ny.gov) or 1-800-624-4143.

Region	Traiid Center Name and Location	Phone Number	Counties Served
North Country	Adirondack Regional Technology Center SUNY Plattsburgh 101 Broad Street, Sibley 323 Plattsburgh, NY 12901	(800) 388-0199 (voice/TTY)  (518) 564-3366 (voice)	Clinton, Essex, Franklin, St. Lawrence
Southwestern Region	AIM Independent Living Center 27 East First Street Corning, NY 14830	(607) 962-8225 x133 (voice/TTY)	Allegany, Cattaraugus, Chautauqua, Chemung, Schuyler, Steuben
Capital Region	Southern Adirondack Independent Living Center (SAIL) 71 Glenwood Avenue Queensbury, NY 12804	(518) 792-3537 (voice)  (518) 792-0505 (TTY)	Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington
Western Region	Center for Assistive Technology University of Buffalo 315 Alberta Drive, Suite 102 Buffalo, NY 14214	(716) 836-1350 (voice/TTY)	Erie, Genesee, Niagara, Orleans, Wyoming
Central New York Region	ACCESS CNY 1603 Court Street Syracuse, NY 13208	(315) 410-2494 (voice)  (315) 455-1794 (TTY)	Cayuga, Cortland, Madison, Oswego, Onondaga, Tompkins

<p>Genesee/Finger Lakes Region</p>	<p>Regional Center for Independent Living 497 State Street Rochester, NY 14608</p>	<p>(585) 442-6470 (voice/TTY)</p>	<p>Livingston, Monroe, Ontario, Seneca, Wayne, Yates</p>
<p>Hudson Valley Region</p>	<p>Wraparound Services of the Hudson Valley 250 Tuytenbridge Road, PO BOX 1488 Kingston, NY 12402</p>	<p>(845) 336-7235 (voice)  (845) 336-4055 (TTY)</p>	<p>Orange, Sullivan, Ulster, Rockland</p>
<p>Lower Hudson Valley Region</p>	<p>Westchester Institute for Human Development Cedarwood Hall 20 Hospital Oval W Valhalla, NY 10595-1689</p>	<p>(914) 493-1317 (voice)  (914) 493-1204 (TTY)</p>	<p>Putnam, Dutchess, Westchester</p>
<p>Long Island Region</p>	<p>Suffolk Independent Living Organization 3253 Route 112 Building 10 Medford, NY 11763</p> <p>Nassau Location: 77 Arkay Drive P.O. Box 12173 Hauppauge, NY 11788</p> <p>Suffolk Location: 253 Route 112 Building 10 Medford, NY 11763</p>	<p>(631) 880-7929 (voice)  (631) 730-3737 (voice/TTY)</p>	<p>Nassau, Suffolk</p>
<p>Southern Tier Region</p>	<p>Southern Tier Independence Center (STIC) 135 East Frederick St. Binghamton, NY 13904</p>	<p>(607) 724-2111 (voice/TTY)</p>	<p>Broome, Chenango, Delaware, Otsego, Tioga</p>

New York City Region	Adapt Community Network 175 Lawrence Ave. Brooklyn, NY 11230	(718) 436-7979 x 710 (voice)	Bronx, Kings, Manhattan, Queens, Richmond
Mohawk Valley/Leatherstocking Region	Upstate Cerebral Palsy 675 Catherine St. Utica, NY 13501	(315) 292-1968 (voice/TTY)	Fulton, Montgomery, Hamilton, Herkimer, Jefferson, Lewis, Oneida





# Office for the Aging

**Two Empire State Plaza  
Albany, NY 12223-1251**

Kathy Hochul, Governor  
Greg Olsen, Acting Director

**[www.aging.ny.gov](http://www.aging.ny.gov)**