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Finding the right long term services and supports to help you can be very confusing. **NY Connects: Choices for Long Term Care** is your trusted place for information and assistance about [long term services and supports](#) whether you are paying for services yourself, through insurance, or eligible for a government program.

Local **NY Connects** Information and Assistance Specialists provide personalized counseling to help you make informed decisions and can assist you in accessing available long term services and supports to meet existing or future long term needs. You can contact **NY Connects** even if you already use long term services and supports. Click on [Local NY Connects Programs](#) to find a program near you.

This website provides a tool to search for general information on different types of long term services and supports. Click on [Search for Services](#) or use the [quick search function](#) at the top of the page to search for long term services and supports in your area.

To read about information on some of the long term services and supports that may be available in your community, click on [Learn About Care Options](#). There are many more long term services and supports. Contact your [local NY Connects program](#) to speak to a trained Information and Assistance Specialist to find out other services and supports in your area.