



Overview of Community Resources - New York

This introduction to community resources in New York can help you begin to understand options and to explore if you may be eligible.

NY Connects

Connects older adults and individuals with disabilities of any age to long term community supports and services.

Locate your local office by calling 800-342-9871 or at: nyconnects.ny.gov

New York Community Action Agencies

Community Action Agencies can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

- Locate your local agency at: nyscommunityaction.org/the-ny-network

New York State Office of Temporary and Disability Assistance (OTDA)

Find your local Department of Social Services office: otda.ny.gov/workingfamilies/dss.asp or call: (518) 473-1090. Apply online at: mybenefits.ny.gov/mybenefits/begin

At OTDA you may apply for:

- **Temporary Assistance (TA)**
otda.ny.gov/programs/temporary-assistance/
Temporary cash assistance programs to assist individuals and families.
- **Supplemental Nutrition Assistance Program (SNAP)**
otda.ny.gov/programs/snap/
Previously known as Food Stamps, SNAP funds may be used to buy food. Individuals and families with low income may qualify.

Additional Cash Assistance

- **Paid Family Leave** provides eligible employees job-protected, paid time off to:
 - Care for a family member with a serious health condition.
 - Bond with a newborn child, adopted child, or foster care child (within 12 months' time).
 - Assist loved ones when a spouse, domestic partner, child or parent is deployed abroad on active military service.
 - For more information on eligibility and how to apply see:
paidfamilyleave.ny.gov/employees
- **Short Term Disability** provides cash-only benefits to eligible employees with an injury or illness not related to their job.

For more information on eligibility and how to apply see:
wcb.ny.gov/content/main/DisabilityBenefits/employee-disability-benefits.jsp#benefits

- **The Social Security Administration (SSA)** has two programs for people with serious disabilities. **Find your local SSA office:** secure.ssa.gov/ICON/main.jsp or call 800-772-1213. We recommend you apply in person or on the phone if possible.
 - **Social Security Disability Insurance (SSDI):** for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for at least a certain period of time before becoming disabled.
 - **Supplemental Security Income (SSI):** for those who are disabled, blind, or age 65+. Needs-based program with income and asset limits.

Food Assistance

- **SNAP** See OTDA above for information about SNAP (formerly food stamps).
- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)**
People with low-income may qualify if they are pregnant, breastfeeding, non breastfeeding postpartum, or a child up to their 5th birthday. **No immigration requirements.** To find and apply at your local WIC office go to: health.ny.gov/prevention/nutrition/wic/.
- **Feeding New York State Food Pantry locator:** feedingnys.org/need-food/

Housing

- **Homes and Community Renewal (HCR)**
hcr.ny.gov/find-affordable-housing
Provides many housing resources including a housing search website, and information on housing lotteries and Section 8 housing.

Fuel Assistance

The Home Energy Assistance Program (HEAP) can assist eligible households with heating costs. Locate your local District HEAP contact at: otda.ny.gov/programs/heap/contacts/

Emergency Financial Assistance Funds

- **New York 2-1-1**
Explains and refers to financial assistance and other help in the community. Dial 211 (anywhere in New York), or search 211nys.org