

Resource Manual

for Onondaga and Surrounding Counties



*Supporting families whose
sons or daughters have a disability*



2008-2010



Exceptional Family Resources is pleased to present the 2008-2010 edition of our resource manual.

We would like to acknowledge and thank Joan K. Christensen, Assemblywoman 119th District, for once again securing a New York

State grant to make possible the printing and free distribution of the 2008-2010 edition of the Resource Manual for Onondaga and Surrounding Counties.

We also thank our advertisers for helping to underwrite the cost of producing this manual. They have done so because they actively support and work with people who have developmental disabilities and their families. Please explore the options they offer to you.

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Attorney and Counselor At Law

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Disability Matters ★ Elder Law Issues
Supplemental Needs Trusts

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Liverpool, NY 13090
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Lory Matthews, Director

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A wonderful children's story everyone will enjoy.

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Written by Renee McCall
Illustrated by Katie McCall



This story is based on the Friendship of two girls named Katie and Sarah, who met as preschoolers.

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Written by Renee McCall -- Illustrated by Katie McCall

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About this manual...

Information in this manual is organized by program, NOT by organization. If an organization provides more than one kind of service, each service will be listed separately in the section describing those services. Each listing for that organization will then end with the direction to **See Index**. By visiting all of the pages listed in the index for that organization, you will get a more complete picture of all the services provided by that organization.



NEW...Phone numbers have been added to the index in this edition. If an organization has a main number, or only one number, that number was included in the index. However, if there are program specific numbers, then a number wasn't listed, since it will be more efficient to find the number of the program in the pages of the manual.

Mystified by abbreviations? Check out pages 15 and 28 for a key to many common abbreviations and acronyms used when referring to disability related issues, especially in New York State and Central New York. For a more inclusive list of acronyms, check out the list included on the NYS Office of Mental Retardation and Developmental Disabilities website, at the following address:
www.omr.state.ny.us/journal/hp_acronym.jsp

Electronic resources that apply to the organizations included in this manual, such as fax numbers, email addresses, and websites, are included throughout the manual. Additional websites that you may find useful can be found on pages 3, 4, 6, 7, 8, 11, 15, 17, 28, 32, 33, 37, 43, 45, 46, 48, and 50.

Would you like to obtain your own copy of this edition of the resource manual? Checkout page 7 for instructions.

Finding services across the life span

Finding services for infants and preschool children

The first step to getting appropriate services for an infant or a child under five must be to obtain an evaluation, which makes the child eligible for Early Intervention or Preschool services. Therefore, parents should follow the steps described in the shaded area of the EARLY CHILDHOOD PROGRAMS section of this manual *before*

moving on to the additional information about specific programs. There are many programs and services for children under 5. Children in Onondaga County can receive their services in inclusive preschool programs, Head Starts, nursery schools, child care centers or (if the parent prefers) at home.

Services for children entering school through high school graduation

“A Parent’s Guide to Special Education” describes the rights of parents whose children receive special education services. This booklet should be given to parents upon referral for special education evaluation. This guide and other publications explaining special education are available through your school district and SETRC, or may be downloaded from the New York State Education website at:

<http://www.vesid.nysed.gov/specialed/publications/policy/parentguide.htm>

Special education services for students attending private or parochial schools are provided through the Special Education department of the public school district where they attend.

Agencies designated with an asterisk (*) in the EDUCATION section of this manual may accompany parents to CPSE/CSE meetings. Parents can look to advocates for help getting appropriate educational services for their children, or for help understanding the programs offered by school districts for their children.

(Please note: The printed “Parents Guide to Special Education” has not been revised to reflect the new requirements of the Individuals with Disabilities Education Act as reauthorized in 2004. However the link on the NYS website to the Sample Request for Due Process Proceedings has been updated to the reauthorized form effective July 1, 2005.)

Planning for the years after high school

As students with special needs reach their teens, they and their family may need special help planning for the years after they are no longer in public education. Parents can find information and support by contacting:

Transition Services at Exceptional Family Resources

Sue Corcoran 478-1462 ext. 327

The Transition Services program provides speakers, information and networking opportunities for parents, agencies and school personnel, to support transition planning and outcomes as students move from high school to adult life. (Ages 14-22) Publishes a transition newsletter. See also the EDUCATION and PARENT AND CONSUMER GROUPS sections of this manual.

Transition Resource Packets are available through Exceptional Family Resources. Call extension 327.

What is transition planning?

—It helps your child choose and plan for what he or she would like to do in the future, after leaving school.

—It helps your child to learn the skills needed as an adult to be successful in living, learning and working in the community.

—It should be provided by the school district to your child between the ages of 14 to 21, if he or she receives special education programming and services, or as early as age 12 if appropriate.

How do I get transition services for my child?

Before your child reaches age 15, the school district’s Committee on Special Education (CSE) is required to meet with you, your child and professionals from community agencies to discuss what skills and knowledge your child will need as an adult. This involves a discussion of your child’s needs, preferences, and interests. The programs and services planned will become part of your child’s Individualized Education Program (IEP). These will be reviewed and updated annually until your child completes school or reaches the age of 21.

For what areas of adult living should my child be better prepared?

Employment * Housing * Higher Education* Leisure Activities * Income/Money Management * Maintaining Health Care * Self-advocacy, Decision-making, and Problem-solving * Transportation

Is it time to move away from home? If yes... where?

Residential opportunities are available to you based on how much care and supervision you need and your own desires.

While there are many possible options, the number of openings remains less than needed. NYS-CARES (New York State Creating Alternatives in Residential Environments and Services) describes several options: living on your own; living with

someone else’s family; living with others; living in a supervised apartment; or living with others in a larger group setting.

The best first step for any family is to work with your service coordinator to determine specific needs, to get on waiting lists (through your service coordinator) as soon as possible, and to explore options in your own community.

New Information!

What are “Medicaid Waivers”?

Medicaid Waivers are programs in which a variety of medical and non-medical support services are made available to targeted groups of people, generally in order to achieve the goal of health and functional community independence. Services are delivered according to plans crafted to meet each recipient’s individual needs. These programs are called “waivers” because the Federal Government gives states permission to use Medicaid funds to pay for services that Medicaid does not usually pay for, often in response to gaps and inadequacies in services of particular states. The following are the most commonly-used Medicaid Waivers developed in New York State:

TBI Waiver - This waiver allows persons with traumatic brain injury (TBI) aged 18-64 who meet the nursing facility level of care to remain living at home and in the community. Services offered under this waiver include: individualized care coordination, skills building, respite, family support, intensive in-home services, and crisis response.

Long Term Home Health Care Program - This waiver is available to persons who are eligible for placement in a nursing home and prefer instead to receive services at home. Waiver services may include the following: case management, home delivered or congregate meals, housing improvements, respiratory therapy, medical social services and respite care.

Home and Community-Based Services Waiver (OMRDD) - This waiver allows persons with developmental disabilities who are eligible for group home or nursing facility level of care to remain living in their own homes in the community. Services offered under this waiver include: residential and day habilitation, prevocational services, supported work services, and residential respite.

Care At Home For Physically Disabled Children - This waiver provides in-home services so that families can bring physically disabled children home from the hospital or nursing facility. Services offered under this waiver include: case management, home adaptation, and respite.

Nursing Home Transition and Diversion Waiver - This is a new waiver program currently under development, designed to provide a variety of services to enable persons living in nursing facilities to move back to their own homes, and to help people eligible for nursing facility care to avoid having to leave their homes and enter a nursing facility. Services will include: community integration counseling, independent living skills training, purchase of start-up supplies and equipment, home accessibility modifications, moving assistance, peer mentoring, respite, and home care services.

This article was reprinted with permission from the August 2008 edition of the e-bulletin from the NYS DDPC.

Service Coordination—What is it?...Why do we need it?

Why does someone need a service coordinator?

— A service coordinator can assist with information about the various agencies and services they offer. Visits can be arranged to view the different agencies and talk with professionals who provide the services.

— Applications to Medicaid, Medicaid waiver, social security and other resources may be cumbersome and confusing. A service coordinator can assist with their completion and submission.

— Access to respite, environmental modifications (changes to the home such as ramps, ceiling tracks, etc.), adaptive equipment (communication devices, sensory items, etc.), are a few items that may be helpful.

— Parents may have also cared for their son/daughter through the parents’ later years of life and find that there is a looming need for residential placement to prepare for the time when they will no longer be capable of providing that care. A service coordinator may assist with applications to CLIP (Community Living Intake Process) and New York CARES lists, or wait lists with residential agencies.

How does one navigate through the service systems?

— A service coordinator should be familiar with agencies in the area and the services they provide.

— They may also be familiar with guardianship, supplemental needs trusts, Medicaid, Medicaid Waiver, and other future planning issues.

— The service coordinator could help find professionals who specialize in helping with issues that affect people with

developmental disabilities. (i.e. sensory, emotional, behavioral, etc.) — They should also understand what recreational opportunities are available.

What services are available to assist my son/daughter?

This manual is just filled with the options in our community, but it can be time-consuming and confusing to navigate through these services alone. A service coordinator will strive first to develop an understanding of the individual he or she is working with and will then assist that person to access resources and services to help that person reach his or her own personal goals.

When it finally comes to choosing a service coordinator for yourself or for your family member with disabilities, how should you proceed?

What are the questions you should ask of the person who is recommended for the job? The Office of Mental Retardation and Developmental Disabilities published a brochure from which we have reprinted questions and tips to help consumers and families in their selection of a service coordinator. See the SERVICE COORDINATION section of this manual on page 44 for this information and a list of organizations that provide service coordination.

The primary point of contact for service coordination at the CNYDSO can be reached at 425-5367

A Guide for Choosing a Residential Service Provider

The following information was adapted from a Service Publication of the NYS OMRDD. The full text of this document is available on-line at the following web address: http://www.omr.state.ny.us/document/hp_choosersp.jsp

Ways to learn more about the agencies that offer residential services:

- Consider how their mission statements compare to your own ideas and preferences.
- Talk with individuals or the families of individuals who have received services from the agencies you are considering.
- Check out their websites, and/or explore OMRDD's Website at www.omr.state.ny.us

Learn about administrative policies and practices of each agency:

- What experience does it have in providing residential services to people with developmental disabilities, and what types of residential and day services does it offer?
- What are the agency's personnel practices concerning hiring, promotion and overtime? Are individuals served involved in the hiring and evaluation of employees?
- Does the agency have a quality improvement program?...a staff recruitment and retention program?... an employee training program?
- What is the ratio of staff to people served at various times? How do they assure coverage during staff vacations and illnesses?
- What are their policies and procedures for dealing with incidents?

How does the agency relate to residents, their family, and friends?

- What processes are in place to help in the selection of a living arrangement prior to making the final decision, such as visits to potential residences and activities to help people become acquainted with the staff and other individuals living in the home?
- How does the agency handle issues of family involvement? What level of involvement do **you** want to have in developing and updating the individualized service plan, medical care and leisure activities?
- What does the agency do to maximize the free flow of information?
- How do they handle questions, concerns and conflict resolution?
- What process does the agency use to get to know each person well,

and to develop services and supports that will maximize independence as well as respond to their unique interests and circumstances?

- What steps are taken to ensure self-advocacy in development and implementation of the individualized service plan, as well as making choices about daily and occasional activities such as roommate selection, room decoration, meals, leisure and community activities, personal media items, and vacations? How does the agency accommodate the social activities of each individual, including visits and events involving family and friends?
- What are the agency's policies on issues related to handling income, guardianship, or the expenditure of personal resources for the individuals served?
- How does the agency foster the general good health of individuals, such as medication administration, dietary requirements and exercise? Does the agency ensure that regular and needed health and dental care is received from providers of the individual's choice?

Overall Impressions

- When you visit a residence, what is your general impression?
- What was the general attitude of those affiliated with the residence? Did people appear to get along well?
- Did the residence seem to run smoothly? Was it clean and organized both inside and out? Was the staff able to address the needs of the people being served?
- What were people in the home doing at the time of your visit? Did they seem comfortable and well cared for?
- Did it feel like home?



Start your search for services at

Exceptional Family Resources

We help families through...

Advocacy/help with educational issues
(Page 26)

Family Education and Training Program
(Page 22)

First Step Program (Page 22)

Medicaid Service Coordination (Page 44)

Parent to Parent of NYS (Page 33)

Recreation and After-school
Programs (Pages 37 and 40)

Residential Habilitation (Page 21)

Respite (Page 43)

Services for Seniors (Page 45)

The Children With Special Health Care
Needs Program (Page 22)

www.contactefr.org

YOU CAN HELP TOO!

We are **ALWAYS** recruiting for paid,
part-time employee positions.

Respite—Provides temporary relief care for a child or adult with a developmental disability in his or her home to allow parents and caretakers to take a break.

Residential Habilitation—By committing to a long-term relationship with a person with a developmental disability, you can enhance his or her daily living skills and foster community inclusion. (Must have one year of related experience.)

After-school Centers—Working with students from elementary through high school to integrate youth with disabilities into existing after-school center programs such as the Jewish Community Center and YMCA programs.

Call 478-1462, extension 329 to learn how
YOU can become a part-time employee in one of our programs:

CALL ANYTIME... CALL NOW!

Instructions for ordering the Resource Manual

***Free copies of the 2008-2010 Resource Manual may be picked up at our offices at:**

1065 James Street, Suite 220, Syracuse, NY 13203

(We are located on the corner of James and Dewitt Streets)

To obtain your Manual(s) through the mail, please send a check payable to *Exceptional Family Resources, Manual Order* to cover postage and handling charges as follows:

- For one or two copies—send \$2.75
- For three or four copies—send \$4.50
- For five or six copies send \$6.00

* To assure that an adequate supply of manuals is on hand when you stop to pick them up, (or if you have any other questions,) please call (315) 478-1462, ext. 328 if you plan on picking up ten or more copies at one time.



A pdf version is also available online at our website at:

www.contactefr.org

ASSISTIVE TECHNOLOGY AND EQUIPMENT

Assistive Technology (AT) is any item or piece of equipment used to maintain or improve a person's functional capabilities. Moving beyond familiar durable medical equipment, such as wheelchairs, lifts, and hospital beds, which can easily be found in the yellow pages under the heading "Wheel Chairs," there are many advancements in computers and communication devices which can help people make the best use of their abilities. This section suggests places to find information and funding, as well as resources for keeping up-to-date with emerging technology. Although some are not local organizations, it's worth calling these organizations in your search, beginning with **Enable, our local representative of the statewide TRAID program** (Technology Related Assistance for Individuals with Disabilities).

MAGAZINES

Exceptional Parent Magazine

The Magazine for Families and Professionals

To subscribe (877) 372-7368

Web: www.eparent.com

For the Exceptional Parent Bookstore (800) 372-7368

This magazine has a wealth of information, including the latest in adaptive technology in the articles and ads.

AGENCIES, ETC.

For students, a school district's physical and/or occupational therapist may be able to help identify appropriate equipment.

See our ad on page 67.

ARISE Child and Family Service, Inc.472-3171

635 James St., Syracuse 13203 Fax 472-9252

Home access ramps for income-eligible Syracuse residents.

Portable ramps and manual wheelchairs available through Equipment Loan Closet. Technology consultations for individuals and groups for computer/adaptive technology use in the home, school and workplace. Web: www.ariseinc.org **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office..... 473-5050

The **CNYDSO** can provide tech evaluations and information about the most appropriate adaptive equipment to meet individual needs. Possible funding source. **SEE INDEX**

See our ad on page 66.

Enable455-7591

Project Adapt.....410-3336 Fax455-1230

Assistive technology (AT) program offers evaluations with many types of technology including augmentative communication devices, seating and positioning equipment, as well as environmental modifications. Training and support services are available to ensure the best use of technology for greatest independence at home, school, work and in the community. **Project Adapt**, the AT lending library, provides people with an opportunity to try out equipment before reaching a final decision on the best match. Enable is the regional representative for the statewide TRAID Project, providing AT information, referral, training, and equipment loans. Enable is also the **Microsoft Accessibility Resource Center of NYS** and assists people with the accessibility features of Windows VISTA. Web: www.enablecny.org **SEE INDEX**

Learning Disabilities Association of CNY 432-0665

Computer software options.

Neighborhood Legal Services, Inc.

Assistive Technology Advocacy Project(716) 847-0655 ext. 256

237 Main St., Suite 400, Buffalo 14203 Email: mgustas@nls.org

- Provides direct and indirect advocacy services statewide regarding assistive technology. Direct services include advocacy, representation for administrative hearings, and, upon review, possible representation in court.

- Indirect services include IMPACT, a quarterly newsletter; technical assistance to medical personnel and families; pro bono services and/or referrals to pro bono attorneys across the state; information about AT evaluations and types of AT and equipment. Covers key funding sources including Medicaid, Medicare, Medicaid and Medicare managed care, VESID, SSI's PASS, Private Insurance, VA benefits, foster care issues for the disabled, Child Health Plus, and preventive care services. Extensive information and links on website.

Web: www.nls.org

SEE INDEX

Onondaga County Public Library.....435-1876

STAR Program (Special Technologies & Adaptive Resources)

The Galleries of Syracuse, 447 S. Salina St., Syracuse, 13202-2494

The Central Library offers access to its catalog, the Internet, word processing, all print resources and more through special technologies designed for use by people with disabilities. Demonstrations and training provided free at the library. Collections of adaptive resources such as Braille and large print books, Talking Books and described videos and DVDs are available for loan. Access to digital books and accessible digital book players is being developed.

Special technologies available include: MAGic computer screen zoomtext magnifying software; JAWS computer screen reading software; DRAGON Naturally Speaking voice recognition software; Kurzweil scanners and personal reading machine; Aladdin closed-circuit TV magnifier; Assortment of lighted magnifiers; American Printing House 4-track cassette player/ recorders; Talking Book cassette machines; and the Pocket-Talker assistive listening device.

Email: mallnatt@onlib.org Web: www.onlib.org **SEE INDEX**

See our ad on page 66.

Terryco.....457-1770

FINANCIAL

Funding for assistive technology can come from many sources, including Medicaid, Medicare, school districts, (if included on the student's Individualized Education Plan,) private insurance, or private sources. In addition to the agencies already listed, see **Central New York Friends** and the **Onondaga County Health Department/Special Children Services** in the FINANCIAL SECTION.

ELECTRONIC RESOURCES

Disability access/web accessibility

Web: www.w3.org/

NIDRR

National Institute on Disability and Rehabilitation Research

Web: www.ed.gov/about/offices/list/osers/nidrr

RESNA

Rehabilitation Engineering & Assistive Technology Society of North America Web: www.resna.org/

COUNSELING

CRISIS COUNSELING (EMOTIONAL, PSYCHIATRIC, AND OTHER)

Catholic Charities

Dorothy Day House.....476-0617
Shelter for homeless women and children.

Oxford Street Inn.....423-9137
201 Oxford St., 13204
Shelter and housing programs for homeless men.

CPEP at St. Joseph’s Hospital448-6555
Comprehensive Psychiatric Emergency Program
201 Prospect Ave., Syracuse 13203
Walk-in service available for Emergency Psychiatric Services
Web: www.sjhsyr.org **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office
Disability Services Information 473-5050
SEE INDEX

Child Abuse and Maltreatment Register

If someone is in immediate danger 911
Otherwise (800) 342-3720
For hearing impaired (800) 638-5163
Statewide reporting number for people who suspect a child is being
abused or neglected, or is in imminent danger of same.
Web: www.ocfs.state.ny.us

Contact

Hot Line (Suicide and Crisis Counseling)..... 251-0600
Office..... 251-1400
Trained volunteers offer 24 hour telephone counseling to callers in
crisis or in need of help. Confidential. Free.

Emergency Number 911
For both hearing callers and deaf callers using TTY equipment.
911 center equipment recognizes and responds to TTY equipment.

Onondaga County Department of Social Services—

Protective Services

Children’s Division 435-2884
Child Protective Services (CPS) 435-2884
Child Abuse Report Hotline for general public..... 422-9701
Child Abuse Report Hotline for mandated reporters.....422-9840
State Hotline for general public.....1-800-342-3720
State Hotline for mandated reporters.....1-800-635-1522
Administered by Department of Social Services, John H. Mulroy
Civic Center, 8th Flr., 421 Montgomery St., 13202
The only public entity responsible for safeguarding the physical,
mental, and emotional safety of abused and neglected children.
CPS investigates reports of suspected child abuse and neglect within
families and where appropriate provides and/or arranges for services
necessary to ensure the maltreated child’s well-being. Provides foster
care, child protective services, home finding, residential adoption
services, and preventive services for children 0-18.

For parents seeking services

Adult and Family Services 435-2815 **SEE INDEX**

Poison Control Center (800) 222-1222
to reach the Poison Control Center for any city.

Rescue Mission701-3102
120 Gifford Street, Syracuse
Crisis counseling, case management and referrals to community
services. Emergency shelter for homeless men. Meals and emergency
clothing available. Web: www.rmsyr.org **SEE INDEX**

Salvation Army
Family Services Dept. 479-1393
Preventive service counseling. Intensive case management and
counseling to families whose children are at risk for domestic
violence, child abuse and youth violence. **SEE INDEX**

Vera House, Inc.

Crisis/Support 24 Hour Lines422-7273....or.... 468-3260
Fax 425-8942
Crisis intervention and programs for domestic violence, sexual
assault, and other crimes. Web: www.Verahouse.org **SEE INDEX**

Youth Emergency Services for Mental Health..... 463-1100
24 hour coverage. Call if concerned about safety or welfare of a
child 18 or under experiencing a mental health emergency.

AGENCIES

See our ad on page 64.

Arc of Onondaga-Horizons Clinic 476-7441 ext. 170
See also: Horizons Clinic, MEDICAL section-Diagnosis. **SEE INDEX**

See our ad on page 67.

ARISE Child and Family Service472-3171
635 James St., 13203
An Office of Mental Health (OMH) certified Outpatient Mental
Health Clinic serving children, adolescents, and adults with
mental health, behavioral, and family issues. Individual, family,
and group therapy as well as psychiatric services provided.
Specialized services include crisis pregnancy, anger management,
domestic violence, and child abuse prevention counseling. Also
provides school-based and community-based mental health
services. Web: www.ariseinc.org **SEE INDEX**

Autism Spectrum Related Disorders Clinic472-4404
(at MLW Developmental Evaluation Center) **SEE INDEX**

Brownell Center for Behavioral Health Services 472-4471
(Formerly Onondaga Pastoral Counseling Center)
1045 James St., Syracuse, 13203 (Moving in fall 2008)
A state-licensed program providing counseling for individuals, adults,
children, adolescents, couples, families, and groups experiencing
mental and/or emotional problems. Locations in Onondaga and
Oswego Counties. School-based services. Also serves people with
co-occurring disorders. Sliding scale. Web: Liberty-Resources.org

Catholic Charities

1654 West Onondaga Street., 13204..... 424-1840
Counseling and psychotherapy for adults, couples and families.
Sliding scale. Outreach locations East Syracuse, Manlius, and
neighborhood centers. Better Beginnings provides psychotherapy
and case management to parents with chronic mental illness and
their children 5 years old and under. **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office 473-5050
 Provides diagnostic and short term counseling to individuals with disabilities and families. **SEE INDEX**

Crouse Hospital

Chemical Dependency Treatment Services
 Outpatient and residential chemical dependency treatment programs.
 410 South Crouse Avenue, 13210 (800) 727-6873
 Residential Services: Commonwealth Place
 6010 East Molloy Road, 13211 (800) 727-6873
 Emergency Department
 736 Irving Ave., 13210 470-7685 or 470-7411
 Substance abuse and child abuse evaluations.
 Crouse Hospital web: www.crouse.org

See our ad on page 66.

Enable 455-7591
 1603 Court Street, 13208 Web: www.enablecny.org
 Diagnostic services, therapy, and programs for people with disabilities of all ages. Individual and family counseling. Psychological testing and disability determination. Social skills groups for children with autism spectrum disorders. Self-referrals accepted. **SEE INDEX**

HELPLINE—Onondaga County’s Helpline

(Information and Referral for Human Services)
 24 hour phone line 435-8300
 Email: Helpline@ongov.net Fax: 435-7741
 On-Line Database www.ongov.net
 Onondaga County’s Helpline is a free resource that provides human services information and referrals 24 hours a day, 7 days a week. Helpline information can be accessed via telephone or via the internet through the On-Line Database.

Huntington Family Centers 476-3157
 405 Gifford Street, 13204

An adolescent safe option treatment program offers therapeutic outpatient counseling for youth who have been sexually abused or who have exhibited sexually reactive/aggressive behaviors, and their families/caregivers. COPE Parent Education offers classes and individualized plans for better parenting and discipline. The adult rehabilitative treatment services program (HARTS) provides least restrictive community-based psychiatric and emotional support.

Hutchings Psychiatric Center 426-3600
 620 Madison Street, 13210
 Inpatient and outpatient services for children, adolescents, and adults with serious psychiatric disorders. **SEE INDEX**

See our ad on page 67.

It’s About Childhood & Family, Inc. 382-0541
 PO Box 281 Jamesville, NY 13078
 Not-for-profit clinical and resource center with a focus on improving mental health/wellness for youth and families. Variety of services, including counseling. Family Matters program provides an alternative to the use of psychiatric medications with children. Web: www.iacaf.org **SEE INDEX**

Mental Health Association of Onondaga County 445-5606
 6493 Ridings Road, 13206 Fax 445-1828
 Mental Health Connections: Assists people in locating public or private mental health services, and with the initiation of self-help/support groups. Web: www.cnymentalhealth.org **SEE INDEX**

Neighborhood Centers

Many neighborhood centers also offer counseling.

Onondaga Case Management Services, Inc. (OCMS)

220 Herald Place, Third floor, 13202 472-7363
 Community Based Case Management and related services for adults and families experiencing mental health challenges. Focus on developing a partnership that supports the individual and family with a satisfactory life in the community.

Onondaga County Department of Mental Health 435-3355

Civic Center, 10th Floor
 421 Montgomery Street, 13202 Fax 435-3279
 Web: www.ocdmh.ongov.net
 -Outpatient Treatment
 530 Cedar St., 13210 435-7707
 Counseling services for children up to age 19 and their families. Sliding scale. Family Support Services.
 -Forensic Services
 555 S. State St., 13202 435-1760
 Psychiatric services for people who are functionally disabled due to a mental illness. Services provided at the Justice Center and County Correctional Facility.
 -Student Assistance Program
 10th Floor, Civic Center 435-3355
 Provides assessments; short-term, individual and group counseling for high school students who are using/abusing chemicals or are at risk, such as chemical dependency of a family member. Referrals to community agencies; follow-up services.
 -Day Treatment
 520 Cedar St., 13210 435-7706
 Combined psychiatric and education program for ages 5-12 who cannot be served in schools.
 -Family Support
 220 Herald Pl. 13202..... 472-7363
 Provides supports to families with children who are emotionally disturbed.
 -Home Based Crisis Intervention
 220 Herald Pl., 13202..... 472-7363
 Provides short-term intensive in-home services to families in which a child is at immediate risk of psychiatric hospitalization. **SEE INDEX**

Planned Parenthood of the Rochester/Syracuse Region, Inc.

1120 East Genesee Street, 13210 Toll free (866) 600-6886
 Counseling and information on matters related to sexuality and family planning. Reproductive health care, especially for women who have limited access to services. Community education programs for students, parents and professionals. Advocacy for women’s reproductive rights. Web: www.pprsr.org **SEE INDEX**

Social Skills Training

There are several organizations that provide social skills training for people on the autism spectrum. See the box on page eleven for a list of organizations that provide this service to different age groups.

St. Joseph’s Hospital Health Center Mental Health Services

742 James St., 13203..... 703-2750
 Also see: EDUCATION-Day Treatment Programs
 Provides clinical care to families and youths under the age of 18 experiencing mental and/or emotional problems. The young person may be treated with his or her family, individually or in

group therapy. Medications, parent counseling and psychological testing are also available.

Comprehensive Psychiatric Emergency Program
201 Prospect Avenue 448-6555
Akin to an emergency room for psychiatric patients, this program evaluates and treats patients who have psychiatric episodes. The program also offers extended observation and mobile emergency services. **SEE INDEX**

Syracuse Community Health Center, Inc. (Central Site).... 476-7921
819 South Salina Street, 13202
Provides individual and family counseling, drug and alcohol counseling. All ages accepted. Call for information about other sites in Syracuse and Lafayette, and the specific services available at each site. Web: www.scheny.com **SEE INDEX**

Syracuse Jewish Family Service 445-0820
Counseling services are offered to individuals and families across the life cycle and address personal and relational issues. Referrals are provided for psychiatric assessment and other special mental health needs. **SEE INDEX**

Syracuse University Psychological Services Center 443-3595
Email: psc@psych.syr.edu
804 University Ave., Room 205, 13244
Provides counseling for children, adolescents, adults, from Onondaga and surrounding counties. Sliding fees.
Web : http://psychweb.syr.edu/

Syracuse VA Medical Center.....(315) 425-4400
A part of the VA Healthcare Network of Upstate NY. To learn more about VA eligibility, benefits and other various service, call and ask for the Veteran Service Center. Behavioral help is available at all VA medical centers and their community-based outpatient clinics serving veterans in 13 counties in CNY, including Onondaga, Cayuga, Cortland, and Oswego. Returning OEF/OIF Veterans, contact Lauren Love at ext. 53481. For more information see their website: www.visn2.va.gov
SEE INDEX

The Center for Living With Loss 634-1100
990 Seventh North St., Liverpool 13088 Fax 634-1111
Sponsored by Hospice of Central New York, the Center offers counseling and psychotherapy to individuals and families dealing with loss, grief, and overwhelming personal crisis. No fee.
See also: *Hospice of CNY.* Web: www.hospicecny.org

University Hospital of SUNY - Upstate Medical University
Adult Psychiatry 464-3145
ADHD Clinic..... 464-3188
Hyperactivity.....464-3145
Child and Adolescent Psychiatry 464-5540
SEE INDEX

Vera House, Inc.Hotlines..... 468-3260.....or.....422-7273
Business phone..... 425-0818
Provides comprehensive service to individuals and families of all ages who have suffered the trauma of sexual or domestic violence, or have been the victims of a violent crime; 24-hour crisis service; emergency shelter available 24 hours a day; individual, family and group counseling; medical and legal advocacy; sexual assault nurse

examiner program; information and referral; education and training programs. Services are free of charge. Alternatives to Domestic Violence is an education and accountability program for men who have been abusive to female partners or ex-partners. Sliding scale fee.
Web: www.verahouse.org **SEE INDEX**

VESID—Vocational and Educational Services for Individuals with Disabilities 428-4179
333 East Washington St., Room 230, Syracuse, NY 13202
Individual counseling by rehabilitation counselors for people whose disabilities are an employment handicap. **SEE INDEX**

ELECTRONIC RESOURCES

Network of Care for Behavioral Health
Go to the Onondaga County web page at: www.ongov.net
Click on the Helpline box, then click on the Onondaga Network of Care graphic on the Helpline home page.

SOCIAL SKILLS TRAINING FOR PEOPLE ON THE AUTISM SPECTRUM

Several organizations provide social skills training for people on the autism spectrum. The ages served vary. Call for details:

STARS: at Enable410-3319
Social Training for Youth with Autism & Related Syndromes: A group to help children ages 7 years old and above with Autism and related disorders learn and use social skills. Parents meet informally for support and education while the youth are participating in STARS.

Onondaga Community College-College for Living
Amy Mech 498-6022
Call for information about an occasional course addressing social skills training for transition-aged students for school to work and/or higher education, social opportunities, and adult services.

Social and Emotional Skills Groups
Dr. Stephen Coleman.....689-7573
Social skills groups for teens and children are formed based on enrollment. Ongoing adult groups. Regularly serves Onondaga and Cayuga Counties. Other areas based on enrollment.

Social and Emotional Skills Groups at SUNY Upstate Medical U.
Dept. of Psychiatry, Child & Adolescent Psychiatry Clinic
713 Harrison St., Syr., 13210.....464-3145
Fax.....464-3202
Social and emotional skills groups for 6-12 year old children on the Autistic Spectrum. Parent group runs at the same day and time to keep parents informed about group activities and offer parenting support. Groups run for ten sessions at various time during the year.

DAY HABILITATION

What is “Day Hab”?

Day Habilitation, or “Day Hab.” as it has come to be called, targets activities that typically take place outside the home. These activities are flexible in their definition — for example, they could include a person joining and participating in a local health club and/or contributing to the community through volunteer work. Separate activities are tied together as they address outcomes the individual has identified, such as becoming more independent, improving health through physical activity, and becoming involved in the community, as stated in their Individualized Service Plan.

To receive day habilitation, an individual with a developmental disability must be enrolled in Medicaid and on the Medicaid Waiver. People are referred by their Medicaid Service Coordinator to a program that has space for them, and can meet their individual needs. See SERVICE COORDINATION.

Day Habilitation services usually include transportation to and from program activities. Some programs coordinate this to accommodate people’s work schedules so that they can have a paying job as well as take part in the learning experiences available through day habilitation.

Day habilitation is a service of the Home and Community Based Services Medicaid Waiver for people with DD or TBI. Programs vary. This list of programs will highlight some of those differences.

See our ad on page 64.

Arc of Onondaga—Enhanced Day Hab/Day Treatment 579-5625
Therapeutic interventions, training and opportunities that promote independent living skills in a realistic setting. Several sites in Onondaga County. Site and community based services. **SEE INDEX**

See our ad on page 67.

ARISE Child and Family Service, Inc. 472-3171
635 James St., 13203

Uses person-centered planning based on individual needs, preferences, and capabilities to increase independence and promote community inclusion. Offers group and individual Day Hab services. Site and community based services. **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office 473-5050
Services at several locations, such as W. Genesee St., Westcott St., Basile Rowe, Alexander Drive, Gateway, etc. Call for information. **SEE INDEX**

College for Living (at Onondaga Community College)..... 498-6005
O.C.C., J. Stanley Coyne Hall Fax:492-8166
Foundations Transition Program (formerly PASSAGES) is a group day habilitation program that focuses on issues of personal/academic development revolving around employability. Students must be 19 years or older, and transitioning from high school with an IEP diploma. **SEE INDEX**

Community Options, Inc.431-9859
Serves Adults with acquired brain injury and other developmental disabilities. Provides site and community-based activities.
Web: www.comop.org **SEE INDEX**

David Clark Learning Center..... 425-0305
Provides some Day Habilitation services for people with traumatic brain injury. Operated by Transitional Living Services. **SEE INDEX**

See our ad on page 65.

Daybreak 478-1478 ext. 308
1100 James St., 13203
Loretto’s adult (21+) medical day program includes people with developmental disabilities. Web: www.lorettodaybreak.org

See our ad on page 66.

E. John Gavras Center..... (315) 282-0562
2074 Cranebrook Drive, Auburn, 13021 (315) 252-7732
Day habilitation services to help Onondaga County individuals with daily life activities at our Cayuga County site.
Web: www.gavrascenter.com **SEE INDEX**

See our ad on page 66.

Enable—Community Networks..... 410-3313
Serves adults with developmental disabilities. Individuals are provided with the opportunity to explore social, educational, vocational, artistic and self advocacy opportunities. Activities are adapted to meet individual needs. Most people participate part-time. Services are designed to flex around employment schedules of the participants. Web: www.enablecn.org **SEE INDEX**

See our ad on page 65.

H.O.M.E. Inc./Habilitation Training Center 472-5110
(Organization with a service focus)
Serves 32 adults with mild to moderate learning delays. Will individualize program to support people in the evening, but hours are typically 9:00 AM - 2:30 PM. **SEE INDEX**

See our ad on page 65.

Liberty Resources/Day Habilitation 425-1004
1065 James St., 13203 Email: info@liberty-resources.org
Services for eligible adults are provided at two sites located in Syracuse and Canastota. Provides 1:1 transitional services for individuals returning to the area. **SEE INDEX**

Onondaga Community Living 434-9597
Email: lorib@oclinec.org Fax 434-9367
Vocationally oriented one-to-one services supporting individuals in volunteer positions of their choice. **ACCESS:** A fully inclusive college level service providing 1:1 support in helping individuals meet their academic goals for higher education.
Email: amatkins@uc.syr.edu **SEE INDEX**

Toomey Residential and Community Services 424-1845
1654 West Onondaga St., 13204
Serves 15-20 people, mostly in 1:1 community activities. **SEE INDEX**

Transitional Living Services 478-4151
Only serves people with traumatic brain injury. Operates the David Clark Learning Center. **SEE INDEX**

Winds of Agape Day Program..... 425-0547
Half or whole day sessions available for people with TBI, various illnesses, stroke, and mild dementia. Community trips, respite care available, arts and crafts, music, independent living skills training, volunteer opportunities. Web: www.windsomagape.com **SEE INDEX**

EARLY CHILDHOOD PROGRAMS

There are many programs and services to serve children under 5. Children in Onondaga County can receive their services in inclusive preschool programs, Head Starts, nursery schools, child care centers or (if the parent prefers) at home.

The first step to getting appropriate services for a child is to obtain an evaluation which makes the child eligible for Early Intervention or Preschool services. Follow the steps described in the shaded area of this page first, before moving on to the additional information about specific programs.

Early Childhood Direction Center (ECDC)

Syracuse University 443-4444or (800) 962-5488
805 S. Crouse Avenue, 13224 TTY.....443-4355

Call the ECDC if you have concerns about a young child under the age of five and want a good description of all your options. ECDC will consult with parents in confidence about: screening and evaluation services (public and private); financial entitlements; preschool and child care; early intervention; preschool special education rules; parent support; parent groups; counseling or psychotherapy (clinics or private); doctors; handicapping conditions and disabilities; and how the system works for young children. The ECDC will give you the names of contact people. Serves a 9 county CNY region.

Email: ecdc@syr.edu Web: <http://ecdc.syr.edu> **SEE INDEX**

Child Care Solutions..... 446-1220
Toll free outside Onondaga County.....1-888-729-7290
6724 Thompson Road, Syracuse, 13211

Email: ccs@childcaresyracuse.org Fax: 446-2010

Parent Services Team provides referrals and consumer information on early childhood and after-school programs by phone, e-mail, in-person and on the web. Their database includes child care centers, pre-schools, school-age child care programs, summer camps and family child care homes. Also provides quality checklists and information on NY State regulations and financial aid. Parenting seminars, parent support warm line, and consultation to child care programs also available.

Web: www.childcaresyracuse.org **SEE INDEX**

To Access a Service directly for a child with a suspected or diagnosed disability.

- If the child is under three, call:

Early Intervention - Onondaga County Health Department

501 E. Fayette St., Suite B. 435-3230

— The child can be evaluated by at least two professionals who will assess the primary area of concern. The evaluation can take place at home or at an evaluation site. There are many choices in Onondaga County, and a Service Coordinator will discuss these with the family. Following evaluation, if the child is determined eligible, services can include therapies, special education, respite, counseling and others based on child and family need. There is no out of pocket cost to families for this program.

—The **Physically Handicapped Children's Program** authorizes payments for medical care for children 0-21 who meet

financial and diagnostic criteria. Dental and orthodontics services available for children birth to age 21. **SEE INDEX**

- If the child is over three:

Contact the Chairperson for Preschool Special Education in the school district where the child lives. It is best to do this in writing, with a brief note requesting an evaluation. The school sends a packet of information to the family (including a consent form) with a choice of evaluators. A school district will take no further steps until they receive a signed consent form from the parent. The child will receive an evaluation from two or more professionals, one of whom will be a school psychologist. Following the evaluation, services can include therapies and special education in a wide variety of settings. There is no out of pocket cost to families for these services.

EARLY INTERVENTION/PRESCHOOL PROGRAMS

A great place to start your search...

CNY Coalition for Young Children with Special Needs

maintains a website of local programs at:

<http://www.cnypreschoolcoalition.org/>

Programs marked with * offer inclusive settings, some based in day care centers or nursery schools. Many other preschools and day care centers also accept children with disabilities into their programs.

See our ad on page 64.

* **Arc of Onondaga - Parkside Children's Center** 468-1632
301 Valley Drive, Syracuse 13207 Fax: 468-1635

Services: day care, preschool program, early intervention, home-based services, toddler program, nursery school, evaluation services, family/parent support, school-age transition, summer program. **SEE INDEX**

See our ad on page 66.

* **Enable** 475-1382

Early Intervention therapy services provided in the home, day care, or other community setting for children between birth and three. EI and Preschool evaluations provided by a team of professionals including a psychologist, speech-language pathologist, occupational and physical therapists, and social worker. Physician supplemental evaluations for EI or preschool. Inclusive toddler and preschool classrooms available offering special education and therapy services at several community-based nursery school locations. Itinerant teacher and therapy services also available throughout the community. Parent training offered.

Web: www.enablecny.org **SEE INDEX**

* **Jowonio School** 445-4010
3049 E. Genesee St., 13224

Not for profit school for young children ages 2-5 years with a wide range of abilities. Inclusive center-based program; itinerant services in home and community childcare sites; early intervention; evaluations. Special education; physical, occupational and speech therapy; family support/social work, play therapy. Early morning and afterschool programs available. Web: www.jowonio.org **SEE INDEX**

* **North Syracuse Central School District Early Education/ Pre-k/Early Intervention Programs - Main Street School**

205 South Main St., N. Syracuse 13212 218-2200

Evaluations and inclusive preschool services for children ages 3-5. Services are provided in home, community, and public school settings. **SEE INDEX**

* **OCM BOCES Children's Village at Park Hill School**..... 437-0289
 303 Roby Ave., East Syr. 13057 Fax:437-2511
 Inclusive preschool (3 and 4 years old) with and without disabilities -
 also Related Services; Nursery School; evaluations for school district
 CPSE; services for Deaf and Hard of hearing children 2- 4 years.
 Web: www.cnypreschoolcoalition.org/cv.htm **SEE INDEX**

Onondaga Central Preschool Program
 Rockwell Elementary 552-5070
 208 Rockwell Road, Nedrow, 13120
 Serves typical and special education students ages 3 and 4 in a lan-
 guage enriched integrated setting. Evaluations available. **SEE INDEX**

P.E.A.C.E., INC. (Main Number) 470-3300
 Several programs serve families with young children who have
 developmental disabilities. Fax: 472-8939

- **Head Start**
 Centers throughout the county and city serve children 3-5 with
 disabilities with typical children who meet income guidelines.
 - **Early Head Start**
 Federally-funded family support and child development program
 serves low-income pregnant women, parents, and their children, ages
 birth to 3 years. Active participation required. Participants must
 reside in Onondaga County, and meet federal income guidelines.

- **Early Intervention Parent/Child Play group**.....437-7071
 Contact Maria Crowley Fax..... 701-3479
 Children, ages 18 months to 2 years with developmental disabilities
 and their parents/guardians attend a play group at the County East
 Family Resource Center, 215 W. Manlius St., #2, East Syracuse,
 supported by physical, speech, and occupational therapists from the
 InterActive Therapy Group. Includes intensive education for parents
 and guardians. Program is run in conjunction with Special
 Children's Services of Onondaga County. **SEE INDEX**

**Preschool Special Education Program-Onondaga County
 Health Dept./Special Children Services** 435-3230
 501 E. Fayette St., Suite B., 13202

A Federal and State entitlement makes available, at no cost to
 parents, appropriate services for children ages three and four with
 developmental delays. Eligibility is determined by multi-
 disciplinary evaluations, and services are recommended by their
 School District's Committee on Preschool Special Education.

S.P.I.C.E. Program..... 446-3220
 (Special Preschool Intervention for Children's Education)
 Located in the Elmcrest Children's Center, Elmcrest Early
 Education Center, 960 Salt Springs Rd., 13224 Fax....446-3274
 SPICE is an inclusive preschool program for children ages 3-5 with a
 range of disabilities. ABA programming for a limited number of
 individuals with developmental disabilities. Expertise in social-
 emotional difficulties. Parent support group. SPICE is an approved
 evaluator, providing multi-disciplinary evaluations for preschoolers
 upon referral from CPSE. Web: www.elmcrest.org

* **Syracuse City Schools—PreK/Early Intervention Program**
 Main Office at Beard School, 220 West Kennedy, 13205..... 435-4576
 Serves children living in the city of Syracuse who have a wide
 range of disabilities at centers located throughout the city.
 Center-based program for ages 18 months - 3 years, and a totally
 inclusive program for children ages 3-5 years. **SEE INDEX**

OTHER EARLY CHILDHOOD AGENCY PROVIDERS

AURORA of Central New York, Inc. 422-7263
 518 James St., 13203 TDD 422-9746 Fax: 422-4792
 Early intervention for infants and toddlers with suspected vision
 loss. Both in-school and in-home services. **SEE INDEX**

Autism Spectrum & Related Disorders and First Look
 See MLW Developmental Evaluation Center under "Other Early
 Childhood Agency Providers" heading for program descriptions.

Center for Neurodevelopmental Pediatrics
 725 Irving Ave., Suite 112, 132101-866-543-KIDS
 (See MEDICAL-*Diagnosis, Evaluations, and other Medical Services.*)

Children First.....472-7094
 725 Erie Boulevard, West, 13204
 Full EI services for children birth to 3 include speech, occupational
 and physical therapies; feeding and swallowing disorders; special
 ed. services; a teacher for visually impaired. Serves medically
 fragile children and children with autism. Home-based services.

See our ad on page 67.

Children's Therapy Network 437-4689
 171 Intrepid Lane, Syracuse 13205
 Services for infants and children. Teacher's services including
 services for the hearing impaired, OT, PT, and speech therapies.
 Evaluations for Early Intervention and Pre-School. Also serves
 Oneida, Herkimer, Madison, Lewis, and Oswego Counties.
 Web: www.childrenstherapynetwork.com **SEE INDEX**

Connections Family-Centered Therapy468-3414
 1744 W. Genesee St., 13204 Email: connections@connectionstx.com
 Full evaluation team for early intervention and preschool children.
 Home and/or site-based speech, occupational and physical therapy,
 and special education services. Web: www.connectionstx.com

CNY Ear, Nose and Throat Consultants476-3124
 721 East Genesee St., 13210
 Hearing tests by licensed audiologists; pediatric surgery; cochlear
 implants.

See our ad on page 66.

E. John Gavras Center.....(315) 255-2746
 182 North St., Auburn 13021 Fax.....(315) 255-2740
 Early intervention services are available for children from birth to
 three years old with certified professionals within the fields of
 special education, speech and language therapy, physical therapy,
 and occupational therapy. Caretakers may opt to have services
 provided at the home (including in Onondaga County) in a
 community setting or at the E. John Gavras Center. Our community
 and special education preschool is located in Auburn.
 Web: www.gavrascenter.com **SEE INDEX**

Gebbie Speech/Language Hearing Clinics.....443-4485
SEE INDEX

High Peaks Rehabilitation and Development Center. Inc.
 170 Intrepid Lane, 13205 492-8319
 Services include audiology and auditory processing evaluations;
 OT; sensory integration evaluations; PT; special education ABA
 trained itinerant teachers; and speech and language pathology
 services. Web: www.highpeaksrehab.com **SEE INDEX**

InterActive Therapy Group 469-1189
 500 East Brighton, Syracuse, 13210
 Home and community based services. Birth-5. Evaluations and therapies: speech, occupational, physical, and special education. Also, psychological and social evaluations. *NEW* In addition to the EI and Preschool services, consultations with schools and services within the schools are offered. New “Steps to Success” program is designed to help new public and charter schools develop their special education and related services programs.
 Web: www.Interactivetherapygroup.com

Little Lukes.....Multiple sites..... Email: info@littlelukes.com
 Onondaga County Site.....(315) 701-1107
 5820 Heritage Landing Dr., East Syracuse 13057
 Center-based integrated preschool classrooms. In-house team of physical, occupational and speech therapists. EI evaluations and therapy services for children ages 0-3, provided in child’s home or other settings. Preschool evaluations and therapy for children ages 3-5, also available in child’s home or other locations. Evaluation teams also include psychologists and special education teachers. Brazelton Touchpoints training for childcare professionals. See also “Out of County” Web: www.LittleLukes.com **SEE INDEX**

MLW Developmental Evaluation Center 472-4404
 215 Bassett St., 13210 Fax.....478-2337
 Email: grantc@upstate.com

-School and home consultations, diagnostic evaluations and screening, assessment and brief intervention services for children ages (0-9) who have or are at risk for a developmental disability. MLW/DEC focuses on complex developmental difficulties, especially autism. **(Autism Spectrum and Related Disorders Clinic)** Center has an interdisciplinary staff inclusive of Physician. Provides developmental services on the Onondaga Nation and directs the “First Look” project for developmental screenings.

-First Look /MLW-Developmental Evaluation Center.
 “First Look” offers developmental screenings and behavioral consultations; addresses questions about behavior and development for children, birth to age 5; makes referrals to community services and offers training for child care providers. Training can be specific to the needs of an individual child or general observation/intervention strategies. **SEE INDEX**

Pemberton Associates 963-0864
 County Route 64, Mexico 13114
 Serves families in Onondaga and Oswego counties. See OUT OF COUNTY/OSWEGO for description of EI services and new integrated preschool program in Mexico. **SEE INDEX**

**ELECTRONIC RESOURCES
 FOR
 EARLY CHILDHOOD PROGRAMS and EDUCATION**

Center for the Future of Children
 Information on welfare, special education, child abuse, EI, etc.
 Web: www.futureofchildren.org

(The) Educator’s Reference Desk
 A U.S. Department of Education site for educators. Includes information from the discontinued AskERIC site.
 Web: www.eduref.org

Family Village
 Variety of features for families with disability concerns.
 Web: www.familyvillage.wisc.edu/

Inclusion News
 Advocacy
 Web: www.inclusion.com

LDOnline
 Family/child-friendly information, support, for learning disabilities.
 Web: www.LDOnline.org

Pathways Awareness Foundation.....1-800-955-CHILD
 Contains information about children’s physical development, including a growth and development chart.
 Web: www.pathwaysawareness.org

Project Tomorrow
 Information to help educators through the effective use of technology.
 Web: www.tomorrow.org/about/about.html

School match
 Information on all public schools nationwide, also a database for all private schools.
 Web: www.schoolmatch.com

Special Ed. Connection-Fee for subscription
 Catalog of services, education news updates
 Web: www.specialedconnection.com

ABBREVIATIONS AND ACRONYMS

- ADA**—Americans with Disabilities Act
- ADL**—Activities of Daily Living
- AIS**-Additional instructional support
- AT**—Assistive Technology
- BOCES**—Board of Cooperative Educational Services
- CAP**—Client Assistance Program *or* Community Action Program
- CBVH**—Commission for the Blind and Visually Handicapped
- CHHA**—Certified Home Health Agency
- CHP**—Child Health Plus
- CLIP**—(The) Community Living Intake Process
- CMCM**—Comprehensive Medicaid Case Management
- CNYDSO**—Central New York Developmental Services Office
- CP**—Cerebral Palsy
- CPEP**—Comprehensive Psychiatric Emergency Program
- CPSE**—Committee on Preschool Special Education
- CSE**—Committee on Special Education
- CSHCN**—Children with Special Health Care Needs
- CSP**—Community Services Plan (formerly CSEP)
- CSW**—Certified Social Worker
- CQCAPD**—Commission on Quality of Care and Advocacy for Persons with Disabilities
- DD**—Developmental Disabilities
- DDP4**—Developmental Disabilities Profile (Request for Services Form)
- DDPC**—Developmental Disabilities Planning Council
- DMH**—Department of Mental Health
- DOH**—Department of Health
- DSS**—Department of Social Services

Abbreviations and acronyms continued on page 28.

EDUCATION

“A Parent’s Guide to Special Education” describing the rights of parents whose children receive special education services, should be given to parents upon referral for special education evaluation. This guide and other publications explaining special education are available through your school district and SETRC, or may be downloaded from:

www.vesid.nysed.gov/

Agencies designated with an asterisk (*) may accompany parents to CPSE/CSE meetings.

For students 14 and older, read the “Transition Services” information on page four of this manual for valuable planning information.

See our ad on page 67.

*** ARISE Child and Family Services** 472-3171

Provides support and self-advocacy training to help ensure that students with disabilities receive a free and appropriate education, accommodations, and services. Also evaluates and makes recommendations regarding physical accessibility of educational institutions. Web: www.ariseinc.org **SEE INDEX**

AURORA of Central New York, Inc. 422-7263

TDD Number422-9746 Fax:.....422-4792

AURORA offers a NYS Department of Education certified Summer Education Program for deaf and hard of hearing children between 5 and 18 years of age. **SEE INDEX**

See our ad on page 66.

Enable455-7491 ext. 114

Transition services help students, their families and school districts make the change from high school to adult life. **SEE INDEX**

See our ad on page 7.

*** Exceptional Family Resources** 478-1462

Provides advocacy to families whose children receive special education services. Information available on educational rights and options, community supports, and transition. Advocates may accompany parents to CSE/CPSE meetings, and provide workshops on various topics in Onondaga County. Free. **SEE INDEX**

Facilitated Communication Institute 443-9657

SEE INDEX

Learning Disabilities Association of CNY..... 432-0665

SEE INDEX

*** Legal Services of Central New York**(315) 703-6500 *or*

Toll free phone number..(866) 475-9967 Fax...(315) 475-2706

Protection and Advocacy (P&A) Project provides free legal representation in 17 counties for people with disabilities concerning their rights. Web: www.cqcapd.state.ny.us **SEE INDEX**

New Justice Conflict Resolution Services, Inc......471-4676

Special Education mediation is offered to parent/guardians and the school district to help resolve conflicts involving a child with a disability. (The conflict can relate to the identification, evaluation, educational placement or the provision of a free, appropriate public education for the child.) There is no cost to parents or the school district. Special education mediation does not deny or delay a parent’s right to an impartial hearing. Parents interested in special education mediation should contact the school directly to request the services.

NY State Education Department/Regional

Associate for Special Education 428-3287

333 East Washington St., Suite 527, Syracuse 13202

Oversee compliance to special education regulations. Can answer parents’ questions and investigate parent complaints.

Special Education and Training Resource Center (SETRC)

Syracuse City School District 435-4685

1153 W. Fayette St., Syracuse, 13204

Onondaga, Cortland, Madison BOCES 433-2645

P.O. Box 4774, Syracuse, 13221

Inservice training and technical assistance to parents and educators regarding special education and issues affecting bilingual students.

SCHOOLS

Note: Special education services for students attending private or parochial schools are provided through the Special Education department of the public school district where they attend school.

Baldwinsville Schools 638-6052

29 East Oneida Street, Baldwinsville 13027 Fax:... 638-6187

Web: www.bville.org

BOCES—Onondaga, Cortland, Madison

Special Education Office.....453-4467

BOCES web: www.ocmboces.org

Behavior Management Programs - Educational programs for children and adolescents who are severely emotionally disturbed.

Onondaga County...492-0081 Cortland County...(607) 758-5240

Intensive Adolescent Day Treatment Program —at BOCES

Morgan Road campus, ages 13-16..... 453-4652

Career and Technical Education.....433-2635

These two-year programs are designed for juniors and seniors in the areas of : Auto Collision, Auto Technology, Computer Technology, Construction Technology, Cosmetology, Culinary Arts, Early Childhood Education, Floral Arts, Graphic Communications, Health Occupations Technology, Laboratory Technician, and Pastry Arts.

Career Exploration Program - a multi-occupational program for students ages 14-21 with mild to moderate disabilities.

IE Henry Center, Syracuse 13221 433-2635

Program for the Deaf, Hard of Hearing, and students with cochlear

implants— Program puts a special emphasis on reading, language and speech instruction for children 5 through age 21. Located in the Solvay School District..... 488-9034

SKATE—A specialized program for students with autism based on the TEACCH philosophy. Behavior intervention plan and social skills curriculum developed for each child. Family support, child psychiatrist. Ages 6-16 453-4489

STAR—class for students with developmental delays and severe learning disabilities.

Onondaga County...488-9034 Cortland County...(607) 758-5240

Special Education GED Classes—16 to age 21

Onondaga County...453-4468 Cortland County.....(607) 758-5240

Team classes for students with severe and multiple disabilities— ages 5-21 Onondaga and Cortland County.....(315) 453-4467

STELLATA—for children with both developmental disabilities and behavior disorders. Ages 5-16.....(607) 758-5240

Transitional Education program—A life skills development program for older adolescents that helps students become more independent.

BOCES—Onondaga, Cortland, Madison...continued
 by providing them with occupational skills through career and technical education programs and an academic curriculum in the classroom..... 453-4652

NOTE: *BOCES publishes the “School Administrative Directory” on an annual basis in the late fall. It includes updated names and addresses for all schools and administrators in the OCM-BOCES system.* **SEE INDEX**

Cazenovia Central Schools 655-1361
 31 Emory Ave., Cazenovia, 13035

East Syracuse-Minoa Schools 434-3009
 407 Fremont Rd., East Syracuse, 13057
 Web: www.esmschools.org

Fabius-Pompey Schools 683-5465
 1211 Mill Street, Fabius, 13063
 Web: www.fabiuspompey.org

Fayetteville-Manlius Schools 692-1203
 8199 E. Seneca Turnpike, Manlius, 13104
 Web: www.fmschools.org **SEE INDEX**

Jamesville-Dewitt Schools 445-8380
 Pupil Personnel Office/Jamesville-Dewitt Middle School
 6280 Randall Road, Jamesville 13078 Fax..... 445-8407

Jordan Elbridge Central Schools 689-7945
 District Office, Chappell St., Jordan 13080 Fax: .. 689-0084
 Website: www.jecsd.org

LaFayette Central Schools 677-7851
 Web: <http://lafayetteschools.org> Fax.....677-3154

Liverpool Central School District 622-7185
 195 Blackberry Road, Liverpool, 13090 Fax 622-7144
 Web: www.liverpool.k12.ny.us **SEE INDEX**

Lyncourt Schools 455-7571
 2709 Court Street, Syracuse 13208 Fax.... 455-7573
 Web: <http://lyncourt.cnyric.org>

Marcellus Central Schools 673-0203
 2 Reed Parkway, Marcellus 13108
 Web: <http://mcs.rway.com>

North Syracuse Central Schools 218-2144
 5355 W. Taft Road, North Syracuse 13212 Fax ... 218-2189
SEE INDEX

Onondaga Central Schools 492-1746
 4543 South Onondaga Road, Nedrow 13120 **SEE INDEX**

Onondaga Nation School
 See: Lafayette Central Schools

Skaneateles School District 685-8361
 49 E. Elizabeth St., Skaneateles 13152 Fax..... 685-0347
 Web: www.skanschool.org

Solvay Schools 484-1412
 103 Third St., Solvay 13209 Fax 468-2755

Syracuse City School District 435-4424
 725 Harrison St., 13210 Fax 435-4987

Training Transition Partnership is a program cosponsored by the Syracuse City School District and Onondaga Community College which allows upperclassmen enrolled in special education programs to spend their high school years on campus at OCC. Available to City School district students only 498-6054
 NEW: Project Search 435-4424
 School to Work Program in conjunction with University Hospital, ultimately leading to competitive employment. **SEE INDEX**

Tully Central Schools 696-6213
 P.O. Box 628 State Street, Tully 13159
<http://tullyschools.org>

West Genesee Central Schools 487-4698
 300 Sanderson Drive, Camillus, 13031 Fax487-2999
 Web: www.westgenesee.org

Westhill Central Schools 426-3226
 400 Walberta Road., Syracuse 13219 Fax 426-3249
 Web: www.westhillschools.org

DAY TREATMENT PROGRAMS

Provide therapeutic services for severely emotionally disturbed children and adolescents. Full or half day programs. Evaluation and placement is recommended by the local school district's C.S.E.

Onondaga County Department of Mental Health
Day Treatment Program for Children 435-7706
 520 Cedar St., Syracuse 13210

Day Treatment Program for children ages 5-13 years old whose primary disability is severe emotional disturbance. Serves children and families residing in Onondaga County. Year round program. **SEE INDEX**

St. Joseph's Children's Day Treatment Program 703-2800
 St. Joseph Hospital Health Center, 742 James St., 13203
 Professional clinical care for individuals under the age of 18 and their families. **SEE INDEX**

GENERAL ELECTRONIC RESOURCES

American Association of University Women
 Promotes education and equality for women and girls; issues research.
 Web: www.aauw.org

ARC
 Web: www.thearc.org/

Attention deficit disorder
 Web: www.adhdnews.com

Autism
 Web: www.autism-society.org/

See page 46 for additional electronic resources.

FINANCIAL

The following are programs designed to provide assistance to those in need of financial support. Programs have individualized eligibility requirements that people must meet to obtain services. For legal assistance regarding eligibility requirements, see LEGAL.

American Red Cross - Care and Share Program 234-2200
220 Herald Place, 13202 Fax 234-2234
Donations from National Grid customers and employees provide one time per year (12 months) emergency assistance to prevent power and/or heat shut off to National Grid customers, including payments for other heat sources such as oil, gas, kerosene, and wood. Applicants must have a shut-off notice, a household member 60 years or older; or be receiving disability income. Must have applied for regular and emergency H.E.A.P. even if they are found ineligible.

See our ad on page 67.
Ameriprise Financial 234-7021 Ext. 15

Cathedral Emergency Assistance Services..... 424-1876
264 East Onondaga St., 13202
Limited short-term food for people in need. "New beginning" household items for people who have suffered a traumatic life experience. Also baby food, formula, Pampers and hygiene products, furniture and clothing. Low cost counseling available to individuals and families not eligible for any insurance program.

Catholic Charities Emergency Assistance Services.....475-3807
264 East Onondaga St., 13202
Support, guidance, and assistance for people in crisis.

Central New York Friends
Contact: Ronnie Kobuszewski 473-6991
This volunteer organization helps provide educational, recreational, and social experiences for people with developmental disabilities. It can also make small grants to help fill in the financial gaps where governmental funding falls short.

Facilitated Enrollment Program..... 435-6808
Onondaga County Health Dept., John H. Mulroy Civic Center,
9th Floor, 421 Montgomery St., 13202
The Facilitated Enrollment Program offers families in Onondaga County the opportunity to enroll in the Public Health Insurance program that will meet their medical and dental needs. Facilitated Enrollment offers an easy way for families to apply for Family Health Plus, Medicaid and Child Health Plus. Facilitated enrollers will meet with families at convenient times and locations to complete an application and gather the necessary documents to determine their eligibility for health insurance. Enrollers are community-based at three locations within the city and county.

Emergency Assistance for Adults (EAA) 435-2815
Onondaga County Dept. of SS, Adult Services Office
John H. Mulroy Civic Center, 5th Fl., 421 Montgomery St., 13202
Meets emergency needs of aged, blind or disabled individuals and couples who are eligible for or are receiving Federal Supplemental Security Income benefits (SSI). Covers lost or stolen cash or SSI checks, evictions, utility shut-offs, food vouchers, etc. **SEE INDEX**

Food Pantries

There are many food pantries in the Syracuse area. The following agencies can help people locate a pantry that meets their needs.

-Interreligious Food Consortium 474-8855
Will provide information about the nearest pantry site. Also has a list of meal sites and perishable giveaways.
-PEACE Inc. Food Service 470-3331
Provides emergency food for families through food pantries. Also offers low cost lunches to anyone 60 and older at 24 sites in Onondaga County. **SEE INDEX**

Food Sense Co-op

Participants receive a food package for \$15.50 worth \$25 - \$35 if purchased in a grocery store. Packages include meat, fresh produce, dairy and other food items. Participants register and pay in advance and pick up their package later in the month. Participants can buy as many packages as they like and optional bonus items are available. No income requirement; cash or food stamps only. Anyone can participate. In Syracuse: 1700 Butternut St., ...362-7644 or ...479-7971; 749 South Warren St., ...479-1307; Baldwinsville: 76 Canton St., ...638-4536; Phoenix: 226 Bridge St., ...695-4841; Tully: 10 Onondaga St., ...696-5092. For locations in other counties call Andrew Katzer ...437-1899 ext. 231.

Food Stamps 435-2700
Administered by Department of Social Services
John H. Mulroy Civic Ctr., 2nd Floor, 421 Montgomery St., 13202
Program provides federal food stamp benefits that can be used to buy food. The amount of food stamp benefits you receive depends on household size, income and expenses. **SEE INDEX**

Home Energy Assistance Program (HEAP) 435-8295
Administered by Department of Social Services
County Office Bldg., 7th Fl., 600 S. State St., 13202
Provides financial assistance to eligible households to help meet rising costs of heating one's home. Eligibility is based on income and housing situation.

Home Headquarters, Inc. 474-1939
124 East Jefferson St., 13202 Email: info@homehq.org
Call for information about any available Onondaga County and/or Syracuse programs aiding in home ownership and financial assistance for home and energy improvements. Offers down payment and closing cost assistance and low-interest home improvement loans to Syracuse and Onondaga County residents. (Call about eligibility requirements.) Also offers homeownership counseling, foreclosure prevention, and a certified Home-buyer's Education Course. Web: www.homehq.org.

LaFayette Outreach, Inc. 677-522
P.O. Box 169, LaFayette 13084 Fax ...also.. 677-5221
Provides information/connections to services for children and families in Southern Onondaga County. **SEE INDEX**

Meals on Wheels—Sites throughout Onondaga County

Baldwinsville.....638-2171
East Syracuse/Minoa.....463-5972
ECHO (Camillus).....487-2878
Fayetteville-Manlius/Jamesville-Dewitt.....637-5446
Kosher.....445-0820
North Area/North Syracuse
413 Church St...452-1402 and 105 Kreisler Rd.454-8427

Meals on Wheels—continued

Skaneateles.....685-6079
 Syracuse.....478-5948
 Programs deliver professionally planned meals to seniors, people with disabilities, or people recovering from illness or injuries. No age or income restrictions. Syracuse website: www.meals.org

Medicaid Community —on the Fifth floor..... 435-2928
Medicaid Chronic Care —on the Eighth floor..... 435-3840
 Administered by **Onondaga County Department of Social Services**
 John H. Mulroy Civic Center, 421 Montgomery St., Syracuse 13202
 Medicaid will pay medical bills in whole or part if income and asset limits are met. Includes most SSI recipients. **SEE INDEX**

Medicare(800) MEDICARE.....or.....(800) 633-42-273
 Web: www.ssa.gov and www.medicare.gov
 -Medicare is a federal health insurance program for people 65 or over, people of any age with permanent kidney failure, and certain people with disabilities. Administered by Centers for Medicare and Medicaid Services through contract with:
-Empire Medicare Services Part A
 Administers Medicare Part A for all of NYS. Begin your search for information by calling the Medicare 800 numbers.
 Empire web: www.empiremedicare.com

See our ad on page 2.

New England Financial®/A MetLife Company 463-8587 Ext. 1346

Miracle-Ear Children's Foundation (800) 234-5422
 Box 59261, Minneapolis, MN 55459-0261
 Offers free hearing aids to children 16 and younger for families who gross between \$20,000-\$50,000 per year and do not qualify for public support. The child must also be a current resident in the United States. Call the toll free number for details about the application process and requirements. Web: www.miracle-ear.com

Neighborhood Legal Services, Inc.
 Assistive Technology Advocacy Project(716) 847-0655 ext. 256
 237 Main St., Suite 400, Buffalo 14203
 Or contact Marge Gustas at email mgustas@nls.org
 Advocacy and information to help obtain assistive technology.
 Web: www.nls.org **SEE INDEX**

PEACE Inc. *People's Equal Action and Community Effort, Inc.*...470-3300
 Offers a broad range of programs that can meet the needs of infants through seniors, such as food, weatherization, social interaction, advocacy. Call main office for more information and service locations.
 -Earned Income Tax Credit (EITC)—Have your taxes prepared for free at one of our convenient locations. Financial eligibility applies.
 Financial Literacy & Asset Building—A 6-week class about how to be financially literate and build assets. Includes financial goal setting, creating spending plans, credit reports and more. Free. **SEE INDEX**

Physically Handicapped Children's Program 435-3230
 See: MEDICAL-Referrals-**Onondaga County Health Department**

Salvation Army of the Syracuse Area
 677 S. Salina St., 13202 (Main phone) 475-1688
 Has a wide variety of programs, including:
-Salvation Army Emergency/Practical Assistance Services Dept.
 677 S. Salina St., 13202. 479-1157

Social Security Programs (800) 772-1213
Social Security Administration TTY (800) 325-0078
 Federal Bldg., 4th Floor, 100 S. Clinton St., 13261-7247
 - Social Security provides Retirement, Disability and Survivor benefits to workers who are insured under the system. Benefits may be paid to the worker and/or certain family members when earnings are lost or reduced due to the worker's retirement, disability or death.
 - Supplemental Security Income provides cash assistance to persons in financial need who are blind and/or disabled of any age, or people over 65. Web: www.ssa.gov

Special Children Services 435-3230
Onondaga County Health Department
 501 E. Fayette St., Suite B, Syracuse Fax 435-2678
 Programs that serve children birth-age 5 with disabilities. The Physically Handicapped Children's Program (PHCP) authorizes payments for medical care for children 0-21 who meet financial and diagnostic criteria. Dental and orthodontics services available for children birth to age 21. **SEE INDEX**

Syracuse Jewish Family Service 445-0820
 - "Solution" is an in-home service for seniors and people with disabilities. It assists with organizing and paying monthly bills, keeping accurate records, preparing and submitting health insurance claims, assisting with Medicaid, SSI and Social Security claims and other paperwork dilemmas.
 - Community Links Project is a model point of entry program in cooperation with the Temple Society of Concord Food Pantry. Fridays, 11 - 2 PM, consumers can meet with a Jewish Family Service social worker on a drop-in basis. Information and referral provided free of charge and follow-up appointments are available.

Temporary Assistance 435-2700 (Select prompt # 3)
 Administered by **Department of Social Services**
 John H. Mulroy Civic Ctr., 2nd Floor, 421 Montgomery St., 13202
 Provides financial assistance to eligible persons under Safety Net and Family Assistance. **SEE INDEX**

The TRAIID-IN Program
 Phone toll-free Voice/TTY/Spanish..... (800) 624-4143
 401 State St., Schenectady 12305.....For NYS Relay, Dial 711
 Commission on Quality of Care and Advocacy for Persons with Disabilities. Free statewide computer network for equipment exchange of assistive devices. Call to list equipment "for sale, for donation, or wanted." Matches have been made for video communication equipment, wheelchairs, even vans equipped with a lift.
 Email: webmaster@cqcaped.state.ny.us Web: www.cqcaped.state.ny.us
(See also Enable listing in Assistive Technology Section) **SEE INDEX**

Traffic Safety Programs, for purchase of bicycle and inline helmets (435-3280) and car seat rentals (435-8485). **SEE INDEX**

Winds of Agape, Inc...... 425-0547
 1414 Grant Blvd., Syracuse 13208 Fax 295-0264
 Email: windsomagape2@yahoo.com
 Assists individuals and families, those with brain injuries and other disabilities facing a crisis through the provision of emergency food, beds, and empowerment programs, including job training, employment through the Winds of Agape Home Care Agency, Community Education, Adult Day Program, Respite Care, and guidance to assist them in winning over adversity. Web: www.windsomagape.com **SEE INDEX**

INFORMATION, REFERRAL, AND DISABILITY-RELATED AGENCIES

American Heart Assoc./Syr. & Watertown Division 234-4700
17 Technology Place, East Syracuse, 13057 Info line...(800) 242-8721
Fighting heart disease and stroke. Heart Health and program
information available. Web: www.AmericanHeart.org

See our ad on page 64.

Arc of Onondaga 476-7441
600 S. Wilbur Ave., 13204

Offers a wide array of services, such as children's services, supported and competitive employment, enhanced day habilitation, **corporate guardianship**, respite reimbursement, senior retirement, and residential habilitation, plus other services described more fully in other sections of this manual and on their website. Also, the **Parent Advocacy Program**, at: 301 Valley Drive, Syracuse, 13207..... 423-0100
A free and confidential service for parents of a child with any disability or suspected disability. Find all available resources, learn about being an advocate, attend workshops, network and receive help with your school district and more. Web: www.arcon.org **SEE INDEX**

See our ad on page 67.

ARISE Child and Family Service, Inc. 472-3171
635 James Street, 13203

An Independent Living Center providing advocacy and services to individuals of all ages with all types of disabilities, their families, and the community. Services include: health care, housing, benefits, and education advocacy; group and individual Day Habilitation; consumer-directed personal assistance; employment services; housing and homeless services; independent living skills training; information and referral; mental health services; peer counseling; Residential Habilitation; Medicaid Service Coordination; and integrated recreation programs. Web: www.ariseinc.org **SEE INDEX**

Arthritis Foundation/Syr. Off./Upstate NY Chapter 637-3568
PO Box 126, Fayetteville, 13066 Out of area phone ... (800) 870-1771
Supporting research to find a cure and prevention for arthritis while improving the quality of life for those affected by the disease.

Provides information, programs and services for those affected and their families, such as warm-water and land exercise programs, support groups, and self-help courses and educational seminars. Web: www.arthritis.org

AURORA of Central New York, Inc. 422-7263
Suite 100, 518 James St., 13203-2219 Fax 422-4792
TDD 422-9746

Offers a wide range of services to individuals who are blind, visually impaired, Deaf or hard of hearing in Onondaga and contiguous counties, and their families. Services include: instruction in daily living skills; safe/independent travel training; instruction in adaptive technology for people with vision loss; information and referral; social work; outreach; support groups; early intervention services (assessment and training) for infants and toddlers; employment; youth services; summer education program; vision screening and the Marjorie Clere Interpreter Referral Services. Web: www.auroraofcny.org **SEE INDEX**

See our ad on page 66.

Brain Injury Association of NYS-Central Region..... 453-7120
4873 Thornwood Drive, Liverpool, 13088 Fax... 453-0519

Mary SheridanEmail: marysher@twcny.rr.com
Family Advocacy Counseling Training Services (FACTS)
Provides assistance locating appropriate community services, and accessing financial entitlements; sponsors support groups for individuals and family members; and offers education and advocacy regarding TBI. Serves individuals who sustained a brain injury prior to age 22, and their families. **SEE INDEX**

(The) Brain Injury Coalition of Central New York

PO Box 304, East Syracuse, 13057(315) 425-5364
The BIC, comprised of brain injury survivors, family members and community organizations provides education, resources, activities and support through networking. Meetings are held the first Wed. of each month 9-10:00 AM at the J. Stanley Coyne EXCELL Center, Syracuse, NY. Web: www.upstate.edu/library/healthinfo/cny/tbi

Burton Blatt Institute: Centers of Innovation on Disability at SU

Crouse-Hinds Hall, Suite 300.....(315) 443-2863
900 South Crouse Ave., 13244-2130 Fax....(315) 443-9725
The Burton Blatt Institute: Centers of Innovation on Disability (BBI) at Syracuse University was established to advance the civic, economic, and social participation of people with disabilities in a global society by creating a collaborative environment—with entrepreneurial innovation and best business practices—to foster public-private dialogue, and create the capacity to transform policy, systems, and people through inclusive education, the workforce, and communities. Web: <http://bbi.syr.edu>

Canine Working Companions, Inc. 656-3301

P.O. Box 2128, Syr., 13220-2128 Email: cwadmin@twcny.rr.com
Provides people with disabilities with Service, Hearing, or Therapy Dogs. Service Dogs assist by pulling wheelchairs, picking up objects, opening doors, etc. Hearing dogs will alert a person to crucial sounds. Therapy Dogs provide affection to residents in institutions. Host families can participate through Puppy Raising Program. Web: www.canineworkingcompanions.org **SEE INDEX**

Center on Human Policy, Syracuse University443-3851
805 S. Crouse Ave., Syr. 13244-2280 Fax 443-4338
Email: thechp@syr.edu Web: <http://thechp.syr.edu/> **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office (CNYDSO)

800 S. Wilbur Ave., 13204 473-5050
See also "Intake" numbers below—Provides residential, habilitative, vocational, and support services including service coordination, home modification, counseling, recreation, respite, advocacy, life planning, clinical services, and referrals to community agencies for people with developmental disabilities and their families in Oneida, Herkimer, Madison, Lewis, Onondaga, Oswego, Cortland, and Cayuga Counties. Those eligible for services are people who have mental retardation, autism, cerebral palsy, epilepsy, or other neurological impairments that originated before they were 22 years old, and whose conditions are expected to continue indefinitely, and substantially impact that person's ability to function normally within society.
Intake: (315).....425-5365.....or336-2300, ext. 306
SEE INDEX

Child Care Solutions..... 446-1220, ext. 303

Services are described in detail in "Early Childhood" section. Web: www.childcaresyracuse.org **SEE INDEX**

Commission for the Blind and Visually Handicapped423-5417
 The Atrium, 100 South Salina St., Suite 105, 13202 Fax...423-5416
 Through the NYS Office of Children and Family Services. Provides rehabilitation services to individuals who are legally blind and reside in New York State. CBVH programs include: training for employment; business enterprise program; programs for older adults; programs for children. Services are coordinated by counselors and children’s consultants. Syracuse Office has responsibility for 14 counties in Central NY including, Cayuga, Cortland, Madison, and Oswego.
 Web: www.ocfs.state.ny.us/main/cbvh **SEE INDEX**

Community Options, Inc. 431-9859
 216 W. Manlius St., E. Syr. 13057
 Operates residential and day programs; family support services; environmental modifications; residential habilitation; and service coordination under DOH and OMRDD home and community based services waiver. Teaches independent living skills.
 Web: www.comop.org **SEE INDEX**

David Clark Learning Center 425-0305
 610 N. State St., 13203
 Individualized services and supports to people with brain injuries and their families. Day activities help bridge the gap between rehabilitation and full participation in the community. Individualized planning; classes; member-facilitated support groups; computer labs; creative writing and music classes. All services provided on site. **SEE INDEX**

See our ad on page 66.

E. John Gavras Center (315) 255-2746
 182 North St., Auburn, 13021 Fax.....(315) 255-2740
 The service area includes Cayuga, Seneca, Wayne, Onondaga and Tompkins Counties. The Center is an evaluation and treatment facility in Cayuga County providing education, therapeutic, OMRDD, and respite care to individuals with special needs from birth through adult. Also provides state of the art rehabilitation of Swallowing Disorders including Biofeedback and VitalStim® Therapies. Residential Services help individuals with daily life activities (as identified in their Individualized Service Plans,) and are usually provided within the home environment including Onondaga County. This is a Medicaid Waiver program operated under OMRDD.
 Web: www.gavrascenter.com **SEE INDEX**

Early Childhood Direction Center (315) 443-4444
 and (800) 962-5488
 Fax:(315) 443-4338 **SEE INDEX**

ElderChoice, Inc. 252-7889
 Corporate Office—89 York Street, Auburn, 13021
 Satellite Offices: 240 Main St., Fourth Floor, Oneida, 13421
 950 Danbury Road, Suite 215, Ithaca, 14850
 Provides Home and Community Based Medicaid Waiver Service Coordination for individuals with Traumatic Brain Injury. Also: respite care, home and community support service (including 24 hour coverage if needed), independent living skills training, community integration counseling, and environmental modifications. Also provides care for individuals with other types of disabilities on a private pay basis. **SEE INDEX**

See our ad on page 66.

Enable..... 455-7591
 1603 Court St. 13208 TDD 455-1794
 Provides information, referral and services to children and adults with physical or developmental disabilities or health-related issues through consumer-directed personal assistance; certified residential services; day habilitation; physical, speech and occupational therapies; medical and diagnostic clinic; preschool, family support; support groups; early intervention; service coordination; supported employment; community housing and individualized living; counseling, and assistive technology including home/work/school modifications, communication services and adaptive devices, technology-related assistance.
 See: TRAUD Program Web: www.enablecn.org **SEE INDEX**

Epilepsy Foundation (Syracuse Region)477-9777
 1045 James St., Suite 270, 13203 Fax.....477-9797
 Email: a_basta@epilepsy-uny.org
 Serves a 12 county area in Central NY. Provides information and referral services to individuals and families with epilepsy, TBI, and other neurological impairments. Education services include: classroom and community presentations, epilepsy information course, H.O.P.E Mentor/Speakers’ Bureau Program, an annual conference and lending library. Support services include: counseling, service coordination, family support, various support groups, Parent/Family Network activities. Camp EAGR—a one-week residential camp for children ages 8 - 15, is the only overnight camp in this area for children with epilepsy. Additional Department of Health Waiver/TBI Services include service coordination, independent living skills training, community integration counseling and intensive behavioral support. Serves several counties, including Onondaga, Cayuga, Cortland, Madison, Oneida, Oswego, Broome, Tioga, Delaware, Otsego, and Chenango. Web: www.epilepsy-uny.org **SEE INDEX**

Epilepsy Services, (A Program of Upstate Cerebral Palsy)
 1427 Genesee St., Utica, NY 13501..... (315) 798-8868
 Serves CNY area (See also: OUT OF COUNTY-Madison County-Community Health/Behavioral Services)
 Web: www.upstatecp.org **SEE INDEX**

See our ad on page 7.

Exceptional Family Resources 478-1462
 1065 James St., Suite 220, 13203 Fax478-1467
 Email: Check out complete list on website: www.contacteft.org
 A family support agency. Serves families, professionals, agencies and the general public with a variety of programs. Programs described in other parts of this resource manual include: respite, educational and other advocacy services; linkage to other programs; information and referral to other services available in the community; speakers and workshops; Parent-to-Parent of NYS; Medicaid service coordination; recreational activities; and afterschool services.

At-Home Residential Habilitation is a Medicaid Waiver service. Services are requested by Medicaid Service Coordinators, and the amount of support provided each week is based on the individual’s assessed needs. This service is for people with developmental disabilities who live with their families, or are on their own without other residential services. Participants are supported one-to-one by experienced part-time employees. The purpose of this support is to teach skills that are needed by those served to become as proficient as possible in their home. People are taught, for example, to keep a safe environment, develop self-care skills, and food preparation. The service also addresses those skills where home and the

Exceptional Family Resources...Continued

community abilities intersect, such as currency skills, appropriate social interaction, wellness and safety.

The **Senior Caregivers Assistance Program** assists mature families dealing with the dual challenge of aging parents and a family member who has a developmental disability.

-The **Family Education and Training Program** offers a variety of educational and training sessions for parents and families of individuals with disabilities and professionals as well. Session topics span a wide spectrum of offerings related to parenting, the special education process, schools and family support. Family Education sessions, offered in multiple counties, can be used to fulfill the education requirements when an individual is on the Medicaid Waiver but receives no additional Medicaid services. Contact Sue Corcoran..... 478-1462

- The **First Step Program** provides time-limited case management and financial reimbursement for issues relating to raising a son or daughter with a disability.

- **The Children with Special Health Care Needs (CSHCN) Program** serves children ages 0-21 who have a chronic physical, developmental, behavioral or emotional condition. This program, a collaboration with the Onondaga County Health Department/ Special Children Services, provides information and referrals on topics including Child Health Plus, educational advocacy, Physically Handicapped Children's Program, respite, service coordination, support groups, and web sites.

- "The Resource Manual for Onondaga and Surrounding Counties" is updated every two years.

Web: www.contactefr.org

SEE INDEX

Facilitated Communication Institute

370 Huntington Hall, SU 13244-2340..... 443-9657
Email: fcstaff@syr.edu Fax.....443-2274

Facilitated communication is an alternative means of expression for people who cannot speak or whose speech is highly limited (e.g. echoed, limited to one or a few word utterances) and who cannot point reliably. The Institute conducts research, training and public education, and has produced facilitation training videotapes. Parents and educators may contact the institute for information.

Web: http://thefci.syr.edu

SEE INDEX

Facilitated Enrollment Program..... 435-6808

Onondaga County Health Dept., John H. Mulroy Civic Center, 9th Floor, 421 Montgomery St., 13202

The Facilitated Enrollment Program offers families in Onondaga County the opportunity to enroll in the Public Health Insurance program that will meet their medical and dental needs. Facilitated Enrollment offers an easy way for families to apply for Family Health Plus, Medicaid and Child Health Plus. Facilitated enrollers will meet with families at convenient times and locations to complete an application and gather the necessary documents to determine their eligibility for health insurance. Enrollers are community-based at three locations within the city and county.

See our ad on page 2.

Fair Access for the Deaf 474-6711

(The) Fair Housing Council of Central New York.....471-0420
327 W. Fayette Street, 13202

A nonprofit organization dedicated to promoting equal housing opportunity for everyone by helping to enforce laws against discrimination in housing on the basis of race, color, religion, sex,

age, national origin, sexual orientation, source of income, disability and familial status. Contact: Outreach and Public Relations Specialist Web: www.cnyfairhousing.org

Familycapped, Inc. 469-9931
Email: Info@familycapped.com

A parent-based organization offering support services to individuals with disabilities and their families as they navigate the complexities of the legal, social, medical and educational systems. Services include: information and referral, advocacy, Medicaid Service Coordination, training, support groups, family education and training, recreation, and family reimbursement. Also assists individuals with acquiring individualized supports through self determination including person-centered planning and brokerage.

Web: www.familycapped.com

SEE INDEX

HELPLINE—Onondaga County's 24 hour Helpline 435-8300
(Information and Referral for Human Services)

Email: Helpline@ongov.net Fax..... 435-7741

Onondaga County's Helpline is a free resource that provides human services information and referrals 24 hours a day, 7 days a week.

Helpline information can be accessed via telephone or on-line through the Helpline Database on the Web: www.ongov.net.

See our ad on page 65.

H.O.M.E., Inc. (This organization has a service focus.) 472-5110

Humanitarian Organization for Multi-cultural Experience

831 James St., 13203

Fax 472-5536

Children at Risk Program-Provides intensive case management

services to "typical" "normal" children whose parents are developmentally disabled. Includes weekly one-on-one counseling and monthly group sessions with family members.

-At Home Residential Habilitation-An individualized one-on-one service provided at home or in the community.

-Habilitation Training Center - Person-centered activities at this center include daily living skills; computer training; nutrition classes; social, recreational, and interpersonal skills. (M-F—9-2:30) **SEE INDEX**

Invested Families Services, Inc. ...Phone and Fax.....431-4931
1520 Calob Ave., 13206

A private fee-for-service agency. Sliding scale for payment negotiable. Serves as agent to consumer and family to acquire all their service needs. Housing innovations through the Family Invested Homes Concept of 1990.

SEE INDEX

See our ad on page 67.

It's About Childhood & Family, Inc. 382-0541

PO Box 281 Jamesville, NY 13078

Not-for-profit clinical and resource center with a focus on improving mental health/wellness for youth and families. A variety of services includes counseling, parent education/training, staff development, and groups. The Central NY Inner Wealth initiative includes Family Matters and Kids 4 Kids programs. We provide an alternative to diagnostic labels and the use of psychiatric medications with children.

SEE INDEX

LaFayette Outreach, Inc. Phone and Fax677-5221
P.O. Box 169, 6136 Rt. 20, LaFayette 13084

Provides information, referrals to services, and food pantry to individuals and families in Southern Onondaga County and the Onondaga Nation. Supports WIC clinic, Meals-On-Wheels, and the F.I.S.H. program

SEE INDEX

Learning Disabilities Association of CNY..... 432-0665
722 W. Manlius St., E. Syr. 13057 Email: ldacny@ldacny.org
Provides general information, referrals, advocacy, family support
services, and parent training to children and adults who have learning
disabilities and their families. Web: www.ldacny.org **SEE INDEX**

The Leukemia and Lymphoma Society, CNY Chapter 471-1050
Learbury Center, Suite 304, 401 N. Salina St. 13203
Fax 471-6434. Out of county phone(800) 690-8944
Provides current information and referrals on leukemia and
related diseases, lymphoma, multiple myeloma and Hodgkin's
disease. Also provides financial assistance, peer volunteer support,
and family support groups. Back to school material/videos available
for children with cancer. Serves 19 counties. Web: www.lls.org

See our ad on page 65.

Liberty Resources, Inc. 425-1004
1045 James St., 13203 Fax 479-7884
Email: info@liberty-resources.org
Provides a wide variety of services for children, adults, and families
in addition to services for people with disabilities. Programs for
people with developmental disabilities include service coordination,
day habilitation, residential habilitation, supportive apartments, and
Individual Residential Alternatives. Serves Onondaga and Madison
Counties. Web: www.liberty-resources.org **SEE INDEX**

Make-A-Wish Foundation of CNY(315) 475-9474
5005 Campuswood Dr., East Syracuse 13057 Also.. (800) 846-9474
Email: info@makeawishcny.org Fax 475-9476
Grants wishes of children who are at least 2 1/2 years of age but not
yet 18 with life-threatening medical conditions to enrich the human
experience with hope, strength and joy. Wishes are fulfilled for
medically eligible children regardless of race, religion, or economic
status. Web: www.makeawishcny.org

March of Dimes Foundation463-0700
5 Adler Dr., East Syracuse, 13057 Toll-free.....(800) 244-9255
Email: pcampany@marchofdimes.com Fax463-4433
A national voluntary health agency whose mission is to improve
the health of babies by preventing birth defects, premature birth
and infant mortality. It funds programs of research, community
services, education, and advocacy to save babies, and to address
the increasing rate of premature birth.
Web: www.marchofdimes.com/newyork/ **or**
Spanish language website: www.nacersano.org **SEE INDEX**

Mental Health Association of Onondaga County 445-5606
6493 Ridings Rd., Suite 112, 13206 Fax 445-1828
Assists people in locating mental health services; addresses systemic
issues affecting the delivery of mental health services; assists with the
initiation of self help/support groups.
Web: www.cnymentalhealth.org **SEE INDEX**

Ministry for People with Disabilities ...Fred Fusco..... 470-1417
240 East Onondaga St., 13201 Fax 478-4619
Supports and initiates efforts to fully include people with disabilities
in all aspects of the life of the Church. Provides services and when
possible resources to people with disabilities, their families, friends,
and advocates. Pastoral counseling, education, referrals, Liturgical
celebrations, church related on-site accessibility consulting.

**Multiple Sclerosis, National Multiple Sclerosis Society,
Upstate New York Chapter** ...(800) FIGHTMS.....(800) 344-4867
3532 James St., Suite 104, 13206.....(315) 431-9993
Email: chapter@msupstateny.org Fax ... (315) 431-0609
Provides information and referral services, education and support
programs for people living with MS and their families and friends;
inservice training programs for professionals dealing with people living
with MS; and ongoing self-help groups. Web: www.msupstateny.org

Muscular Dystrophy Association
6493 Ridings Rd., Suite 100, 13206 451-8269
Email: syracuse@mdausa.org Fax 451-4107
Provides diverse programs for Central and Northern NY includ-
ing: three general MD Clinics and one ALS Clinic; MDA summer
camp; support groups, including two ALS support groups; seminars
and patient outings. Assists with referrals, and payments for
wheelchairs, leg braces, and communication devices.
Web: www.mdausa.org **SEE INDEX**

**NYS Office of Children and Family Services
Office of Youth Development** 423-5486
The Atrium, Suite 105, 2 Clinton Square, 13202 Fax 423-5499
Approves and funds programs that prevent delinquency and promote
positive youth development through contracts with County Youth
Bureaus and community based organizations as well as training and
technical assistance. Web: www.ocfs.state.ny.us

**NYS Office of Children and Family Services
Commission for the Blind and Visually Handicapped**423-5417
The Atrium, 100 South Salina St., Suite 105, 13202 Fax...423-5416
Through the NYS Office of Children and Family Services.
Provides rehabilitation services to individuals who are legally
blind and reside in New York State. CBVH programs include:
training for employment; business enterprise program; programs for
older adults; programs for children. Services are coordinated by
counselors and children's consultants. Syracuse Office has responsi-
bility for 14 counties in Central NY including, Cayuga, Cortland,
Madison, and Oswego. Web: www.ocfs.state.ny.us/main/cbvh
SEE INDEX

**NYS Office of Mental Retardation and Developmental
Disabilities** (518) 473-9689
44 Holland Avenue, Albany, 12229 TDD..... (518) 474-3694
NY State's agency responsible for coordinating and providing
services for people with mental retardation and developmental
disabilities and their families. Conducts research into the causes and
prevention of developmental disabilities. Extensive information on
their website. Web: www.omr.state.ny.us

Onondaga Community Living (OCL) 434-9597 ext. 203
518 James Street, Suite 110, 13206 Fax 434-9367
Email: patfrat@oclinc.org
Works closely with families and adults with developmental
disabilities in developing services based upon their own unique
needs. Services include personalized living arrangements with
individuals of your choosing, 1:1 support with community
employment and volunteer positions, taking college level courses
through Syracuse University, and service coordination. All levels
of disabilities supported. Web: www.oclinc.org **SEE INDEX**

**Onondaga County-Long Term Care
NY Connects LTC Resource Center**.....435-1400
Assesses the level of services needed to meet long term care/home care needs. Provides information, assistance and screening services, and assessment and/or enrollment services for several Medicaid programs. See Medical section-Home Care for expanded description of the programs and process. **SEE INDEX**

Onondaga County Department of Aging and Youth
1300 Civic Center, 421 Montgomery St., 13202
Syracuse/Onondaga County Youth Bureau 435-2362
The Youth Bureau provides planning, coordination and funding of services for youth up to age 21 and their families; advocacy; training of youth workers; training for parents of teens; information and assistance to parents and youth; publishes the “Youth Service Directory” and a wallet-sized directory for youth called “Classified for YOUTH”. (See also “Services for Seniors”.) Check out the “Departments” section on the Onondaga County website for expanded information and their directory. Web: www.ongov.net **SEE INDEX**

Onondaga County Department of Mental Health 435-3355
Civic Center, 10th Fl., 421 Montgomery St., 13202 Fax .. 435-3279
Has the responsibility of reviewing mental health services and facilities in this county; planning and developing a community mental health program based on local needs and operating directly or contracting for the operation of mental health, mental retardation and/or developmental disabilities, and alcoholism, substance abuse services. Check out the Network of Care for Behavioral Health database on their section of the county website: www.OCDMH.ongov.net **SEE INDEX**

Onondaga County Department of Social Services
Children’s Division 435-2884
Child Protective Services (CPS) 435-2884
Child Abuse Report Hotline for general public..... 422-9701
Child Abuse Report Hotline for mandated reporters..... 422-9840
Administered by Department of Social Services
See “Counseling” for complete description of services.
For parents seeking services:
Adult Services435-2815
SEE INDEX

Onondaga County Health Department
421 Montgomery St., Syracuse 13202
See phone book/blue pages, County Government Offices, Health Department for complete listing of county-sponsored clinics and services. SEE ALSO: FINANCIAL-Special Children’s Services
SEE INDEX

Onondaga County Public Library
The Galleries of Syracuse 447 S. Salina St., 13202
Information: TDD 435-1872 Voice 435-1900
Special Technologies and Adaptive Resources 435-1876
Email: allnatt@onlib.org
Offers print, braille and Talking Books and video for loan, and adaptive technology to assist with reading for demonstration and in-library use. Includes inspirational stories, coping with disabilities, parenting, legal issues, and resource directories. The Kids Answer Place provides information for children, teens, and concerned adults about tough issues that affect children. Collection includes over 1,000 items (videos and books,) for children ranging in age from preschoolers through teens. Web: www.ocpl.lib.ny.us **SEE INDEX**

P.E.A.C.E., INC. (*People’s Equal Action and Community Effort*)
217 S. Salina St., 13202 470-3300
Serves low income families, offering many programs for youth, such as Big Brothers/Big Sisters, Head Start and Early Head Start, and Project Connection serving the east side of Syracuse; for seniors, such as senior centers and Senior Nutrition; and family services such as Energy and Housing (weatherization) and Foster Grandparent Programs.
Family Resource Centers throughout the city and county provide emergency assistance, crisis interventions, and supportive services, advocacy, education, income tax preparation, and family development. Call for information about sites throughout the county. See also extensive list in business white pages of the phone book. **SEE INDEX**

Person to Person: Citizen Advocacy 472-9190
401 N. Salina St., Suite 300 Fax 472-6536
Learbury Centre, Syr., 13203
Promotes protection and advocacy for people with disabilities through development of one-to-one relationships between community volunteers and people with developmental disabilities. **SEE INDEX**

Prevention Network/OCAA 471-1359
1050 W. Genesee St., 13204 Fax 471-3255
Prevention Network, a not-for-profit agency, educates, trains, and provides prevention services and education pertaining to substance use, abuse, and addictions, to the CNY community. They provide a lending library, community education, parenting programs, professional training, youth programs, and advocacy.
Web: www.preventionnetwork.info

Refugee Assistance Program 435-4984
501 Park Street, 13203
Information and assistance for refugee populations in Syracuse area. Comprehensive program of language training, employment, medical accessing and social adjustment services geared to help refugees attain self-sufficiency. Translation/interpreting services for Vietnamese, Cuban, Arabic, Burmese, French, Bhutan, Cambodian, Russian, Somali, Ukrainian, Bosnian, Kosovar, Sudanese, Liberian and other African refugees.

Regional Resource Development Center for People with Brain Injury
(located at *ARISE Child and Family Service, Inc.*)472-3171
ARISE is the Regional Resource Development Center for People with Brain Injury for the Syracuse Region. (Onondaga, Oneida, Oswego, Madison, St. Lawrence, Jefferson, Herkimer, and Lewis counties) Does not directly provide services, but works to improve access to services for people with a brain injury, with the goal of helping people live in the community as independently as possible.
Web: www.ariseinc.org **Also SEE INDEX for ARISE**

Resource Center for Independent Living (315) 797-4642
PO Box 210, Utica, NY 13503-0210 TD..... (315) 797-5837
-*Traumatic Brain Injury Services* (The Traumatic Brain Injury Regional Resource Center for the Syracuse North Region—TBI RRC)
Provides services for individuals with TBI in Oswego, Onondaga, Madison, Oneida, Herkimer, Lewis, Jefferson, and St. Lawrence Counties. Provides comprehensive information and referral services and facilitates the HCBS Medicaid Waiver for individuals with TBI. Services are tailored to the specific needs of the individual in a community-based setting. There are eligibility guidelines. Free -*Consumer-Directed Personal Assistance Program (CDPAP)*

-ASL Sign Language Interpreting Program.

See also *OUT OF COUNTY RESOURCES/Madison County*

Web: www.rcil.com

SEE INDEX

Salvation Army 475-1688
677 S. Salina Street, 13202

Offers counseling, emergency housing care and material assistance to individuals and families; safe, affordable supervised apartments for young mothers ages 16-21 and their children; comprehensive youth services include residential care and counseling for runaway and homeless youth; counseling and case management for pregnant or parenting teens; Youth Community Center; PRISM program; shelter and transitional housing services for older troubled youth and their families. Also provides a senior citizens' nutrition and socialization program; day care centers; residential camping for children, families and the elderly; emergency disaster relief.

SEE INDEX

SELF-DIRECT, INC.635-5374

12 Oswego St., Baldwinsville, 13027 Email: selfdirect@hotmail.com

Serves people with TBI with a wide variety of Services:

Independent living skills training and environmental modifications, Intensive Behavioral Program, Home and Community Support Services, Community Integration Counseling, Home and Community Support Services (HCSS).

Web: www.selfdirectinc.com

SEE INDEX

Spanish Action League 475-6153

700 Oswego Street, 13204 Fax 474-5767

Email: info@laligaonline.com

Bilingual (English and Spanish) information and assistance mainly directed toward the Latino population, but all clients are assisted regardless of ethnic background. Assists in career placement and job skills, housing services, translation/interpretation services, family support services, domestic violence prevention, and youth after-school programs. The Family Support Service program provides services for people with developmental disabilities and their families, including the following: assessment of service needs, planning and coordination, linkage and referral, follow-up, monitoring, advocacy and training through workshops.

Web: www.laligaonline.com

Syracuse Jewish Family Service, Inc. 445-0820

4101 East Genesee Street, 13214 Fax 445-0859

Email: admin@sjfs.org

Service for special populations includes consultation, comprehensive assessments and care management for older adults and individuals with special needs. We provide services to those who wish to live independently in the community, as well as those individuals seeking housing with supportive services.

SEE INDEX

Syracuse Model Neighborhood Facility, Inc. 474-6823

Located at **Southwest Community Center** Fax 479-8023

401 South Avenue, Syracuse 13204

Services are available to all city residents.

-Youth and young adults with developmental disabilities can take part in the Mainstream Program which features a wide range of social, recreational and personal development activities after

school and at day-long summer sessions. An independent living skills program for adults ages 21 and up is also available.

-A Family Support program provides advocacy, information and support, as well as clothing, counseling, education, employment, food, legal and medical services and more. FACES program deals with AIDS prevention and support for HIV positive individuals. Other programs deal with substance abuse and violence intervention/prevention. Family planning services at reproductive health clinics each week at three locations. Case managers work with clients to meet a broad range of needs.

SEE INDEX

Toomey Residential and Community Services 424-1845

1654 West Onondaga St., Syracuse 13204

Offers day hab, res. hab, service coordination, and residential services.

SEE INDEX

Westcott Community Center 478-8634

826 Euclid Avenue 13210

Email: info@westcottcc.org

Committee to inclusion, the Center offers programs and services for all. Senior services include Golden Cafe for daily lunch and socialization, dinners and classes, free income tax preparation, the Neighborhood Advisor program, and fitness classes. Recreation programs for all ages including Euclid Recreation Club activities.

Web: www.westcottcc.org

YWCA of Syracuse and Onondaga County

Administrative Office 424-0040

120 E. Washington Street, Suite 415, 13202

Email: ywcaadmin@cnyemail.com

Women's Residence Program

300 Burt Street 471-9480

Provides transitional/permanent supportive, affordable and safe housing for single, parenting or pregnant women.

Elementary School Childcare Sites: Bellevue, Elden, Fabius, Franklin, Fremont and Salem-Hyde.

Childcare at Fairmount Center

3328 W. Genesee St. 484-9093

Childcare center for children ages 6 weeks to 12 years.

Website: http://ywca-syracuse.org

SEE INDEX

Whole Me, Inc. Voice/TTY/Video Phone(315) 468-3275

1015 State Fair Blvd., Syr. 13209

Fax (315) 468-3276

Email: wholemeinc@juno.com

Promotes an integrated approach to lifelong learning for deaf, hard-of-hearing and hearing children, young adults, and their families by providing access to educational, social and community resources. Programs promote cultural diversity, literacy development, transition and life skills training, employment opportunities and socialization. Afterschool programs for Deaf/hh and hearing children: parent advocacy, referral and resource support; sign language classes; NYRELAY/711 Telecommunication Information/Training Services and Mentoring Opportunities.

Web: www.wholemeinc.com

SEE INDEX

LEGAL/ADVOCACY

Locating a Lawyer:

The **Onondaga County Bar Association's** (471-2667) **Lawyer Referral Call-In Service** (471-2690) is open M-F, 9 AM-4 PM, closed 12-1 PM. Visit their Lawyer Referral Service website for on-line referrals. The OCBA Volunteer Lawyers Project attorneys advocate as "Lawyer-for-the-day" in Landlord and Tenant Court, volunteer in three neighborhood "Talk to a Lawyer" sites, answer legal issue calls, work with pro se divorce litigants, offer free seminars to senior citizens as well as assist with Unemployment Insurance Benefit hearings. Website: www.onbar.org

The yellow pages of the phone book list lawyers grouped by area of practice.

Education Rights - See EDUCATION

Guardianship:

In NYS, parents may petition for guardianship of their child who has a developmental disability at any age. Parents are automatically the legal guardians for their child until the child reaches age 18. When this occurs the parent is no longer legal guardian unless they have formally petitioned through Surrogate's Court, for which there is a filing fee.

Surrogate's Court 671-2100
401 Montgomery St., Syracuse 13202

Exceptional Family Resources (Advocacy Transition Services) can answer guardianship questions and has materials available ... 478-1462

Making a Complaint?

NYS Commission on Quality of Care and Advocacy for Persons with Disabilities (800) 624-4143

The Commission investigates concerns about the quality of care in facilities operated or licensed by the Office of Mental Retardation and Developmental Disabilities and the NY Office of Mental Health. For Protection and Advocacy assistance, call the number above or:

Legal Services of Central New York 703-6500
Web: www.cqcapd.state.ny.us **SEE INDEX**

AGENCIES

See our ad on page 64.

Arc of Onondaga 476-7441 ext. 124
The Guardianship Program assists family members to meet the future needs of the individual with developmental disabilities. Arc offers education and information to these families. Additionally, Arc of Onondaga may agree to act as guardian or standby guardian on behalf of individuals with developmental disabilities who have no other involved person to meet this need. **SEE INDEX**

See our ad on page 67.

ARISE Child and Family Service, Inc. 472-3171
635 James St., 13203
Offers individual and systems advocacy on issues concerning the rights of people with disabilities. Facilitates legal appeals for public benefits, VESID, etc. Provides information and education on ADA issues, IDEA, and other laws relating to disabilities. Provides information on health care rights. Assists with locating affordable/accessible housing for individuals with disabilities. Website: www.ariseinc.org **SEE INDEX**

Center on Human Policy at Syracuse University..... 443-3851
805 S. Crouse Ave, Syracuse 13244-2280 Email: thechp@syr.edu
The Center is a policy, research and advocacy organization involved in the national movement to ensure the rights of people with disabilities. Interests include education, community living, transportation, jobs, medical care, and rehabilitation. Offers info on laws, regulations, policies and on how to obtain quality community services. Free.

CHP website: <http://thechp.syr.edu> **SEE INDEX**

Center on Human Policy Law and Disability Studies is an expansion of the Center on Human Policy. Web: <http://disabilitystudies.syr.edu>
Also houses: Self-Advocacy Network 443-4336

See our ad on page 65.

Central New York Developmental Services Office 473-5050
Board of Visitors oversees services and advises administrator of Central New York DSO. Concerns regarding quality of care for people with mental retardation (receiving services through this DSO) may be directed to the Board of Visitors. **SEE INDEX**
See also: The Self-Advocacy Information Station

Children's Rights AND Elder Law Clinics 443-4582
Office of Clinical Legal Education, SU College of Law
P.O. Box 6543, 13217-6543

-The Children's Rights Clinic offers free legal services. Law students, supervised by a practicing attorney, represent children and families in cases dealing with education rights; school disciplinary and suspension hearings; special education; custody/guardianship; emancipation; and other issues. Free if eligible.

-The Elder Law Clinic offers free legal services to persons 65 or older. Law students, supervised by a practicing attorney, represent elderly clients in cases involving Medicaid, Medicare, social security, housing, consumer and selected other issues. Free if eligible. New cases accepted between September and March.

Disability Rights Clinic (DRC).....443-4582
Office of Clinical Programs, SU College of Law
PO Box 6543, Syracuse 13217-6543

The DRC offers free legal services where law students, supervised by a practicing attorney, represent people with disabilities in employment, access to government services and public accommodations, education, and other issues. The DRC engages in all forms of advocacy: educational, lobbying, litigation and other strategies designed to advance the civil and human rights of people with disabilities. Free.

See our ad on page 66.

Enable 410-3317
1603 Court St., 13208

Enable has an active Advocacy Committee composed of self advocates, staff and volunteers. As a national voter registration site, can assist individuals who want to register to vote. **SEE INDEX**

See our ad on page 7.

Exceptional Family Resources 478-1462
Assists families in advocating for educational entitlements; and vocational, residential and other services for people with disabilities. Information on guardianship, SSI. Offers workshops regarding rights in special education. May accompany parents to CPSE/CSE meetings. Free. **SEE INDEX**

Hiscock Legal Aid Society 422-8191
 351 S. Warren Street, 13202 Email: mail@hiscocklegalaid.org
 Legal aid for people of low income in non-felony criminal cases by
 City Court assignment and in civil cases such as divorce, landlord/
 tenant, and unemployment. There are eligibility guidelines. Free.
 Web: www.hiscocklegalaid.org

Legal Aid Society of Mid-New York (LASMNY) (315) 475-3127
 472 South Salina St., Suite 300, Syracuse 13202
 Provides free legal representation in civil matters, including public
 assistance, housing, issues affecting older persons, and SSI matters
 to eligible low-income individuals in CNY. Clinics and referrals for
 consumer matters also available.

Legal Services of Central New York, Inc.(315) 703-6500
 or (866) 475-9967
 472 S. Salina St., Suite 300, 13202 TTY 475-3120
 Provides free legal assistance to people with disabilities in a wide
 variety of civil matters in 17 CNY counties. (Broome, Cayuga,
 Chemung, Chenango, Cortland, Delaware, Herkimer, Jefferson,
 Lewis, Madison, Oneida, Onondaga, Oswego, Otsego, Schuylers,
 Tioga, and Tompkins.) “Protection and Advocacy” projects, including
 a statewide TBI project, are funded through the NYS Commission on
 Quality of Care. A NYS Department of Health project represents
 families affected by HIV/AIDS. Generally, the legal problem is
 related to the disability and determinations for possible representation
 are made on all requests for services. In addition to free individual and
 group representation, all P&A projects provide free information
 and referral, community education, and technical assistance.
 NEW PROJECTS—Counties served vary, so call about eligibility.
 -Cancer Legal Advocacy and Services Program—permanency
 planning, access to health care, insurance issues, benefits, housing
 family law matters.
 -Parents with Psychiatric Disabilities Legal Advocacy Project—
 family court abuse and neglect proceedings, termination of parental
 rights, child custody issues in matrimonial actions.
 -Fifth Judicial District Pro Bono Action Now Project—poverty law
 issues, including consumer, family law, housing, public assistance, etc.
 See **NYS Commission on Quality of Care website:**
 www.cqcapd.state.ny.us **SEE INDEX**

Mental Hygiene Legal Service (315) 473-9495
 The Syracuse Building, 224 Harrison St., Suite 502, 13202-3066
 The MHLS is responsible for protecting and advocating for the
 rights of people who reside, or are alleged to be in need of care and
 treatment, in facilities licensed to provide services for mental
 illness, developmental disabilities or chemical dependence, and to
 individuals wherever they may reside, who may otherwise become
 subject to substituted decision making, either by virtue of becoming
 a ward of the court, by guardianship proceeding, or by virtue of
 being made subject to other specific substitute decision making
 authority, or involuntary outpatient treatment, allowed and put in
 place by the laws of NYS. Serves Cayuga, Onondaga and Oswego
 Counties. Web: www.courts.state.ny.us/ad4/mhls **SEE INDEX**

New Justice Conflict Resolution Services 471-4676
 1153 W. Fayette St., 13204 Fax 475-0769
 Trained mediators bring people together in a neutral setting to resolve
 conflicts such as custody/visitation, landlord/tenant, consumer/
 merchant, family, school, neighbor. Also provides Lemon Law

arbitration. Free. Confidential. Offices in Onondaga, Cortland, Madison
 and Oswego Counties. Mediation services are free and confidential.
 Skills training in conflict resolution is also available to both staff and
 students in schools. Web: www.newjusticeservices.org

New York State Division of Human Rights 428-4633
 333 E. Washington St., Room 443, 13202
 Has the legal authority to enforce Human Rights Law of NYS. Free.
 Investigates complaints of discrimination based on age, race, creed,
 sex, national origin, disability, marital status, record of arrest or
 conviction. Part of a statewide network of coverage, the Syracuse office
 serves Onondaga and all adjacent counties. Web: www.dhr.state.ny.us

**New York State Commission on Quality of Care and Advocacy for
 Persons with Disabilities** (Voice/TTY/Spanish) (800) 624-4143
 Email: webmaster@cqcacd.state.ny.us Fax(518) 388-2860
 401 State St., Schenectady, NY 12305-2397
 The CQCAPD is an independent NYS government agency charged
 with improving the quality of life for New Yorkers with disabilities
 and protecting their rights by: promoting the inclusion of people with
 disabilities; insuring programmatic and fiscal accountability; providing
 individual and systemic investigative and advocacy services; advancing
 the availability and use of assistive technology (see also TRAIID
 Project); and offering impartial and informed advice, training and
 recommendations on disability issues. Web: www.cqcapd.state.ny.us

Onondaga County/Syracuse Commission on Human Rights...435-3567
 11th Floor, Civic Center, 421 Montgomery St. Fax.....435-2439
 Advocates to ensure the rights of all county residents. Receives and
 investigates complaints of discrimination in employment, housing,
 criminal justice, public accommodations and other areas because of
 race, color, creed, national origin, age, sex, marital status, sexual
 orientation and disability, which are in violation of the NYS Human
 Rights Law. Provides “diversity in the workplace” training.
 Monitors city and county vendor contracts to ensure women and minority
 owned business participation. Web: www.ongov.net/Human_Rights

Onondaga County Department of Social Services
 John H. Mulroy Civic Center, 421 Montgomery St., 13202
 Child Protective Services (CPS) 435-2884
 Adult Protective Services 435-2815
 Assumes responsibility for investigation of complaints concerning
 neglect and abuse of children and adults. **SEE INDEX**

**Resource Center for Independent Living
 Client Assistance Program (CAP)** (315) 797-4642
 P.O. Box 210, 409 Columbia St., Utica 13503-0210
 Fax (315) 797-4747 TTY (315) 797-5837
 CAP is a service for people with disabilities who are clients or
 applicants of Vocational and Educational Services for Individuals
 with Disabilities (VESID), the Commission for the Blind and
 Visually Handicapped (CBVH), Independent Living Centers, or
 other agencies funded by the Vocational Rehabilitation Act. CAP
 provides information about vocational rehabilitation programs and
 assists clients who have a problem obtaining a service, disagree with
 a decision made by a counselor, have their case terminated, etc. Free.
 Serves Broome, Cayuga, Chenango, Clinton, Cortland, Delaware,
 Essex, Franklin, Fulton, Hamilton, Herkimer, Lewis, Montgomery,
 Oneida, Oswego, Otsego, St. Lawrence, Tioga, Tompkins, and parts
 of Onondaga. Web: www.rcil.com **SEE INDEX**

Syracuse City School District - Parent Partnership Network

725 Harrison St., 13210435-4845or..... 435-4148

Email: mabdulsabur@scsd.us

Involved with individual parent advocacy and support as well as district level policy issues and problem resolution. Advocacy at CSE meetings, behavioral hearings, and school meetings with teachers and principals. Offers parent training on education issues. Referrals to community and education services. **SEE INDEX**

The Self Advocacy Information Station—A Resource Center for all Advocates

800 South Wilbur Avenue, 3A1, Syracuse 13204

Daniel Flanagan, SANYS Regional Coordinator.....473-6927

Nicole Spear, SANYS Regional Organizer.....473-5080

Michael Kennedy, SANYS Field Assistant.....473-6922

The Resource Center is a place where self advocates gather to address issues such as Medicaid, service policy, training and education, etc. Self Advocates create public forums, resource information, self advocacy training, videos, participate in systems advocacy and just have fun. All are welcome.

ELECTRONIC RESOURCES**Job Accommodation Network: ADA Hot Links & Document Center**

User friendly information about the ADA on all aspects of life.

Web: www.jan.wvu.edu/links/adalinks.htm**Americans with Disabilities Act (ADA)**

Information on the Americans with Disabilities Act

Web: www.usdoj.gov/crt/ada**Child Welfare League**

Advocacy for children

Web: www.handsnet.org**Children's Defense Fund**

Advocacy for minorities, poor and disabled children

Web: www.childrensdefense.org/**Federal Register - Government**Web: www.gpoaccess.gov/fr/index.html*Check out the following ads for providers of legal services***Mary K. Harrington, Attorney at Law (Page 2)****Satter & Andrews, LLP (Page 65)****Charles H. Lynch, Jr. Esq/Boyle & Anderson, P.C. (Page 67)****Virginia A. Hoveman, Esq/Green-Seifter Attorneys, PLLC (Page 66)****ABBREVIATIONS AND ACRONYMS...continued from page 15.****ECDC**—Early Childhood Direction Center**EFR**—Exceptional Family Resources**EI**—Early Intervention**EI CARES**—Early Intervention, Children At-Risk Early Screening Program**EMOD**—Environmental Modification**FAPE**-Free and Appropriate Public Education**FC**—Facilitated Communication **or** Family Care**FOIL**—Freedom of Information Law**FSS**—Family Support Services**FTE**—Full Time Equivalent**GED**—General Education Degree**HCBS Waiver**—Home and Community Based Services Waiver**ICF**—Intermediate Care Facility**IDEA**—Individuals with Disabilities Education Act (federal)**IEP**—Individualized Education Program **or** Plan**IFSP**—Individualized Family Service Plan**ILC**—Independent Living Center**IRA**—Individualized Residential Alternative**ISP**—Individualized Service Plan**LD**—Learning Disabilities**LRE**—Least Restrictive Environment**LOC**—Level of Care**MA**—Medicaid**MR**—Mental Retardation**MS**—Multiple Sclerosis**MSC**—Medicaid Service Coordinator**NYS CARES**—New York State Creating Alternatives in Residential Environments and Services**OMH**—Office of Mental Health**OMRDD**—The New York State Office of Mental Retardation and Developmental Disabilities**OSERS**—Office of Special Education & Rehabilitation Services (federal)**OSES**—Office of Special Education Services (State Education Department)**OT**—Occupational Therapy**PCP**—Person Centered Planning**PT**—Physical Therapy**SC**—Service Coordinator**SD**—Self Determination**SED**—State Education Department**SEP**—Supported Employment**SETRC**—Special Education and Training Resource Center**SLP**—Speech/Language Pathology**SNT**—Supplemental Needs Trust**SP**—Speech Pathology**SSA**—Social Security Administration**SSDI**—Social Security Disability Insurance**SSI**—Supplemental Security Income**TANF**—Temporary Assistance for Needy Families**TBI**—Traumatic Brain Injury**TDD**—Telephone Device for the Deaf**TRAID**—Technology Related Assistance for Individuals with Disabilities**TTY**—Teletypewriter**VA**—Veterans Administration**VESID**—Vocational and Educational Services for Individuals with Disabilities

For a more inclusive list of acronyms, check out the list included on the NYS Office of Mental Retardation and Developmental Disabilities website, at the following address:

www.omr.state.ny.us/journal/hp_acronym.jsp

MEDICAL: DIAGNOSIS, EVALUATION, ETC.

CNY Poison Center.....*In an emergency call*(800) 222-1222
See their website for additional information: www.cnypoison.org

Pediatric Emergency Room at University Hospital of Upstate Medical University 464-5565
In an emergency, call 911 first. **SEE INDEX**

REFERRALS

The following organizations can provide general referrals to physicians and health care providers, as well as referrals for specific medical conditions.

Early Childhood Direction Center
1-800-962-5488 or(315) 443-4444
(Age 0-5) **SEE INDEX**

Health Connections (a service of **University Hospital of Upstate Medical University**) (315) 464-8668
750 E. Adams St., 13210 or..... (800) 464-8668
Affiliated with University Hospital, but referrals can reach outside of that facility. Staffed by registered nurses, Health Connections provides a triage service, confidential health information, advice and referral. An Express Information Library has audio tapes on more than 1200 health-related topics and a 350-topic Parent's Advice Line. An online version of the library is also available on the website. Web: www.upstate.edu/uh **SEE INDEX**

Onondaga County Health Department
Special Children Services. 435-3230
501 E. Fayette St., Ste. B. 13202 Fax 435-2678

-Early Intervention Program: For infants and young children ages birth to two with suspected developmental delays or diagnosed conditions with high probability of developmental delay. Program emphasizes earliest possible identification of infants and toddlers with disabilities. Family-centered services are provided in natural environments for the child whenever possible. Eligibility determined by multi-disciplinary evaluations and services are based upon individual child's needs. Services may include speech, physical and other therapies, and child development groups. To refer a child to the Early Intervention Program, call and ask to speak to the Intake Coordinator. See also: EARLY CHILDHOOD PROGRAMS and FINANCIAL- Special Children Services

-The Physically Handicapped Children's Program (PHCP)
Program funds authorize medical/orthodontia expenses incurred by children under 21 years of age. Two components of the program are: diagnostic and evaluation, and treatment. Financial and diagnostic eligibility criteria apply.....435-3230

Onondaga County Health Department
-The Bureau of Community Health Nursing 435-2000
501 E. Fayette St., Suite A, Syracuse 13202

This program provides home visits to pregnant women, new moms and their babies. (No fee) Home visits include health screenings and education about pregnancy, family planning, nutrition, baby care, growth and development, and other maternal child health topics. Visits are made by nurses, outreach workers,

social workers and a nutritionist. Programs include Immunization Clinic and Prenatal Care Program.

-General Immunization Clinic (Child/Adult).....435-2000
Dr. William A. Harris Health Clinic, 301 Slocum Ave., Syr., 13204
The Clinic provides vaccinations to children two months of age and older and vaccinations for adults over the age of 18 to meet education requirements. A parent or legal guardian must accompany children. Clinic hours are Thursday 8:30—11:30 AM. The charge is \$15 per visit. Inability to pay is not a barrier to service. **SEE INDEX**

Onondaga County Medical Society 424-8118
Learbury Centre, 401 North Salina St., Syracuse, 13203
Email: ononcms@traknet.com Fax 424-0614
Referrals for the public to Society Member doctors only, and only by phone. M-F, 8:30 AM—5 PM Web: www.oncms.org

Prenatal Care Assistance Program (PCAP) 435-2000
501 E. Fayette St., Suite A, Syracuse 13202
The PCAP Program helps pregnant, low-income women access health insurance and prenatal care. Clients receive a health assessment from a nurse and choose a private provider for their prenatal care. Women receive education on prenatal and postpartum care, HIV pre-test counseling, help completing applications for Medicaid and WIC, and referrals to additional community resources. **SEE INDEX**

St. Joseph's Toll-Free Resource Line (888) 785-6371
Affiliated with St. Joseph's Hospital Health Center. Referrals to physicians and information about St. Joseph's programs and services. Website: www.sjhsyr.org **SEE INDEX**

DENTAL PROVIDERS

Onondaga County—Dental Clinic 435-3280
Civic Center, 9th Floor, 421 Montgomery St. 13202

-Dental Call Center-Information and assistance for those who need to secure dental services. The registrar takes calls, identifies individual's dental needs, and informs callers of local dental resources. The DCC accepts referrals from community agencies that recommend Medicaid patients for dental care. Provides support services for dental offices that agree to accept new patients. Screens patients for eligibility and sets appointments with participating dentists.

-Community Dental Program-Offered by the **Onondaga County Dental Society** for Onondaga County residents with low income, no dental insurance, and in need of basic dental care. Patients are evaluated and referred to a participating dentist for treatment at a minimal fee.

St. Joseph's Hospital Health Center Dental Office 448-5477
General dentistry and specialties. Accepts patients from Onondaga County. **SEE INDEX**

Syracuse Community Health Center 476-7921 ext. 2660
Dental services also provided at 1938 E. Fayette St. and 603 Oswego St. **SEE INDEX**

University Health Care Center 464-5256
A practice site of University Hospital that offers preventative and restorative services for children and adults. **SEE INDEX**

HOME CARE

In order to obtain Home Care services, the first step is to **arrange for a funding source**. Since this is generally Medicaid, obtained with the help of a service coordinator - **getting Medicaid approved and a service coordinator comes first**.

The next step is to have the **level of services needed assessed**, and to determine the long term care/home care needs. For this step, contact: **Onondaga County - Long Term Care (LTC)**

NY Connects LTC Resource Center..... 435-1400
5065 West Seneca Turnpike, 13215 Fax 435-5623

Information, Assistance and Screening Services:

NY Connects: Choices for Long Term Care provides consumers with unbiased information about and linkages to available long term care services, regardless of payment source. Long term care services may include medical and non medical services that help individuals meet health or personal needs. NY Connects staff provides free information, assistance and screenings, and will refer to appropriate services.

Medicaid Home Care Programs:

Long Term Care (LTC) Resource Center provides assessment and/or enrollment services for several Medicaid programs. The Resource Center provides ongoing case management for the Personal Care Program, the Consumer Directed Program (see description page 46), the Long Term Home Health Care Program, the Care at Home Programs, and the oversight of program eligibility and Medicaid payment approval for the Assisted Living Program and the Program of All-Inclusive Care for the Elderly (PACE).

Web: www.nyconnectsonondaga.net

CCH Homecare and Palliative Services, Inc. 641-2385
990 Seventh North St., Liverpool, 13088 Fax 641-2390

A certified Home Care agency providing Rehabilitative Services, Skilled Nursing, I-V Therapy, and Palliative Care. Staff includes RN Case Managers; Social Workers; Physical, Occupational and Speech Therapists; Nutritionists; and Certified Home Health Aides.

Gentiva Health Services 461-0209
200 Elwood Davis Road, Liverpool, 13088

Nursing and therapy case management; skilled nursing; physical, occupational, and speech therapies; certified home health aide and personal care attendant services; and specialty infusion therapy services. Coordinates care with community resources.

Web: www.gentiva.com **SEE INDEX**

Home Aides of Central New York Inc. 476-4295
723 James St., 13203 Fax 476-0538

Email: info@eldercarecny.org Central Square 668-0111
Companion, personal care and home health aide services under the supervision of a nurse. Respite services for seniors over 60. Nursing evaluations for in-home services and out-of-home placement. **Lifeline** personal emergency response system. Web: www.eldercarecny.org

PACE CNY 452-5800

Home care is available through Loretto's PACE CNY, a Program of All inclusive Care for the Elderly in cooperation with St. Joseph's Hospital Health Center. Web: www.PACECNY.org **SEE INDEX**

SELF-DIRECT, INC.635-5374
12 Oswego St., Baldwinsville, 13027

Serves people with Traumatic Brain Injury. Licensed homecare agency. Personal care aide services. **SEE INDEX**

St. Camillus Home Care Agency 488-2831
813 Fay Rd., Syracuse 13219 Email: homecare@st-camillus.org

Certified home health agency providing skilled nursing, rehabilitation (physical, occupational and speech therapies), nutritional counseling, social services and home health aide services. **Lifeline** personal response service also available. Web: www.st-camillus.org **SEE INDEX**

St. Joseph's Home Care Agency 458-4600
7246 Janus Park Drive, Liverpool 13088

Joint Commission Accredited - part of the St. Joseph's Health Care Network. Provides skilled nursing, rehabilitative services (physical, occupational and speech therapies) and home health aides. Referrals: 24 hours/day, 7 days/week. Web: sjhomecare.org **SEE INDEX**

Visiting Nurse Association of CNY Inc. 476-3101
1050 West Genesee St., 13204 Fax 477-9378

Provides a variety of services. Staff includes RN's and LPN's, PTs, OTs, Speech, Nutrition, Home Health Aids and social workers. Certified by NYS for Medicare and Medicaid. Website: www.vnacny.org

Winds of Agape, Inc.(315) 425-0547
1414 Grant Boulevard, Syracuse, 13208 Fax...(315) 295-0264

Home care services available. RNs, LPNs and CHHAs available for in home care cases. Provides Respite Care, Staff Relief, Private Duty Cases and is available for contracts with Home Care agencies. Serves a six-county area: Oswego, Onondaga, Oneida, Madison, Cayuga and Cortland. Also provides Family Caregiver classes and weekly Lunch and Learn programs on Wednesdays from noon to 2 PM. Web: www.windsofagape.com **SEE INDEX**

See the phone book, yellow pages, under "Home Health Care and Providers and/or Services," for a complete list of certified and licensed Home Care providers. These services are also available through private pay.

**DIAGNOSIS, EVALUATIONS,
AND OTHER MEDICAL SERVICES**

See COUNSELING for other medical facilities and clinics. Also FINANCIAL for possible sources of funding for medical services.

Autism Spectrum and Related Disorders Program.....472-4404

Provides school and home consultations. See **EARLY CHILDHOOD PROGRAMS: Other: MLW Developmental Evaluation Center.**

Center for Neurodevelopmental Pediatrics..... (866) 543-KIDS
725 Irving Ave., Suite 112, 13210

Evaluation, diagnostic, and management services for people with developmental, genetic, and physical disabilities including spina bifida. Disciplines include: neurodevelopmental pediatrics, pediatric genetics, genetic counseling, nursing, OT, PT and social work. Programs and ages served: Autistic Spectrum Disorders (0-13); Clinical Genetics (0-adults); Developmental (3-16); Down Syndrome (0-18); Physical Disabilities (0-18); Spina Bifida (0-adults); and Zero to Three Program (0-36 months). Healthy Lifestyles Program (3-18) includes a comprehensive weight management program for children. **SEE INDEX**

Children's Center for Nutrition and Exercise..... 464-8668
 SUNY Upstate (800) 464-8668

See our ad on page 66.

Enable..... 410-3319

Physical, Occupational, and Speech Therapy, Nutrition, Psychology, Assistive Technology, Sensory Integration, Social Work and Psychology Counseling, as well as aquatic therapy for children and adults with disabilities. Comprehensive evaluations and care of children with disabilities including Cerebral Palsy, Autism spectrum, and other developmental disabilities. Physician provided neurological and developmental evaluations and ongoing care.

Web: enablecn.org

SEE INDEX

First Look Project 472-4404

SEE INDEX

See our ad on page 64.

Horizons Clinic (an article 16 clinic) - Arc of Onondaga.....476-7441

600 South Wilbur Avenue, 13204

Horizons Clinic provides counseling services in the areas of social work, psychology, nutrition and vocational rehabilitation as well as IQ and Adaptive Psychological testing. Nursing services available include Mantoux (TB) Testing. All therapies are provided in a welcoming clinical setting at The Arc of Onondaga. **SEE INDEX**

Hospice & Palliative Care Associates 634-1100

990 Seventh North St., Liverpool 13088

Compassionate, comprehensive hospice and palliative care at home, in group homes, or at a hospital or nursing home, for terminally ill children and adults. Certified by Medicare, Medicaid, other insurances; affiliated with Children's Hospice International. Physician referral required. **The Center for Living with Loss**, a bereavement program of Hospice, is open to all in the community dealing with grief and loss. Master's level therapists provide individual (child, adolescent, adult,) group and family services on site by appointment. Web: www.hospicecn.org

MLW Developmental Evaluation Center 472-4404

215 Bassett St., 13210

Email: Grantc@upstate.edu

School and home consultations, diagnostic evaluations and screening and brief intervention services for children ages (0-9) who have or are at risk for a developmental disability. MLW/DEC focuses on complex developmental difficulties especially autism. Center has an interdisciplinary staff inclusive of Physician. DEC provides developmental services on the Onondaga Nation and directs the First Look Project for developmental screenings. Autism Spectrum and Related Disorders Program also provides school and home consultations. **SEE INDEX**

Onondaga County Health Department

John H. Mulroy Civic Center, 9th Floor

-Child Health Plus (800) 698-4543

-Facilitated Enrollment in Onondaga County..... 435-6808

421 Montgomery St., 13202

Facilitated Enrollment offers families in Onondaga County the opportunity to enroll in the Public health insurance program that will meet their medical and dental needs. Facilitated Enrollment offers families an easy way to apply for Family Health Plus, Medicaid and Child Health Plus. **SEE INDEX**

Onondaga County Public Library 435-1900

Telephone reference for health related questions. **SEE INDEX**

Planned Parenthood Appointments—toll free (888) 600-6886
 1120 E. Genesee Street, 13210

Gynecological care; low cost birth control; pap smears; breast exams and education; abortion, adoption and parenting; pregnancy testing and pregnancy options counseling; and HIV/AIDS testing and counseling; first trimester abortion. Handicapped Accessible. **SEE INDEX**

Spina Bifida Center at SUNY Upstate Medical University

725 Irving Ave., Suite 112, Syr. 13210 (315) 464-6395

Coordinated multi-disciplinary health care for people with Spina Bifida or spinal cord injury. Web: www.upstate.edu/uh

St. Camillus Health and Rehabilitation Center..... 488-2112

813 Fay Road, 13219

Email: info@st-camillus.org

Offers comprehensive inpatient and outpatient services including brain injury and subacute rehabilitation, continuing care and long-term care. Also offers audiology; hearing aids; outpatient physical, occupational and speech therapy; home care; adult day care; medical transport and Lifeline personal response service. Web: www.st-camillus.org

St. Joseph's Hospital Health Center/Primary Care Centers

Family Medicine Center—301 Prospect Ave., 13203 448-5491

Westside Family Health Center—216 Seymour St., 13204.. 703-2600

Both locations provide comprehensive medical care for all members of the family, including adults, children, newborns and pregnancy care. An emphasis is placed on preventive medicine and maintenance of health. **SEE INDEX**

St. Joseph's Maternal/Child Health Center

516 Prospect Ave., 13208

OB/GYN Office703-5200

Pediatric Office703-5270

St. Joseph's Maternal/Child Health Office offers care for women and their children. Obstetricians/gynecologists provide prenatal, postpartum and gynecologic services. Pediatric Office provides pediatric care, including well child visits, immunizations and sick child treatment. **SEE INDEX**

St. Joseph's Sleep Laboratory

945 E. Genesee St., 13210.....475-3379

and Northeast Sleep Laboratory.....329-7378

4400 Medical Center Dr., Fayetteville 13066

Provide diagnosis and treatment of sleep disorders and apnea for infants, children and adults. **SEE INDEX**

Syracuse Community Health Center, Inc. 476-7921

819 S. Salina Street, 13202

Adult Medicine, Pediatrics, Obstetrics and Gynecology, Dental, Eye Care, Podiatry, Counseling, Addictions and Psychological Services, HIV Counseling and Testing, Laboratory, Walk-In Care, Pharmacy, Radiology. Sliding fee scale, Medicare, Medicaid, Child Health Plus, insurance plans (including third party insurance), cash, checks and credit cards. Services provided vary by site—check for availability of specific services at other Health Center sites. Also onsite at Delaware, Dr. King and Dr. Weeks Elementary Schools and Shea Middle School. (E) 1938 East Fayette St., 13210 474-4077 (W) 603 Oswego St., 13204 424-0800 (S) 1701 South Avenue, 13202 (Teen Health Program)..... 234-8336 Lafayette Health Center, Inc.

(S) 2394 Route 11, Lafayette, 13084 677-3186

Web: www.schcnyc.com

SEE INDEX

Syracuse University

-Psychoeducational Teaching Laboratory..... 443-9659
 Psychoeducational evaluations primarily for school-aged children with learning problems. Prerequisite: prior evaluation by school district or private evaluation.

-Gebbie Speech, Language and Hearing Clinic 443-4485
 Evaluation and therapy for all speech, hearing and language problems such as language delay or disorders, language-learning disabilities, Tinnitus. All ages **SEE INDEX**

Syracuse VA Medical Center(315) 425-4400
 Veteran Service Center.....(315) 425-4400
 For info about services and eligibility
 Returning OEF/OIF Veterans, contact Lauren Love at ext. 53481
 A part of the VA Healthcare Network of Upstate New York. Check out their website for complete information about services, and the community based outpatient clinics serving veterans in 13 counties in CNY, including clinics in Auburn, Cortland, Oswego, and Rome. Services vary from medical and rehabilitative services to outreach and homeless veterans programs. Web. www.visn2.va.gov **SEE INDEX**

See our ad on page 66.

Quest Diagnostics®1-800-LAB-TEST

University Hospital of Upstate Medical University 464-8668 or (Same phone # with or without 800)(800) 464-8668
 Call Health Connections/general information numbers above for information and referral to a wide variety of services. SUNY Upstate programs are varied, including programs dealing with autism, the brain, child development and both developmental and neurodevelopmental disabilities, communication disorders and hyperactivity.

ELECTRONIC RESOURCES

American Association for the Deaf-Blind

Web: www.aadb.org/

Centers for Medicare and Medicaid Services

Web: http://cms.hhs.gov

CureSearch—Children’s Oncology Group (Childhood cancer)

Web: www.childrensoncologygroup.org

EPMagazine

Drug information; database on disabilities; chat rooms; links
 Web: www.eparent.com

Family Voices

Health care advocacy/parent support groups
 Web: www.familyvoices.org

Feeding problems-The Oley Foundation

Home nutrition support for families dealing with G or NG tubes.
 Web: www.oley.org

Kennedy Krieger Institute

Programs, services, brain-disorder research
 Web: www.kennedykrieger.org

Laurent Clerc—National Deaf Education Center @ Gallaudet U.

The basic web address will bring up extensive information on Deafness. Web: http://clerccenter.gallaudet.edu/InfoToGo/ (NOTE: Add 184.html after the basic web address to go to the Directory of National Organizations of and for Deaf and Hard of Hearing People.)

Lowe Syndrome Association

Disability-specific support and information
 Web: www.lowesyndrome.org/

Marfan Syndrome/National Marfan Foundation

Web: www.marfan.org

National Cancer Institute

Web: www.cancer.gov

National Down Syndrome Society

Web: www.ndss.org

Nursing registry

Private duty nurses and families looking for nurses
 Web: www.independentnurse.com

Reflux (Pediatric/adolescent Gastroesophageal Reflux Association)

Web: www.reflux.org

Sotos Syndrome Support Association

Web: www.familyvillage.wisc.edu/lib_soto.htm

www.eMedNY.org

This website is a service for providers and the general public. Includes helpful manuals, reference material, and answers to questions about NYS Medicaid.

NATIONAL RESOURCES

Parents seeking information, and/or looking to share their experiences with other parents whose children have a specific disability can also look to organizations outside the county.

EXCEPTIONAL PARENT MAGAZINE

Subscription Information (877) 372-7368
 Email: epedit@aol.com Fax (201) 489-0633
 Will publish search letters for subscribers. Contact Search and Respond Dept. at Exceptional Parent Magazine, 65 East Route 4, River Edge, NY 07661 Web: www.eparent.com **SEE INDEX**

NATIONAL INFORMATION CENTER FOR CHILDREN WITH DISABILITIES (800) 695-0285

Disseminates information on specific disorders including personal responses to questions. Referral to other organizations. Publishes a list of national 800 numbers for relevant organizations. There is a nominal charge for some publications. Information also available in Spanish. All publications available on website. Web: www.nichcy.org

NATIONAL ORGANIZATION FOR RARE DISORDERS (NORD) (800) 999-NORD

Will provide written reports on specific disorders. First report free, subsequent reports for a \$7.50 fee. Or, download for \$7.50. Internet subscriptions available for frequent use. Networking with other families with membership. Web: www.rarediseases.org

PARENT AND CONSUMER GROUPS

PARENT TO PARENT OF NEW YORK STATE

Parent-to-Parent of New York State is a statewide not for profit organization with a mission to support and connect families of individuals with special needs. It is coordinated in the North Central Region by Exceptional Family Resources 478-1462 Outside the local calling area (for this program only) call (800) 305-8815 Serves Cayuga, Cortland, Herkimer, Lewis, Madison, Oneida, Onondaga, and Oswego counties. Referrals will also be made to the regional coordinators serving other counties.
 Email: dnordmark@contactefr.org
 Web: www.parenttoparentnys.org
 —*Support network:* Parents of children with developmental disabilities can be matched (locally or nationally) with other parents whose children share the same developmental disability via telephone or email. Call to be matched with another parent for support and/or sharing of experiences — or to volunteer to become one of our support parents.
 —*Information and referrals:* Information on particular disabilities and referral to other resources (including websites) and supports.
 —*Presentations:* To parent groups, professionals and community organizations.

SPECIAL EDUCATION SCHOOL-RELATED GROUPS

Fayetteville - Manlius (Special education advisory council)
 Lisa Miori-Dinneen 692-1203

Jowonio School
 3049 East Genesee St., Syracuse 13224
 Emily Ruston 445-4010
 Jowonio parents of young children with special needs. **SEE INDEX**

North Syracuse Central School District—S.A.F.E.
Supporting Autistic/Asperger Families & Educators
 Contact a Team Facilitator at Cicero Elementary.....218-2500 (Deb Seal, Donna Johnson, Joan Littlehale, Amy Stevens, and Maria Scarfino between 8:30 AM-4:00 PM, Sept.—June)
 The group meets monthly on the 3rd Wednesday at Cicero Elementary, from 6:30-8 PM. The meeting environment is informal and welcoming! Open to all parents, caregivers and teaching staff of children with Autism or Asperger Diagnoses who are interested in supporting and helping one another.

PASE-Cicero-North Syracuse (*Parents Advocating Special Education*)
Lisa Larioni.....699-5879

Syracuse City Schools:
Special Education Parents' Advisory Committee
 Jane Scott 425-9104
 Provides forum to share concerns and information between parents and the Special Education Director. Meets bimonthly. **SEE INDEX**

West Genesee School District: WG-SEPAC
West Genesee Special Education Parent Advisory Council
 Lisa Coggi by email at: lisafc@twcny.rr.com
 A group for parents of children with disabilities, special needs, health care needs or suspected disabilities. Network, provide support and information, and advocate for positive changes.

OTHER GROUPS

LOOKING FOR A SUPPORT GROUP? Parents can use the following list or can contact Onondaga County's 24 hour information and referral **HELPLINE** at 435-8300 or check out their online data base on the county website.
 Web: www.ongov.net

NEED GUEST SPEAKERS? See *PARENT AND CONSUMER GROUPS- Parent-to-Parent of New York State, and INFORMATION AND REFERRAL- Exceptional Family Resources.*

ELECTRONIC RESOURCES

Communicating over the internet is not just for teenagers! Check out these sites for round-the-clock support, and maybe a few chuckles!

Jeff Stimpson's life as both a parent of a child with a disability, and a professional journalist.
 Web: www.jeffslife.net

PACER
 Parent support, information clearinghouse
 Web: www.pacer.org

PEER-Parents Engaged in Education Reform
 Parent information and support
 Web: www.fcsn.org/peer

SABE (Self Advocates Becoming Empowered)
 Web: www.sabeusa.org/

SUPPORT GROUPS IN CENTRAL NEW YORK

***Note:** Not every support group listed is free, or paid for by nominal dues. However in some cases the cost may be eligible for payment through insurance. Do NOT hesitate to call if an organization looks like it could meet your needs or those of your son or daughter.*

ADD/ADHD—Support Group for Parents of Children with ADD/ADHD
 Lois Exner and Deb Seal..... 218-2500
 Email: luminalois@hotmail.com or dseal@nscsd.org
 Meets at Cicero Elementary School Web: www.nscsd.org

See our ad on page 64.
Arc Parent Advocacy Program.....423-0100
 301 Valley Drive, Syr., 13207
 A free and confidential service for parents of a child with any disability or suspected disability. Find all available resources, learn about being an advocate, attend workshops, network and receive help with your school district and more. **SEE INDEX**

See our ad on page 67.

Arise Child and Family Service, Inc.

Syracuse area.....471-3272 Oswego County.....342-4088
Offers advocacy, support, social and recreational groups for people with disabilities from our offices located in Onondaga and Oswego Counties. (Syracuse, Oswego, Fulton and Pulaski) Variety of groups, with focus on both adults and youth. Visit their website calendar for group descriptions, meeting dates, and times. Or call for information. Web: www.ariseinc.org **SEE INDEX**

Autism/CNY ASA (*The Central New York Chapter of the Autism Society of America*)447-4466
PMB 252, 4465 E. Genesee Street, Dewitt, NY 13214-2242
Email: cnyasa@yahoo.com Web: www.cnyasa.org

Autism/FEAT CNY (*Families for Effective Autism Treatment*)
Bobbi and Greg Rogers.....638-4058
Email: featnynews@yahoo.com
Offers services and workshops. Web: www.featofcny.org

(Autism) Spectrum Support Group
Vicki Affinati342-4088 ext. 221
Meets in Central Square Email: vaffinati@ariseinc.org

(Autism Spectrum) Connections.....(315) 598-7672
Facilitated by Theresa Familo. An opportunity for caregivers raising children and young adults on the autism spectrum to connect, socialize, network and support each other. Meets first Tuesday evening of each month. Hosted by **Parents of Special Children** in Fulton. **SEE INDEX**

(Autism Spectrum) Dietary & Natural Interventions for Autism Spectrum Email: stearnschristina@yahoo.com
Christina Stearns 263-3394
Newly formed support group for dietary and natural (biomedical) interventions used for treating autism. Parents, Family support members, and professionals are all welcome!

NEW—Brain Injury: Acquired Traumatic Brain Injury
Dave Listowski.....446-3124 or 425-5364
Support group for people who have brain injuries and for stroke victims. Also family members, friends, professionals, and students. Monthly meetings, 7:00-9:00 PM, second Wednesday of every month at Community Options, 216 West Manlius St., East Syracuse, NY 13057. Sponsored by the Brain Injury Coalition.

Brain Injury and Neurological Impairment
Call Marilyn Rees..... 435-5511 ext. 272 or ext. 273
Meetings, open to the public, are for families, friends and caregivers. Meetings are held monthly at 6:30 PM at Van Duyn Home and Hospital.

See our ad on page 66.

Brain Injury Association of NYS-Central Region
Mary Sheridan 453-7120
Meetings held separately for people with brain injuries and their parents. **SEE INDEX**

Brain Injury and Stroke: Cafe Plus 446-3124
216 West Manlius Street, East Syracuse, 13057
Dave Listowski Email: cafeplus@dreamscape.com
A coffeeshop for adults 18 and over who have survived a head

injury or stroke or are living with epilepsy or other neurological impairments. Friends, family members and professionals are also welcome. Open Saturdays, noon - 4:00 PM. Closed in August. Run by and for head-injured people. Food, conversation, and activities. Cafe Plus is operated with support of Community Options, Inc. Web: www.dreamscape.com/cafeplus **SEE INDEX**

Disabled in Action of Greater Syracuse
(Civil Rights Group for People with Disabilities)
Sally Johnston 410-3317
165 Martin, 13208 (H) 455-9626

Down Syndrome Association of CNY, Inc.
Shari Bottego, President 682-4289
P.O. Box 5, Manlius 13104 Email address: DSAofCNY@aol.com
Web: www.dsaofcny.org

Epilepsy/Seizure Disorders - Parent and Family Network—sponsored by Epilepsy Foundation
Anna Basta..... 477-9777
Email: a_basta@epilepsy-yny.org Fax 477-9797
Group meetings and social/recreational events for individuals and families. Meets third Tuesday of the month. **SEE INDEX**

Facilitated Communication Institute 443-9657
Support information for families whose sons and daughters use facilitated communication. **SEE INDEX**

Family Tapestry
Cathy Munson 451-5150
Email: familytapestryinc@yahoo.com
Parent-driven organization providing informational emails, advocacy, parenting classes, Youth Action Council, and phone support for parents of children with mental health or developmental delays.

Familycapped 469-9931
Support groups meet regularly on a stand-alone basis or in conjunction with parent training sessions. Meetings are usually held at the Familycapped offices. Visit the website for dates and times. Web: www.familycapped.com **SEE INDEX**

Foster Care: Adoption Parent Support Group..... 479-3616
Offers support and training to any parent impacted by foster care or adoption. Meets monthly at the Salvation Army. Children's group available at the same time.

Grandparents Raising Grandchildren 349-8603
98 E. Bridge Street, Oswego, 13126 Fax 349-8602
Peggy Cuyler-Salem & Janice Soper Email: faddinc@cnyhotmail.com

See our ad on page 2.

HOPE.networkHOPE Line.....652-3160
Northside Baptist Church, 7965 Oswego Rd., Liverpool, 13090
A faith-based support group sharing friendship, information, and support. Social networking opportunities, guest speakers, mentoring, advocacy, bi-monthly daytime meetings, bi-monthly prayer time, quarterly evening workshops, family and parent events, a lending library, and participation in area disability conference tradeshows. Social and recreation activities are offered for children and adults with disabilities. Membership in the church is not required and there is no membership fee to participate. A quarterly

newsletter, **HOPE.Happenings**, and calendar updates can be found in the “Ministries” section on the church website:
Web: <http://www.northsideonline.org>

SEE INDEX

Huntington’s Disease—Syracuse Support Group

Kathy Anderson 451-9206
Meets monthly at Liverpool Library.

Hydrocephalus Support (CNY)

Carol Fear for telephone support 478-7517

Learning Disabilities Adult Group

Lisa Bianchi 432-0665
Social Recreation group for adults with learning disabilities, sponsored through Learning Disabilities Association of CNY.
Email: LDACNY@LDACNY.org

SEE INDEX

Mainstream/Southwest Community Center - 401 South Ave., 13204

Jennifer Thau 474-6823
Monthly dinner and support group for parents of children with developmental disabilities. After school program for children and teens with developmental disabilities, M-F from 2-6 PM.

MDA/ALS Support Groups

Sponsored by the Muscular Dystrophy Association

Kelly Steenburgh..... 451-8269
MD parent/child support group offers support for families with a parent or child with a neuromuscular disease. Meets quarterly.

Mental Health Association of Onondaga County 445-5606

Support and/or educational activities include Acknowledging, Accepting, and Alleviating Anger—a 6-week anger management program; Children 1st, a state-certified 6-hour course that assists parents with developing parenting skills that focus on their children’s needs during separation and/or divorce. Accessible Counseling Project—low or no cost counseling referrals for those in domestic violence relationships.

SEE INDEX

Mental Health: NAMI - Syracuse, Inc. 487-2085

917 Avery Ave., 13204 Email: namisyracuse@namisyracuse.org
Local affiliate of NAMI-NYS and the National Alliance on Mental Illness. Self-help organization for families and friends of people who suffer from serious and persistent psychiatric illness.
Web: www.namisyracuse.org

National Multiple Sclerosis Society, Upstate NY Chapter

3532 James St., Suite 104, 13206 1-800 FIGHT MS
Abby Belford Email: abby.belford@nyr.nmss.org
MS Groups available throughout the county for friends, family and people living with MS.

SEE INDEX

Parents Reach Out Program (P.R.O.P.)

Contact Lisa Witkin 476-8938
or c/o Center for Children’s Cancer and Blood Disorders, University Hospital, 750 East Adams St., 13210
Offers support, information, and hospital-based family activities to families of children who are being or have been treated for cancer or a serious blood disorder at the Center. Email: lpennell@twcny.rr.com

Prader-Willi Syndrome: Support for Families

Contact Tammy Reals (Email: fourhavei@yahoo.com)...455-5822

Amy McDougall (Email: amcdougall@prader-willi.org)..402-6874
NEW: An opportunity for support among those affected by Prader - Willi Syndrome and discussion of issues of concern to that community. Meetings held at Enable, 1603 Court St., Syracuse on the second Tuesday of the month. State org. web: www.prader-willi.org

Rett Syndrome

Joe and Ro Vargo 463-2290
241 Dorchester Ave., Syracuse, 13203 Email: RoV@twcny.rr.com

Self-Advocacy Council (at Arise)

Call Ken Skillen.....297-4149 ext. 201
9 Fourth Ave., (Hillside Commons) Oswego, 13126
Supports people with disabilities in self-advocacy issues.
Web: www.ariseinc.org

Self-Advocacy Association of New York State (SANYS)

Grassroots Regional Organizing Program

Daniel Flanigan, Regional Coordinator.....473-6927
Nicole Spear, Regional Organizer473-5080
800 South Wilbur Ave., Suite 3A1 Syracuse, 13204
Supports and assists in development of self-advocacy groups. Promotes disability awareness through public education/presentations, and trains disabled people in self-advocacy and their rights.

Self-Advocacy Network.....443-3851

805 S. Crouse, 13244-2280 Email: sasyr7858@yahoo.com
Samantha LaRocque & Cyndy Colavita. Support advocacy group by and for people with disabilities. Meets last Tuesday of each month 6-8 PM. Individuals with disabilities are welcome to attend.

See our ad on page 7.

Senior Social Group - at Exceptional Family Resources

Deb Gibson-Jaworski 478-1462 ext. 332
Email: dgibsonjaworski@contactefr.org
For caregivers 55 and older with a family member with a developmental disability. Occasional informational teas are held, plus a holiday party and summer picnic.

Social Group (Liverpool)-for teens and adults with disabilities

Email: carissalago@windstream.net Carissa Lago 243-8897
Fridays from 3:30-5:30 PM. Refreshments, a social learning activity and game time. Free. All individuals must arrange for a support person to accompany them.

Social Group (Oswego)-for adults

Jen Teifke342-4088 ext. 216
9 Fourth Ave., Oswego, 13126 Email: jteifke@ariseinc.org

See our ad on page 66.

STARS: at Enable—See STARS listing on page 11.

Syracuse City School District Grandparents Group

(in Partnership with **Parent Partnership Network**)
1153 W. Fayette St., 13204
Shirley Dixon 435-4247
Email: sdixon80@scsd.us Fax: 435-4218

Tourette Syndrome: Greater NYS Chapter of Tourette Syndrome Association—CNY Support Group

868 Sprague Road, Memphis, 13112
Becky Lunkenheimer 635-6967
Meets monthly @ Baldwinsville Library

PREGNANCY & PARENTING

Teens with developmental disabilities who are pregnant, or who are already parents, can receive support from many organizations. Some organizations provide help during the pregnancy (**P**) and/or after (**A**) the baby is born. Others provide more general assistance (**G**) about many issues, including sexuality.

See also the FINANCIAL section for organizations that can help with general financial needs, and look in the “Government” section of the phone book, under Onondaga County Government-Health Department for information about the many programs they offer, such as the **WIC Program**—a special supplemental nutrition program for women, infants and children at 435-3304, and their car seat rental program at 435-8485.

P/A Catholic Charities 424-1840
 -Parent education for parents of children from infancy to elementary school-age, eight week course offered regularly throughout the year. Four week infant care course offered monthly for women in the third trimester.
 -Counseling and case management for young women and their families experiencing a crisis pregnancy.
 -Parent aides provide home visits to model, instruct, and coach basic parenting and living skills to parents to reduce the risk of their children entering foster care. Must be referred by Onondaga County DSS.
 -Healthy Start case management for pregnant/parenting women living in the City of Syracuse at high risk for infant mortality. **SEE INDEX**

See our ad on page 65.

G Central New York Developmental Services Office ...473-5050
 800 S. Wilbur Ave., 13204.
 Provides diagnostic and short term counseling to individuals with disabilities and families. **SEE INDEX**

P/A Children’s Consortium (previously known as The Consortium For Children’s Services , Inc.) 471-8331
 2122 Erie Blvd. E. 13224
 Teen Parents and Babies Program: For teen parents—parenting for the first time. From pregnancy through first 24 months of life, staff make weekly visits to expecting teens to prepare them for delivery and to help them adjust to parenthood. Focus on parenting skills and child development. Primary focus City of Syracuse, but serves all of Onondaga County. Parenting programs leading towards financial independence and family literacy are run in collaboration with other social services and educational organizations.
 Web: www.childrensconsortium.org

A Early Childhood Direction Center 443-4444
 or (800) 962-5488
 Call if you have concerns about a young child under the age of five and want a good description of all your options. **SEE INDEX**

A Early Intervention Program435-3230
 501 East Fayette St., Suite B, 13202 **SEE INDEX**

P/A Huntington Family Centers 476-3157
 Young parents program for mothers and fathers 13-21 years old, who are struggling with parenting issues. Hello Baby program for pregnant and postpartum women and their families. Family support

services is a parent education and life skills building group for adults 21 through 55. Childcare provided. Home visits are provided as needed. Group meets Tuesday, Wednesday and Thursday from 9:00 AM to noon. **SEE INDEX**

P March of Dimes Foundation 463-0700
 5 Adler Dr., East Syracuse, 13057 **SEE INDEX**

G Mental Health Association of Onondaga County 445-5606 **SEE INDEX**

P New Hope Family Services 437-8300
 3519 James St., 13206or..... (800) 272-3171
 500 Walnut Ave., 13210 448-2300
 Email: newhopefam@aol.com
 Free self-administered pregnancy tests; pregnancy peer counseling; counseling for alternatives to abortion; parenting and childbirth education; maternity and baby clothes; baby items; adoption planning; post-abortion counseling; referrals for medical and material assistance. Web: www.newhopefamilyservices.com

A Parenting classes:
 Call **Child Care Solutions**, other counseling agencies and your neighborhood center for information on and referrals to parenting classes. Child Care Solutions also offers fee-based parenting classes for community agencies and groups at their sites. **SEE INDEX**

P Planned Parenthood ...Toll Free HELPLINE...(866) 600-6886
 1120 East Genesee St., Syracuse 13210
 Provides counseling and information on matters related to sexuality and family planning. **SEE INDEX**

P Prenatal Care Assistance Program (PCAP)..... 435-2000
 501 East Fayette St., 13202—Administrative office
 An **Onondaga County Department of Health program**. Call for appointment at sites in Syracuse and North Syracuse. **SEE INDEX**

A PRIDE (PaREnt Infant Development Education Program)
 University Health Care Center, 90 Presidential Plaza464-4357
 Designed to meet special needs of adolescent parents and their first child.

G REACH CNY (formerly Family Ties Network, Inc.)
 1010 James St., 13203. 424-0009
 Works with agencies and consumers to ensure access and support for a full range of quality, culturally-sensitive health and human services to reduce teen pregnancies, improve birth outcomes, and promote health and well-being of individuals and families through education and advocacy. Convenes quarterly meeting of maternal-child health agencies and providers in Cayuga, Madison, Oswego, and Onondaga Counties to collaborate and improve services. (Call or see website for dates.) Provides staff development on HIV/AIDS, adolescent sexuality, youth development and other topics. Lending library of materials on pregnancy, parenting, and youth development. Web: www.reachcny.org

P/A Salvation Army 479-1330
 Counseling and case management for pregnant or parenting teens. **SEE INDEX**

G YWCA of Syracuse and Onondaga County.....424-0040
 A variety of housing and childcare services. See INFO and REFER-RAL section for descriptions and phone numbers. **SEE INDEX**

RECREATION

New York State Inclusive Recreation Resource Center

The mission of the NYS IRRC is to promote inclusive recreation opportunities so that people of all abilities can recreate and play wherever they choose. Projects include the development of a state-wide database that provides descriptive information about recreation programs, sites and facilities throughout NY. It also provides training and technical assistance to recreation providers so that all services can be as inclusive as possible. Individualized resources are also available through the Recreation Referral Services. Contact Laurie Penney McGee at email: penneymcgeeL@cortland.edu or visit www.cortland.edu/nysirrc

See our ad on page 7.

Exceptional Family Resources collects information about recreational opportunities and may be able to provide information that meets your specific needs. Call EFR for leads to activities like day and overnight summer camps and afterschool opportunities. See page 40 for additional ideas. For activities for adults see also: RESPITE and VOCATIONAL AND CONTINUING EDUCATION.

PARKS & RECREATION PROGRAMS

NOTE: Programs listed below have indicated an interest in including people with disabilities. If a town's park and recreation program is not listed, inquire directly. See: Blue pages of the phone book.

Access Pass - For application call:

State Parks Regional Office (315) 492-1756
 or write: ACCESS PASS, NYS OPRHP, Empire State Plaza,
 Agency Building One, Albany, NY 12238 (518) 474-2324
 Provides New York State residents who have certain permanent disabilities free use of parks, historic sites, and recreational facilities operated by the NYS Office of Parks, Recreation and Historic Preservation and the Department of Environmental Conservation.

Camillus Parks and Recreation..... 487-3600
 Swimming lessons for children with disabilities. Call for information about other activities.

DeWitt Parks and Recreation

Call Kim Ball 446-9250
 Integrated therapeutic recreation programs for young adults and adolescents. Summer day camp, after school programs, and adult recreation programs. Staff will work with parents and consumers to develop accommodations to include people with disabilities within the typical recreational activities.

Golden Access Passport

A free, lifetime admission pass issued only to US citizens or persons who permanently reside in the US, regardless of age, who have a medical determination and documentation of blindness or permanent disability. May only be obtained in person and upon proof of eligibility. Valid at National Park Service, Bureau of Land Management, Corps of Engineers, Fish and Wildlife Service, Forest Service, and Tennessee Valley Authority sites with admission fees. Free and/or reduced admission and facilities use fees. Family members and/or caregivers may also be admitted for free—varies by type of park. See their website to locate a park near you. Recommended that people call ahead to inquire about documentation needed. Web: www.nps.gov

John Dillon Park in the Adirondack Park

2150 Tupper Road, Long Lake, NY 12847
 From May 1—Sept. 30, call(518) 524-6226
 From Oct. 1—April 30, call(518) 327-6266
 A 200-acre wilderness park expressly designed for people with disabilities. Located within a working forest. (Park is a collaborative project of International Paper Company and Paul Smith's College.) Open to everyone but designed for people with disabilities and their families, friends, and caregivers. Three miles of paved trails; specially designed lean-tos and toilet facilities; docks and pontoon boat; solar-powered battery rechargers for motorized wheelchairs; more. For information or to register, email: registration@johndillonpark.org
 Web: www.johndillonpark.org

New York State Office of Parks, Recreation and Historic Preservation, Central Region..... (315) 492-1756

Fax (315) 492-3277

Accessible campsites and/or showers at Green Lakes State Park and Verona Beach. Check their website for detailed information about accessibility at all state parks, and/or call for info about CNY region parks. Web: www.nysparks.com

Onondaga County Parks 451-7275

106 Lake Drive, Liverpool, 13088 Email: parks@ongov.net
 Operates 6500 acres of regional attractions and educational facilities which are accessible to people with special needs. The Wegmans Playground at Onondaga Lake Park is a **"Boundless"** adventure area which has wheelchair access, customized swings, safety surfacing, and sensory rich, age zoned activity sections. Amtrykes, children's wheelchairs, helmets, and multi-rider bicycles are available at the Griffin Recreation Concession. Seven miles of level, paved trails, the lift-equipped Wegmans Trams, and accessible shoreline fishing sports are also features of Onondaga Lake Park. The Rosamond Gifford Zoo, Beaver Lake Nature Center, "Time Out To Fish" program at Carpenter's Brook Fish Hatchery, ramp accessible Jamesville Beach, Lights on the Lake holiday show at Onondaga Lake Park and more! Website: www.onondagacountyparks.com

Recreation Programs at Champions for Life Sports Center

Gymnastics, Tennis, Karate, Fitness Center, Dance Studio, Indoor Golf and Soccer—regular and power chairs(315) 252-9305
 453 Grant Avenue Rd., Auburn, 13201
 Offers integrated and 1:1 programs for ages 3 and up. Scholarships available for individuals with disabilities. Year-round program.
 Web: www.Championsforlife.org

Syracuse Parks, Recreation and Youth Programs 473-4330

Email: syracuse@ci.syracuse.ny.us
 Fax 428-8513 Hotline 473-4336
 Swimming, ice skating and playground programs available throughout the city. Several playgrounds have equipment accessible for people with disabilities. If special arrangements are needed for swimming programs or access to POOLS, call Aquatics Division, 473-4330, ext. 3004 or 3005. Call or watch paper for seasonal schedule of events. Summer brochure available. Web: www.syracuse.ny.us

BEFORE you go to a new place, consider...

- Accessibility, including parking and restrooms
- Noise level and the level of activity
- Length of the activity

NEIGHBORHOOD CENTERS

Key

- * Have afterschool programs that are particularly interested in serving children and adolescents who have disabilities.
- # Centers run summer camp programs.

* **Bishop Foery Foundation/Catholic Charities** 475-8316
100 Edmund Ave. 13205 **SEE INDEX**

* **Boys and Girls Club of Syracuse**—Administration...472-6714
2100 E. Fayette St.472-6727
201 Hamilton St.468-0521
Call administrative offices for programs and sites in other neighborhoods. Web: www.BGCSyracuse.org

Camillus Town Shop Youth Center

67 Main Street. (After 4 PM) 672-8874
or call Camillus Park and Recreation Office487-3600
4600 W. Genesee St., Syracuse, 13219 (mailing address)
Serves West Genesee School District. 13 to 18+ years.
Hours: 4:00 - 10:00 PM, seasonal. Program Calendar upon request. Not handicapped accessible.

* **Dunbar Center** 476-4269
1453 South State Street

* **Girls Incorporated of CNY** 474-0746
401 Douglas Street Fax474-3728
Afterschool Integrated programs until 5:50 PM. Summer camp 7:00 AM - 5:50 PM, M-F. Financial aid and scholarships, and will accept DSS subsidies. Camp Discovery summer day program for girls who have registered for kindergarten (age 5) through age 12.

* **Hawley Youth Organization/Catholic Charities** 472-6343
(Located at Northeast Community Center, 716 Hawley Ave., 13203
Also serves 5-18 year olds with disabilities. Respite and Medicaid Service Coordination available.

* **Huntington Family Center**..... 476-3157
405 Gifford Street
Youth afterschool program. Day Camp Horizon during July and August for students 5-12. Teen program for ages 13-19. Monday-Friday from 2:30-5:00 PM and two nights a week from 6:00-9:00 PM. **SEE INDEX**

* **Jewish Community Center** 445-2360
5655 Thompson Road, DeWitt, 13214
For children in grades K-6.

* **Jordan-Elbridge Town Center** 689-6217
Route 31, Jordan; PO Box 568, 13080

* **North Area Family YMCA** 451-2562
4775 Wetzell Road, Liverpool, 13090
Programs and services for youth, adults, families, and seniors. Sports and leagues, water and studio aerobic classes, strength training and cardiovascular workouts, summer camp, day care, before and after school care, family fun events, racquetball, volleyball, swimming, teen activities, nursery school, and more. YKids Inc. is an inclusion program to involve children with disabilities into activities like afterschool homework, camps, etc.

* **Northside CYO/Catholic Charities** 474-7428
527 North Salina Street , Syracuse 13208

* **ParkSide Commons**.....422-1301
201 Westmoreland Ave., 13224

* **PEACE Inc.**..... 470-3300
Corporate Offices: 217 S. Salina St., 13208
Runs centers throughout the city and county.
Web: www.peace-caa.org **SEE INDEX**

* **Rescue Mission**701-3830
Kiesewetter Recreation Center
122 Dickerson St. **SEE INDEX**

* **Vincent House/Catholic Charities** 475-9844
500 Seymour Street, Syracuse 13204

* **Westcott Community Center**.....478-8634
826 Euclid Avenue, 13210
Kids Club afterschool program every day for students 8-14; offsite program at Levy Middle School; meals, classes, support and recreation opportunities for seniors. (See also *Euclid Recreation Club*.) Web: www.westcottcc.org **SEE INDEX**

* **YMCA** 474-6851
340 Montgomery Street, 13202
Program and services for youth, adults and seniors. Water and land aerobics, lap swimming, strength and cardiovascular workouts. Y-Arts. Basketball, racquetball, handball, and squash.

PHYSICAL AND EDUCATIONAL ACTIVITIES

See our ad on page 67.

ARISE at the Farm 687-6727
1972 New Boston Road, Chittenango, 13037

A 77-acre accessible recreation and educational facility open to the community and focused on the needs and interests of persons with disabilities, their families, and friends. Hosts corporate events, day camps, and school groups. Provides integrated recreational activities throughout the year. People of all abilities are welcome to visit, volunteer, or both! Offers a fishing pond, walking/cycling path, petting zoo, picnic area, a universally-designed Ropes Challenge Course, and much more, including:

Adaptive & Therapeutic Horseback Riding—trained horses help individuals accomplish physical, cognitive, social, and psychological goals. NARHA (North American Riding for the Handicapped Association) trained instructors.

Fishing—adaptive equipment for use at our stocked pond, and an accessible boat that can be used for outings at local sites.

Horse Cart Driving—wheelchair accessible horse cart.

Adaptive Cycling—hand cycles, foot cycles, and double recumbent bikes.

Adaptive Skiing—ARISE & Ski operates each Jan. & Feb. at Toggensburg Mountain, Fabius. Downhill ski and snowboard lessons using adaptive equipment for people of all ages and abilities, including people who use wheelchairs. Instructors have received the Professional Ski Instructors of America (PSIA) Adaptive Certification.

Making Waves—therapeutic swimming at local facilities for people of all ages and abilities.

Web: www.ariseinc.org

SEE INDEX

*See our ad on page 2.***Autistic Piano Express**299-7626**Baseball: New York District 8 Challenger Little League**

Dom Cambareri..... Home from 6-8 PM.....433-5176
 Email: dcambare@twcny.rl.com Work from 9 AM-4 PM...426-1648
 Ages 5-21, with developmental and/or physical challenges and disabilities. Season begins in June.
 Web: www.syracusechallengers.com

Basketball—Wheelchair Basketball—Syracuse Flyers

Cell phone: 420-4765or687-5214
 Open to anyone regardless of where they live. Practices Tuesdays, 6:00 PM - 8:00 PM at Northeast Community Center/Dr. Weeks Elementary School at 716 Hawley Ave., Syracuse, 13203.

Bowling

Pat Gaetano 458-1458
 A Sunday 10 AM bowling group (with bumpers) at Bowl Mor Lanes (437-4767) 201 Highland Ave., East Syracuse, 13057.
 Sept.-April. Families welcome.

Cornell Cooperative Extension

220 Herald Place, 2nd Floor; 13202 424-9485
 Email: onondaga@cornell.edu
 Educational programs on: basic nutrition, menu planning for families receiving food stamps; basic sanitation/hygiene; 4-H programs, animal science. Web: www.cce.cornell.edu/onondaga/

Dances: Friday Night Dance

Contact: OCC Security498-2478
 For Information only (other than whether the dance is taking place) call Barb Kimber.....437-2025 ext. 123
 Dances at Onondaga Community College in the Gordon Student Center Cafeteria every Friday except Good Friday, Jazz Fest, Friday after Thanksgiving and week between Christmas and New Years. 7-10 PM. \$4.00

Euclid Recreation Club at Westcott Community Center

826 Euclid Ave. Contact: Steve Susman478-8634
Monthly dances, the first Saturday evening of each month, (with exceptions) from 7-9:30 PM. Live music and refreshments. \$2.00 admission charged at the door. Age 18 and up. No dances July and August. Other programs include concerts, lectures, and community gatherings. (See also Westcott Community Center) **SEE INDEX**

Horseback Riding: ASTRIDE 469-1622

P.O. Box 5241, Syracuse 13220
 Recreational riding lessons for people with disabilities. A fee is charged.

Horseback Riding: Rehabilitative Riding

Maybury Brook Stable (607) 836-9969
 5288 Maybury Road, McGraw 13101
 Riding stable in Cortland County dedicated to advancing the capabilities of people with disabilities and head trauma to the maximum. All are welcome. Web: www.mayburybrookstables.com

Horseback Riding: Cazenovia College Community Riding Program

Contact Sarah Compeau..... (315) 655-7367
 Limited therapeutic riding and hunt-seat lessons.

Horsemanship Activities: From the Ground Up Therapeutic Horsemanship, Inc.655-8943

3669 Eager Road, Jamesville 13078
 Riding skills; learning to care for horses in their environment; vocational training program opportunities. Rider Fitness program. Weekday and Saturday hours. Web: www.ftguhorses.org

Jogging: Syracuse Chargers Track Club

Peter Rhodes (coordinator) 422-1037
 110 Luther Ave., Liverpool 13088
 SDC program open to community participants. Cedar Bay Park in summer, Manley Field House/SU in winter.

Joe Ribyot 449-1019

Kiwanis Club of Solvay-Geddes-Camillus (315) 336-4568

A summer camp near Rome, NY, called Kamp Kiwanis includes up to 20 children with special needs in each sleep-away week-long session. Weekly sessions begin in early July and end in mid-August. In addition, the first week of Kamp serves adults who have developmental disabilities. Web: www.kiwanis-ny.org/kamp/index.html

MOST (Museum of Science & Technology)425-9068

500 S. Franklin St., 13202
 Open Wednesday-Sunday 11 AM - 5 PM, and Monday and Tuesday for national holidays and school breaks. Extended IMAX film schedule on Saturday. Call for show titles and times. Website: www.most.org

Music: Syracuse Community Choir

Mardea Warner 479-5757 or Karen Mihalyi 428-8151
 Rehearsals at Westcott Community Center (826 Euclid Ave) only during spring and fall for two major concerts. No auditions required. Rehearsals 7:00-9:00 PM Wednesday evenings. Call first for information. Everyone welcome.

*See our ad on page 2.***Sarah can you play today? A children's story in book form****Skiing, Downhill - Greek Peak Mountain Resort**

2000 NYS Rt. 392, Cortland, NY 13045-9541
 Ask for Adaptive Center (607) 835-6111 or (800) 955-2754
 Greek Peak provides a comprehensive learn to ski program for people with disabilities with stand-up mobility. Mon-Sat, call for appointment. Cost varies. On Sunday, the program operating from the Adaptive Training Center provides morning and afternoon sessions at a reduced rate. Cost includes lifts, lessons and rentals. Web: www.gpadaptive.org

Soccer-Power Soccer for Power Wheelchair Users

A team sport, unisex, developed specifically for people with physical disabilities who use power wheelchairs. Players use a protective wheelchair attachment and oversized soccer ball. Team(s) forming now. Contact Jim Sefick at:
 Email: seffam@yahoo.com or (315) 857-7934

Special Olympics

Contact Recreation Coordinator 473-2933
 800 South Wilbur Ave., 13204
 Sports training in 23 sports for people with intellectual disabilities. Training by trained Special Olympic coaches on a seasonal basis throughout the year. Participants expected to attend all training sessions during season. (8-10 weeks) Call for information or to volunteer. Must have a Special Olympics medical and a consent to participate.

SU Neighborhood Youth Recreation..(Celka vanDijk)....443-4254
Archbold Gymnasium & Tennity Ice Skating Pavilion
Weekends, 9 AM - 11:30 AM, Oct.- April. Open to school-aged youth (5-18). Offers swimming, gymnastics, basketball, cheerleading, ballet and ice skating. Accepts people with disabilities on an individual basis.

OTHER RESOURCES

See our ad on page 64.

Arc of Onondaga 473-2935
Community-based recreation and leisure activities for adults with developmental disabilities. Each month, a schedule is offered to members so they may choose activities in which to participate, such as sporting events, community fairs, tours, and movies. Members and their families are encouraged to assist in the planning of activities. Also offers a recreation program for teens 13-18, who live in Onondaga County in a non-certified setting. **SEE INDEX**

Cafe Plus - for people with traumatic brain injury and stroke
See: PARENT AND CONSUMER GROUPS - OTHER GROUPS-Brain injury and stroke. **SEE INDEX**

Camp Fire USA CNY Council 463-8799
7 Adler Drive, East Syracuse 13057
Camp Fire USA offers Club and Camping Programs to all school-aged children. These programs have trained adult role models, show children how to constructively use their time and expose children to diversity. Every effort is made to accommodate children with special needs. Clubs are generally held weekly, in the child's neighborhood. Camping opportunities are day and residential at the council owned site, Camp Talooli. Web: www.campfireusacny.org

See our ad on page 7.

Exceptional Family Resources 478-1462
1065 James Street, Suite 220, Syracuse 13203
Offers a variety of recreation programs for people of all ages who have a developmental disability. These include *Friends' Connection* (for ages 18 and older) which selectively matches people with companions for community recreation experiences. Through the *SU Student Placement Program*, EFR matches teens with developmental disabilities (ages 13-19) with Syracuse University students for 20 hours each semester. The *Community Partners After-School Program* works with people from kindergarten through high school to integrate youth with developmental disabilities into existing after-school center programs. **SEE INDEX**

Familycapped, Inc...... 469-9931
Familycapped offers family-centered recreational activities for individuals with disabilities and their families. Activities are free to families who qualify for OMRDD services. Activities may include but are not limited to: bowling, fishing, roller skating, picnics, dances, Chiefs games, theater, etc. Visit the website for a calendar of upcoming events. Web: www.familycapped.com

See our ad on page 2.

HOPE.networkHOPE Line.....652-3160
Northside Baptist Church, 7965 Oswego Road, Liverpool, 13090
Three therapeutic dance groups: **HOPE's Angels**—for school age children meets Tuesdays at 4:15 PM; **HOPE's Ambassadors**—for teens and adults meets Thursdays at 4:15 PM; and **HOPE's Cherubs** for preschoolers is new in the fall of 2008. Classes follow the school calendar. **"The HOPE Club,"** a socialization group for teens (18+) and adults with disabilities, meets on Fridays from 3:30—5:30 PM.

"Young Life Capernaum" a faith-based friendship group meets one Sunday a month from 3-5 PM.
(Email: cusecapernaum.@hotmail.com) There is no membership fee to participate in activities, and participants do not have to be members of the church. A quarterly newsletter, **HOPE.Happenings**, and calendar updates can be found in the "Ministries" section on the church website: <http://www.northsideonline.org> **SEE INDEX**

Learning Disabilities Association of CNY.....432-0665
-SAIL (Summer Adventures in Learning) fir children 6-14.
Program runs 3 days/week, 6 weeks. Reading, computers, social awareness, art, music, and basic skills.
-Adult Recreation Program-Thursdays evenings and one weekend/month. Call Lisa Bianchi. Activities include movies, parties, trips, etc.
Web: www.LDACNY.org **SEE INDEX**

Mental Health Association of Onondaga County..... 445-5606
Community Companions matches volunteers in friendships with adults who have been recipients of Mental Health services, for group and individual activities. **SEE INDEX**

See our ad on page 2.

Tulip Travel.....461-4852

AFTERSCHOOL PROGRAMS

Some schools and neighborhood centers offer after-school recreation and/or school-age child care programs. Child Care Solutions (446-1220) provides parents with referrals to child care centers, family child care homes, before and after school programs, nursery schools and summer camps. It also mails written materials to help parents choose a child care program which best meets their family needs. See also NEIGHBORHOOD CENTERS list.

CLUBS AND SCOUT TROOPS

Boy Scouts: Integrated troops463-0201
2803 Brewerton Rd., Mattydale, NY 13211
Web: www.cnyscouts.org

Camp Fire USA CNY Council 463-8799
7 Adler Drive, East Syracuse, 13057
Email: jan@campfireusacny.org Fax 463-8739
For more information, see also RECREATION/Other Resources

Girl Scout Council of Central NY 698-9400
8170 Thompson Road, Cicero, 13039 Fax.....698-9500
Year round programming for all girls ages 5-17. Opportunities include summer day camps (with buses provided to sites,) troop activities, camping, challenge course, caving, science, engineering and math related topics. Programs enable girls to develop leadership, self-confidence, and life skills. Financial assistance is available to eligible families. Web: www.gscsny.org.

Other places to look...

- * School and school district calendars and newsletters
- * Hobby Shops and craft stores often have news of clubs
- * The special sections of local telephone books.
- * **Syracuse Parent and CNY Family**, a free monthly newspaper has an extensive calendar of local events suitable for families. Call 434-8889 to find your closest distributor or check out their website at: www.syracuseparent.net
- * **Chamber of Commerce** website: <http://www.syracusechamber.com>
- * Don't forget local newspapers for their lists of events.

RESIDENTIAL SERVICES

The best way for a family to start the process of finding or creating an appropriate home is to work with their service coordinator. The following agencies in Onondaga County provide residential supports to developmentally disabled individuals. The earlier that families start this process the better, because wait lists are long and resources have not kept up with the demand.

See our ad on page 64.

Arc of Onondaga 476-7441 ext. 136
600 S. Wilbur Avenue, 13204

People choose from a variety of housing alternatives, supports and services to assist them in maximizing their abilities for living. Services include Community Residence Living and Apartment Living. **SEE INDEX**

See our ad on page 65.

Central New York Developmental Services Office 473-5050

This organization serves people in an eight county area who have a developmental disability. Operates Family Care homes and a range of community settings for children and adults, and residential supports for families. For information about nontraditional housing opportunities, call Community Support 473-6901

SEE INDEX

(The) Community Living Intake Process (C.L.I.P.)

Contact CNY DDSO, Judy Leggett 425-8501
Email: judy.leggett@omr.state.ny.us Also..... 336-2300 ext. 288

A single point of entry for individuals with developmental disabilities seeking residential homes in Onondaga County. The committee's purpose is to receive referrals for residential services, complete initial screenings, refer to specific provider agencies for admission and maintain a waiting list for services.

Community Options, Inc. 431-9859

216 W. Manlius St., East Syracuse, 13057
Provides support that allows people with disabilities the options to remain in their home and community; return to work; and maintain a level of independence with self-care and activities of everyday life.
Website: www.comop.org **SEE INDEX**

See our ad on page 66.

Enable 410-3317

Provides residential services in Onondaga County to people who are developmentally disabled. Enable operates several small group homes (3-4 people) and provides inhome residential habilitation services to people living in their own homes or apartments. The level of support provided is based on individual need and desire. New OPTS program focuses on young adults leaving home for the first time. **SEE INDEX**

See our ad on page 65.

H.O.M.E. Inc. (Agency with a service focus)

831 James St., 13203 472-5110 ext. 320 or 321
Fax 472-5536

Family Care Program - secures quality long-term, supportive living arrangements in the community. This usually involves living with families willing to assist with care and support. Family care housing should support individual development and be mutually beneficial. Financial and other support is available to the provider. Assists with family care certification processes, matching of clients and

certified homes, and follow-up services. Operates special apartments for mothers with developmental disabilities and their children.

-White-Skipworth Residential—A 10-unit housing complex for persons with disabilities located at 1133 & 1151 West Onondaga St.
314 Hudson St. Corporation - an affiliate of H.O.M.E., Inc.
.....472-8968 or 383-1995

A new concept in housing for developmentally disabled parents and their minor children. Daily living skills such as money management, conflict resolution and parenting classes. The program enhances a family's ability to grow and prosper. **SEE INDEX**

InterFaith Works (formerly Covenant Housing at Interreligious Council of CNY) 3049 E. Genesee Street, 13224 449-3552
Assists people with developmental disabilities with issues of home ownership, rental properties, and property maintenance.

Invested Families Services, Inc.Phone and Fax..... 431-4931
SEE INDEX

L'Arche Syracuse, Inc. 479-8088
1232 Teall Avenue, 13206 Fax 479-8118

Email: larchesyracuse@cnyemail.com

A Christian community operating four homes for adults with developmental disabilities. Emphasis is on life sharing/relationships between people with a disability and those who assist them.

Web: www.larchesyracuse.com

SEE INDEX

See our ad on page 65.

Liberty Resources, Inc. 425-1004

Provides a range of residential and nonresidential services to individuals and families in Onondaga and Madison Counties. Residential opportunities include: Individualized Residential Alternatives, Supported Apartments, In-Home Residential Habilitation and Individualized Service Environments. **SEE INDEX**

Loretto Community Residences, Inc. 413-3592

750 E. Brighton Avenue, 13205

Operates four supervised community residences for older people who use mental health services or have a developmental disability.

Website: www.loretto-cny.org

SEE INDEX

Onondaga Community Living (O.C.L.) 434-9597 ext. 212

518 James St., Suite 110, 13203

Email: Richardp@oclinc.org

Fax 434-9367

Provides individualized residential support to adults with developmental disabilities in homes of their own, or in a living arrangement based on their desire to live with a friend or a non-disabled housemate. Support is available up to 24 hours/day, and is delivered in communities of the person's choice. **SEE INDEX**

Spaulding Support Services478-6210

486 West Onondaga Street, 13202

Email: main@spauldingsupport.org

Residential services, based on each person's abilities and needs, include teaching, support and assistance in many areas, including personal care, household skills, medical care and medications, financial management and community activities. People may choose to live by themselves or with others. Living choices include a certified residential program that may be in a house or an apartment, or supports that are provided in their own or their family home.

Web: www.spauldingsupport.org

SEE INDEX

Syracuse Housing Authority475-6181
 516 Burt Street, 13202
 Low Income public housing, including housing for families,
 Section VIII Housing, elderly, and people with disabilities.

Toomey Residential and Community Services 424-1845
 1654 W. Onondaga Street, 13204 Fax 424-7567
 Provides residential and supportive services for children, adolescents
 and young adults who are unable to live at home.
 -DSS sponsored group, therapeutic and general foster family
 boarding homes for children ages birth to 21.
 -OMRDD Services include 2 intermediate care facilities, three
 individual residential alternatives with 24 hour support, a number of
 individualized residential habilitation situations, Medicaid Service
 Coordination, and individualized day habilitation.
 -Children's Community Residence for severely emotionally disturbed
 children aged 6-12 years funded through DMH. **SEE INDEX**

Transitional Living Services 478-4151
 420 East Genesee St., 13202
 Operates community residences, supervised apartments and support-
 ive apartments for people who use mental health services and/or are
 developmentally disabled. Follow-up and community-outreach and
 vocational rehabilitation services are also available to assist people
 who require support to maintain their independent living situation in
 the community. **SEE INDEX**

ADDITIONAL RESIDENTIAL SERVICES

Elmcrest Children's Center..... 446-6250
 960 Salt Springs Road, 13224
 -Group Emergency Foster Care is a 60 day residential diagnostic
 program for boys 8-16 who require immediate care, protection or
 evaluation.
 -Long-Term residential programs for boys and girls 8-16 with
 emotional and behavioral problems.
 -Agency-operated boarding home programs in the community for
 children who have demonstrated the ability to function in an open
 setting.
 -Residential house for adolescents with developmental disabilities.
 -Family Support Center—short-term placement for children, 0-16,
 entering foster care for the first time in Onondaga County.
 (Emphasizes early intervention, assessment and family reunification
 in the shortest time possible.)
 -Non-Secure Detention—short-term placement for boys and girls
 awaiting adjudication of their family court cases.
 -Hard-to-Place Program, Cottage #11, for boys, 8-11, whose
 treatment needs cannot be met in a typical residential setting.
 -Special Supervision Unit—for boys 13-15 with a history of sexually
 abusive behavior.
 Website: www.elmcrest.org **SEE INDEX**

Hillside Children's Center 703-8700
 Therapeutic foster care; a specialized program for children (and
 families) with behavior and emotional problems. Also provides
 in-home youth counseling and/or community-based services.
 Collaborates with other agencies to determine services and/or
 programming. Serves several counties, including Onondaga, Cayuga,
 Cortland, Madison, and Oswego. Referrals made through county
 departments of Social Services and Mental Health.
 Web: www.hillside.com **SEE INDEX**

Onondaga County Department of Social Services 435-2884
 Children's Division **SEE INDEX**

Rescue Mission - Crossroads Adult Home..... 701-3894
 120 Gifford Street, 13202
 Crossroads is a long-term supportive residence for men with
 mental health, developmental and/or physical disabilities.
 Assistance with activities of daily living provided. On-site clinic
 physician. Licensed Adult Home. **SEE INDEX**

Ronald McDonald House (CNY) 476-1027
 Fax 476-5022
 A "home away from home" for families whose children are hospital-
 ized with serious illness or injuries. Must live outside a 25-mile
 radius of the House and have pediatric or medical referral. RMHC
 supports the Child Life Program at Upstate Medical University's
 Center for Children's Cancer and Blood Disorders and issues grants
 to 501c3 charities meeting the needs of children.
 Web: www.cnyronaldmcdonaldhouse.org

Salvation Army475-1688
 Barnabas 475-9744
 Transition Independent Living Program, serves male youth
 16-21 years. Case Management Services/Crisis Intervention,
 Emergency shelter Youth 16-21 years.
 Booth House 471-7628
 (runaways and homeless youth)
 Emergency Shelter 479-1332
 (homeless individuals and families)
 Women's Shelter 472-0947
 Housing related assistance for qualified persons/families. (mentally
 ill, homeless women)
 Transitional Independent Living Program 479-9744
 Supported apartment program for young homeless men ages 16-21
 with free case management and life-skills education. **SEE INDEX**

St. Joseph's Hospital - Residential Services703-2750
 742 James Street, 13203
 This program offers both Community Residence and Intensive
 Supportive Apartments for adults 18 years and older who have
 psychiatric illness and need a supportive and structured living
 environment. Staff and residents work together to develop
 individual goals to enhance independent living skills, enabling
 residents to transition to a less restrictive environment.
SEE INDEX

RESPITE

Respite is short-term, temporary relief for parents and other caregivers who have the daily responsibility of caring for a person who has a disability. Respite provides time off for errands, appointments, time for other family members, or just time to relax. Respite may also offer new opportunities for social and recreational experiences for the person with the disability.

In addition to the entries listed below, there is an extensive list of for-profit and not-for-profit agencies providing respite services in the yellow pages of the phone book under the heading "Home Health Care".

IN-HOME AND OUT OF HOME

See our ad on page 64.

Arc of Onondaga 473-5020
Respite reimbursement only **SEE INDEX**

Casey's Place 492-9990
228 LaFayette Road, 13205
Temporary out-of-home respite for children with multiple disabilities who are OMRDD eligible (ages birth to 21). Program runs week-ends and during school breaks. Also provides afterschool program and a summer camp program. The program is operated by Elmcrest Children's Center. **SEE INDEX**

Catholic Charities Neighborhood Centers

Respite Programs for elementary age children with developmental disabilities (6 to 12 years of age). Program hours M-F, 2:00 - 5:00 PM. Transportation home is offered for those who live in target areas. Acceptance will be based on needs and the Foundation's ability to meet those needs.

Bishop Foery Foundation-100 Edmund Ave., 13205.....475-8316
Hawley Youth Organization-716 Hawley Ave., 13203.....472-6343
Northside CYO-527 North Salina St., 13208.....474-7428
Vincent House-500 Seymour St., 13204.....475-9844 ext. 20
ParkSide Commons-201 Westmoreland Ave., 13224.....422-1301
SEE INDEX

See our ad on page 65.

Central New York Developmental Services Office 473-5050

Offers four types of respite, depending on needs of the child or adult; needs of the family; and availability of space.

- Contracts with several agencies to provide in-home care
- Respite Home for children and adults, short-term.
- Provides respite for weekends and vacation times.
- Respite in family care settings
- Respite in community residences **SEE INDEX**

See our ad on page 66.

Enable - Respitability™..... 410-3335

Call Diane Weiermann at Enable

The Respitability™ Program offers a break for families who care for someone with a disability. Respitability™ offers a night out at a local hotel, often with meals and entertainment provided. The program is provided through a partnership with local hotels/motels and a coalition of service providers. **SEE INDEX**

See our ad on page 7.

Exceptional Family Resources 478-1462

"Take-A-Break" Respite Program recruits, screens, and trains sitter/companions, then links them with registered families looking for respite. The purpose is to provide short-term, temporary care of the child or adult who has a disability within the comforts of his or her own home. **SEE INDEX**

See our ad on page 65.

H.O.M.E. Inc.472-5110

After School Respite Program serves 13 people who are developmentally delayed with behavioral concerns. The program operates from school dismissal until 6 PM, Monday-Friday.

SEE INDEX

Onondaga County Department of Social Services..... 435-5683

Day Care Unit, County Office Bldg. 5th floor, 600 S. State. St., 13202
Can provide financial aid to parents in need of child care services for employment. Serves children from the age of 6 weeks until their 13th birthdays. **SEE INDEX**

Salvation Army..... 479-1309

749 S. Warren Street, 13202

Adult Day Center:

-Social Day Program enables physically and mentally frail older people to participate in center activities. Serves older adults who are developmentally disabled. People are individually integrated into Community Center activities of interest, with assistance and advocacy provided to meet special needs. No cost, however a donation of \$1.75— \$3.00 for the nutrition program is gratefully accepted.

-Respite and Aging:

Integrated Day Program for individuals with a developmental disability living with a family member or living alone. The program operates within the Adult Day Program. **SEE INDEX**

Spaulding Support Services

2041 South Avenue, 13207—The Guest House.....478-5254
104 East Beard St., 13205—Crystal House.....424-3851

Both sites provide planned respite services, including weekday evening respite and weekend overnight respite. The Guest House also provides weekday respite during school recesses.

Guests participate in a wide variety of small group activities and community outings. **SEE INDEX**

Transitional Living Services 478-4151

420 E. Genesee Street, 13202

TLS serves families caring for persons with developmental disabilities by providing respite/recreation services in conjunction with community agencies, such as neighborhood centers, YMCA's and summer camps. Subsidies are provided to families to purchase their own services. **SEE INDEX**

ELECTRONIC RESOURCES

ARCH -National Respite Network and Resource Center

National Resource Center for Respite/Crisis Care Services; National Respite Locator Service; and National Respite Coalition
Web: www.archrespite.org

SERVICE COORDINATION

The CNYDSO has designated a Medicaid Service Coordinator who will act as the primary point of contact for the program.

Contact..... 425-5367

To be eligible for Medicaid Service Coordination a child or adult needs to have a documented developmental disability.

All agencies listed below can be contacted to determine if they currently have openings for service coordination. See the **INDEX** for **all** these organizations—which are also listed elsewhere in the manual—to learn about the full range of services each provides.

See our ad on page 64.

Arc of Onondaga 473-5027

See our ad on page 67.

ARISE Child and Family Service, Inc. 472-3171

See our ad on page 65.

**CNY Developmental Services Office -
Onondaga County Office** 425-5367

Community Options, Inc. 431-9859

See our ad on page 66.

E. John Gavras Center..... (315) 282-0562

See our ad on page 66.

Enable 410-3317

Epilepsy Foundation 477-9777

See our ad on page 7.

Exceptional Family Resources 478-1462

Familycapped 469-9931
228 Lafayette Road, 13205

See our ad on page 65.

H.O.M.E. Inc. (Humanitarian Organization)472-5110

See also **Children at Risk Program**, in *H.O.M.E. Inc. listing* in **INFORMATION AND REFERRAL** section.

Huntington Family Center 476-3157

See our ad on page 65.

Liberty Resources, Inc. 425-1004

Onondaga Community Living434-9597 ext. 232

P.E.A.C.E., Inc. 470-3300

Self-Direct, Inc. (For people with TBI)..... 635-5374

Spaulding Support Services 478-6210

Syracuse Jewish Family Service 445-0820

Toomey Residential and Community Services, Inc...... 424-1845

Transitional Living Services (TLS) 478-4151

Unity House....Syracuse—478-4240....and....Auburn—258-9532 ext. 202

SELECTING A SERVICE COORDINATOR: HELPFUL HINTS FOR FAMILY MEMBERS

When it comes to choosing a service coordinator for yourself or for your family member with disabilities, how should you proceed? What are the questions you should ask of the person who is recommended for the job? OMRDD published a brochure from which we have reprinted the following tips to help consumers and families in their selection of a service coordinator.

Some questions to ask a prospective service coordinator:

- * How much experience do you have working with people who are developmentally disabled?
- * What are your qualifications?
- * Do you have any references? Can I have a list with phone numbers of families for whom you have been a service coordinator? If I cannot have a list of contacts, can you have one of these people call me?
- * What will you do for my family member as his/her service coordinator?
- * Have you received any professional training in service coordination? If so, please describe.
- * How familiar are you with community resources? Can you name some local supports you might refer to?
- * How can I be certain that the services my family requires will be provided?
- * Who is your supervisor? What is his/her experience?
- * What is a “person-centered” approach?
- * What is an individualized service plan (ISP)?
- * I have heard different things about the waiver and waiver services. What do they mean to you?
- * How much involvement will I have in making decisions that involve my family member?
- * How will you communicate with me?
- * How often can I expect you to communicate with me?
- * How will you include me in planning and implementation of his/her service plan?
- * If I am not my relative’s legal guardian, will my opinion count if my family member and I disagree about how a situation should be handled?
- * My relative has lived in an institution most of his/her life. How will you encourage his/her inclusion into the community?
- * How difficult will it be to change a placement (day or residential)? Will you move my family member to another home or day program without my knowledge or consent?

Most important, ask yourself—

Am I comfortable with this person? Can I talk freely and openly with him or her?

If you can answer “yes” to most of these questions, you have found the right service coordinator for you!

SERVICES FOR SENIORS

See our ad on page 7.

Eldercare Locator (800) 677-1116

Federally sponsored **nationwide** directory assistance to help people locate **local** support resources for aging Americans across the country. Mon-Fri from 9AM-8PM Eastern Time. (Have ready county and city, name **or** zip code, brief description of problem.) Web: www.eldercare.org

Seeking support? An invitation to older Parents and Grandparents with a child with a disability—join Exceptional Family Resources' Senior Social Group.
Deb Gibson-Jaworski 478-1462 ext. 332

Alzheimer's Association, CNY Chapter.....472-4201

or(800) 272-3900 Fax.....472-4206

441 W. Kirkpatrick Street, 13204

Services for people with Alzheimer's disease/dementia include: care consultations, day program, 24-hour helpline, education programs, resource library, caregiver training, Safe Return for wanderers, and support groups. Chapter serves Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins counties.

Web: www.alzcn.org

SEE INDEX

See our ad on page 64.

Arc of Onondaga 432-0351

Provides a coach who presents retirement options to seniors as well as plans special recreation and volunteer activities. **SEE INDEX**

Catholic Charities:

Elderly Services 424-1810

Salina Civic Center, 2826 Lemoyne Ave., Mattydale

Services designed to allow senior citizens to remain in their own homes include: information and referral, case management for non-Medicaid individuals requiring personal care, intensive home visiting to victims of elder abuse, friendly visitors, financial case management, minor home repair, transportation in the north area and RSVP.

Senior Meal and Nutrition Program.....362-7524

1654 W. Onondaga St., Syracuse 13204

Provides hot nutritious lunches and socialization. Many meal sites have additional programs.

ElderChoice Inc..... 252-7889

Provides multiple services for individuals with TBI. **SEE INDEX**

Elder Law Clinic..... 443-4582

Office of Clinical Legal Education, SU College of Law

PO Box 6543, 13217-6543

The Elder Law Clinic offers free legal services to persons 65 and older. Law Students, supervised by a practicing attorney, represent elderly clients in cases involving Medicaid, Medicare, Social Security, housing, consumer and selected other issues. Free if eligible. New cases accepted between September and March.

Exceptional Family Resources..... 478-1462

Senior Caregivers Program-Information and referral services for older caregivers and siblings who have a family member with a developmental disability. Offers linkages to both the DD and senior service systems. Assists with futures planning (e.g. wills and trusts, housing options, guardianship,) choosing a service coordinator, applying for Social Security, Supplemental Security Income, and Medicaid. **SEE INDEX**

HOME - Housing Options & Management for the Elderly 470-4359

(Located at Syracuse Housing Authority, 516 Burt St.)

This organization has a housing for the elderly focus. **SEE INDEX**

Huntington Family Centers.....476-3157

-Clover Corner/Project Choice—held at the Southwest Community Center, 401 South Ave.—is a multipurpose program designed to offer older persons of all abilities daily options for socialization, information, education and leisure time activities. Lunch is provided. Open Monday-Friday, 9:00 AM to 4:00 PM.

-Senior Case Management Services Neighborhood Advisors/ EISEP—this program provides intensive outreach to older persons to support and link them to services and support networks.

Ida Benderson Senior Center

Deborah Bova at 473-4434

205 S. Salina Street, 13202

Downtown multipurpose Senior Center. Seniors over the age of 60 may drop in at any time. Seniors with minimal developmental disabilities are welcome in an inclusive environment. Five-day a week nutrition program. Contributions suggested.

Onondaga County Department of Aging and Youth 435-2362

1300 Civic Center, 421 Montgomery St., 13202

The Office for Aging provides planning, coordination and funding of services for adults 60+ (55+ for employment training program). Services are provided directly or through subcontracted community-based agencies. Services include Senior Nutrition –senior dining sites, meals on wheels and nutrition education and counseling; Expanded In-Home Services for the Elderly (EISEP) –in-home personal care, adult day respite and case management; Caregiver Resource Center—caregiver education classes, respite services and counseling; Weatherization Referral and Packaging (WRAP)—comprehensive weatherization services and conservation education; Community Service Programs—Senior Home Energy Assistance Program (HEAP), Health Insurance Information and Counseling Program (HIICAP), Neighborhood Advisor Program, Legal Services, Transportation Programs, Housing Counseling, Long Term Care Insurance Information Counseling and Information and Assistance. Publications include a Resource Directory available online at: www.ongov.net/aging_and_youth **SEE INDEX**

PACE CNY 452-5800

Loretto's PACE CNY is a Program of **All** inclusive **Care** for the **Elderly** in cooperation with St. Joseph's Hospital Health Center.

Web: www.PACECNY.org

SEE INDEX

PEACE Inc.....470-3300

Call about a comprehensive group of programs at sites in the city and the county that support seniors socially and financially; offering food, advocacy, and information. **SEE INDEX**

Salvation Army 479-1309
 749 S. Warren St., 13202
 Social Community Day Program: For people age 45-60 with DD living alone or with their families. Activities include ceramics, bingo, music, exercise, education forums, bowling, and outings.
 Social Day Program: Adults 60+. Same activities. **SEE INDEX**

St. Camillus - Adult Day Health Program 703-0670
 813 Fay Road, 13219 Email: dayhealthinfo@st-camillus.org
 A medical day program for adults age 16+ offering a full range of nursing, therapeutic and recreation services. Support services such as case management/social services, pharmacy, audiology, hair-dresser/barber and religious services also available. Serves adults with a wide range of health needs such as those with diabetes, stroke, multiple sclerosis, Parkinson's, heart failure, emphysema and traumatic brain injury. Open Monday through Friday 8:00 AM- 4:00 PM. Lunch is included. Medical transport available. **SEE INDEX**

St. Francis Social Adult Day Care 424-1003
 1108 Court Street and 1118 B Court Street, 13208
 Email: sister@mwtsd.com Fax.....472-9899
 Serves seniors and impaired adults with a structured day of activities. Program includes opportunities for socialization, stimulation, inter-generational times, and art/craft projects. Additional services include personal care, nutrition, hairdressing, spiritual services and reminiscence times. Center open M-F, 7:30 AM - 5:00 PM. Web: www.mwtsd.com

Syracuse Jewish Family Service 445-0820
 Services include consultation, comprehensive assessments and care management for older adults and individuals with special needs. Serves people who live independently in the community, and individuals seeking housing with supportive services. "Solutions" program provides broad spectrum of personal financial and record keeping assistance. Nonsectarian service. Fee. **SEE INDEX**

GENERAL ELECTRONIC RESOURCES

Continued from Education section, page 17.

Electronic Policy Network – Idea Central

Social and political issues
 Web: www.movingideas.org/

Family Education Network Special Needs Channel

Information and referrals
 Web: www.familyeducation.com

Half the Planet – Disability Issues

Web: www.halftheplanet.com

Handsnet

Nonprofit advocacy and public interest information
 Web: www.handsnet.org

HEATH Resource Center National Clearinghouse on Postsecondary Education for Individuals with Disabilities

Web: www.heath.gwu.edu

TASH

Advocacy, research, support. General information and policies.
 Government affairs
 Website: www.tash.org

Consumer Directed Personal Assistance Program

The following information about the **Consumer Directed Personal Assistance Program** was taken directly from the New York State Department of Health website at:

http://www.health.state.ny.us/health_care/medicaid/program/longterm/cdpap.htm

- This Medicaid program provides services to chronically ill or physically disabled individuals who have a medical need for help with activities of daily living (ADLs) or skilled nursing services.
- Services can include any of the services provided by a personal care aide (home attendant), home health aide, or nurse.
- Recipients have flexibility and freedom in choosing their caregivers.
- The consumer or the person acting on the consumer's behalf (such as the parent of a disabled or chronically ill child) assumes full responsibility for hiring, training, supervising, and – if need be – terminating the employment of persons providing the services.

How do I find the Consumer Directed Personal Assistance Program?

Before a person can receive services, his or her doctor must send a completed Physician's Order for Services to the local social services district*, which then completes a social and nursing assessment. A nurse assessor then determines whether the recipient can appropriately participate in CDPAP, and recommends the amount, frequency and duration of services.

Requirements of CDPAP

Recipients must be able and willing to make informed choices regarding the management of the services they receive, or have a legal guardian or designated relative or other adult able and willing to help make informed choices.

The consumer or designee must also be responsible for recruiting, hiring, training, supervising and terminating caregivers, and must arrange for backup coverage when necessary, arrange and coordinate other services; and keep payroll records.

* In Onondaga County, contact the **Long Term Care Resource Center** for information at 435-1400

TRANSPORTATION

Additional information about companies providing transportation can be found in the yellow pages of the phone book, under the headings “Ambulette Service” and “Wheel Chair Transportation Services”.

But first read “Which is the right service for you?”

MOBILITY & TRAVEL TRAINING

AURORA of CNY, Inc......422-7263
 Limited volunteer services program. **SEE INDEX**

University Hospital of Upstate Medical University

Call the Rochester Rehabilitation Center to request information and a referral form for a driver evaluation to be completed by your physician. (877) 823-7483
 Services will actually be provided in Syracuse and can include: driver evaluation; equipment evaluation for driving; vehicle consult; driver training if indicated; and equipment evaluation for passenger. Web: www.rochesterrehab.org **SEE INDEX**

AGENCIES

CNY/RTA—Call-A-Bus and Rides for Work

One Centro Center, 13202 Information 442-3400
 Ride Reservations and Confirmations..... 442-3420
 Cancellations 442-3434
 TTY/TDD 442-3430
 Web: www.centro.org

-Call-A-Bus is a coordinated transportation service operated by CNY/RTA for the elderly and disabled who are unable to use the CENTRO Fixed Route bus service and meet the criteria established by the Americans with Disabilities Act. These requirements include any person, who could use the Centro bus service but the route they wish to travel does not have an accessible bus, **and** any person with a disability who has a specific impairment-related condition that makes it impossible for them to travel to a Centro bus stop. All eligibility is on a trip by trip basis.

Customers must be preregistered—applications for registration can be obtained by calling your local Call-A-Bus office M-F or by downloading a copy from their website. Ride requests can be made 24 hours to 14 days in advance from 8 AM to 4 PM, 7 days a week. If you don't speak to an operator, leave a message, and callers may verify that their message was received between 3-5 PM, M-F) The fare for this service in the Syracuse area is \$1.25 per ride. Trips outside the core business area may require an additional charge. Call-A-Bus will travel up to 3/4 of a mile to either side of the Centro bus routes. Commuter routes are not serviced by Call-A-Bus. One personal care attendant will be allowed to ride for free when assisting a passenger.

-Rides for Work provides transportation services to low income residents of Onondaga County for the purpose of employment, job training and job interviews. It serves as a transportation brokerage to manage the transportation needs of human service agencies. Curb-to-curb ride services are available 24 hours per day, seven days a week. Riders may use the service up to six months. It is a time-limited, income-based alternative transportation option for employment only. Has served people with development disabilities within their guidelines.

FISH

Rides provided by volunteers for people who live in their community and have no other means of travel. Free. Riders must be ambulatory. Specific requirements vary from one FISH program to another.

Camillus Area Transport (CatFISH), Transports ambulatory seniors from any zip code within the Town of Camillus for medical or dental appointments only, Tuesday-Thursday from 8 AM to 4 PM. Must call M-Thur. from 9 AM to 4 PM for service in the following week or further out.....701-5949

-Fayetteville-Manlius and Minoa, medical and dental appointments only. Three to seven working-day's notice needed. Call during the following hours for appointments: 9 AM - 4 PM, Mon-Thur; and 9 AM-3 PM, Fri. 637-8158

-Skaneateles—All ages. Transports to Skaneateles and Auburn locations. Medical appointments take precedence. Call early AM same day as service. M-F, 8 AM-5 PM.....685-6679

-Tully 696-8659
 Rides only in Tully and Lafayette Zip codes. Rides to both Syracuse and Cortland. Tuesdays and Thursdays only.

Handicap Parking Permits

Handicap parking permits are issued by local town clerks, whose phone numbers are in the blue pages of the phone book. Call for an application, or get an application from the NYS MVD website at:

<http://www.nydmv.state.ny.us>

Syracuse residents—contact the Syracuse Department of Public Works Handicap Parking Permit Service.....448-2489
 1200 Canal Street Extension, 13210

Medicaid — Department of Social Services 435-2928
 John H. Mulroy Civic Center, 5th Floor, 421 Montgomery St., 13202
 Administered by Dept. of Social Services. Medicaid may be used in certain instances to pay for transportation to medical appointments and day treatment programs. Call **Medical Answering Inc.** at 701-7500 if you are on **non**-managed care Medicaid and need transportation for medical care. **SEE INDEX**

See our ad on page 67.

Suburban Transportation Service Medical Transport Services

Which is the right service for you?

There are many variables to services provided. Cost and availability of any service will depend on any or all of the following factors:

What are the origination and end points of the trip? (What is the service area?)

What is the purpose of the trip?

- medical, work, education, social, etc.

What kinds of services are necessary?

- door to door or door through door?

- wheelchair or ambulatory rider?

When do you need the services?

- Day, evening, night, weekday, weekend?

Is there a minimum lead time to make a reservation?

Do you need to be preregistered in order to use their services?

What is the fare schedule and how is it structured?

Will the transportation provider accept reimbursement by insurance companies?

Information about travel continues on the next page.

BOCES-Onondaga-Cortland-Madison

Career Training Center 453-4455
 4500 Crown Road, Liverpool 13090 (800) 444-4406
 TTY 453-4415
 Center for New Careers(607) 758-1111
 250 Port Watson St., Cortland, NY 13045
 Full-time training in many occupational areas. Part-time continuing education with over 500 offerings. Projects with industry: job development and placement, job search workshops. Vocational evaluation and career counseling. GED preparation. English as a second language. Customized workforce training. Career Resource Center open to the community at the Career Training Center—Mon.-Fri. 8:00 AM - 4:00 PM. Free. Access to internet. Fully accessible building.
 Web: www.ocmboces.org

SEE INDEX

Client Assistance Program (CAP) 797-4642
 See LEGAL/ADVOCACY - Resource Center for Independent Living

CNY Works, Inc. and New York State Department of Labor-Division of Employment Services

Access to these services starts with CNY Works, Inc.....473-8250
 443 North Franklin Street, LL, Syracuse, 13204
 Email: info@cnyworks.com
 NYS Certified Career Center. Provides career assessment and counseling for job seekers and specialized business services to local employers. Services include a state of the art Resource Center, Internet job search, resume workshops, and year round youth programs. G.E.D. preparation classes available. Training classes available onsite and offsite. Services available for migrant/seasonal farm workers and VESID customers. Web: www.cnyworks.com

College for Living at Onondaga Community College..... 498-6005
 J. Stanley Coyne Hall, 4969 Onondaga Road, 13215
 Email: mecha@sunyocc.edu Fax.....492-8166
 -Continuing education for adults 18+ who have developmental disabilities. Noncredit courses in academics, recreation, independent living skills, and computer skills are offered at O.C.C. each semester.

-New Visions is a summer program held for one-week that offers students an encapsulated college experience, with noncredit classes relating to academics, recreation and daily living skills.

-Foundations Transition Program (formerly Passages) is a group day habilitation program that focuses on issues of personal/academic development revolving around employability. Students must be 19 years or older and transitioning from high school with an IEP diploma.

SEE INDEX

Educational Opportunity Center472-0130
 100 New Street, 13202

An adult (17+) education program serving educationally and financially disadvantaged students. Programs include GED and GED testing, certified nursing aide, college preparation, computer software and software enrichment training, English as a second language, medical billing and coding, and customer service office training. Programs are FREE for those who qualify.

Web: www.morrisville.edu\EOC\ (The correct direction of the slash in this web address is \.)

See our ad on page 66.

Enable — Employment Services 410-3334
 1603 Court Street, 13208
 Individualized supported work services for adults and students in transition who have a physical and/or developmental disability and/or are legally blind-through job placement, job facilitation, and ongoing follow-along. Employers receive assistance in establishing natural supports with staff development. Employers may also receive assistance in making reasonable accommodations for general public access and for employees with disabilities to comply with the Americans With Disabilities Act (ADA). **SEE INDEX**

See our ad on page 65.

H.O.M.E. Inc. (Organization with service focus) 472-5110
 Employment services of H.O.M.E. Inc. provides quality employment services within a diverse business community to both job seeker and the employer. The goal of the Employment Consultant is to assist employers in hiring qualified applicants, as well as to provide vocational assessments and guidance to the job seeker. Onsite training and support is available as well. We promote enhanced employment opportunities for people with disabilities and maximize the success of a positive employment partnership. The Blended Services Program serves fifteen individuals with developmental disabilities with behavioral concerns. This service, a combination of Day Habilitation and Prevocational training, operates M-F, 8:30 AM-2:00 PM. **SEE INDEX**

Hutchings Psychiatric Center

Rehabilitation Department 426-4745
 550 Cedar St., 13210
 Vocational Services 426-5900
 1330 E. Washington Street, 13210

Offers a diverse array of programs: comprehensive evaluation and competency-training in activities of daily living, interpersonal/leisure skills, vocational screening and evaluation, job preparation and sheltered work; social and vocational support systems provided through psychosocial Clubhouse programs. Programs and services available to Hutchings Psychiatric Center clientele, ages 18+.

SEE INDEX

See our ad on page 65.

Liberty Resources, Inc. 425-1004
 1065 James St., 13203 Email: info@liberty-resources.org
 Supports for Employment. Provides job placement, training, and post employment services. Web: www.liberty-resources.org **SEE INDEX**

New York State Office of Children and Family Services - Commission for the Blind and Visually Handicapped

The Atrium, 100 South Salina St., Suite 105, 13202423-5417
 Provides rehabilitation services to individuals who are legally blind and reside in New York State. CBVH programs include: training for employment; business enterprise program; programs for older adults; programs for children. Services are coordinated by counselors and children's consultants. Syracuse Office has responsibility for 14 counties in Central NY including, Cayuga, Cortland, Madison, and Oswego.

Web: www.ocfs.state.ny.us/main/cbvh

SEE INDEX

Onondaga Community College

Disability Services Office
 B.J. Bellen and Kathie Briggs..... 498-2245
 Suite 130, Gordon Center, 4941 Onondaga Road, 13215
 Recommends academic accommodations and provides services
 for OCC students who have disabilities.
 Web: www.sunyocc.edu **SEE INDEX**

Onondaga Community Living (OCL) 434-9597

518 James Street, Suite 110, 13203
 A small and personalized service assisting adults with developmental
 disabilities with community positions of their choice. Includes job
 placement, counseling, and on the job training and support.
 Web: www.oclinc.org **SEE INDEX**

Onondaga County Public Library 435-1900

Job/Education Information
 Offers extensive collection of materials related to post-secondary
 education, job opportunities and career development. **SEE INDEX**

Precision Contractors 452-0992

320 Gateway Park Dr., N. Syracuse, 13212
 Work readiness program uses contract work to develop work
 skills for people with developmental disabilities under the Waiver.

St. Camillus Health and Rehabilitation Center 488-2112

813 Fay Road, 13219 Email: info@st-camillus.org
 Offers individual vocational rehab counseling for people with various
 types of disabilities. Services include vocational assessment, career
 counseling, interest exploration, ergonomic assessment, cognitive
 rehabilitation, transition planning and referrals to VESID and other
 community resources. Accepts Medicaid, No-fault and worker's
 comp. Web: www.st-camillus.org **SEE INDEX**

Syracuse City Public Schools

725 Harrison Street, 13210
 General Information Number 435-4499
 Variety of day/evening educational and vocational opportunities
 for adolescents and adults, including students and adults with
 disabilities.
 For information about entrance requirements into programs for
 students still in school, call 435-4131
 For information about Adult Education, call 435-4111
SEE INDEX

Syracuse University Office of Disability Services (315) 443-4498

TDD/TTY(315) 443-1371
 804 University Ave., Room 309, 13244-2330
 Coordinates and facilitates services needed by prospective or
 enrolled students with disabilities at Syracuse University.
 Web: disabilityservices.syr.edu

Transitional Living Services 478-4151

420 E. Genesee St., 13202
 -Vocational and support services assist persons with psychiatric
 diagnoses and developmental disabilities to achieve greater
 independence through competitive employment experience. Runs
 Provisions restaurant on Walton St. in Armory Square, and a
 psychosocial rehab program called Club Without Walls that offers
 vocational counseling, and educational and social support.

-David Clark Learning Center 425-0305
 For people who have sustained traumatic brain injuries. Services
 include continuing education opportunities, learning experiences
 and services to support continuing development. **SEE INDEX**

Unity Employment Services

518 James St., Suite B2, 13203 478-4240
 1110 Corporate Dr., Auburn 13021..... (315) 253-8732
 Individualized supported work services for adults who have been
 diagnosed with psychiatric and/or developmental disabilities.
 Services include skill and interest assessments to identify career
 goals; assistance with job search activities, networking, and
 interviewing to obtain employment; job coaching support; and
 ongoing evaluation of job performance and satisfaction to ensure
 successful long-term employment. Three offices serve several
 counties, including Onondaga and Cayuga County.
 Web: www.unityhouse.com

**VESID (Vocational and Educational Services for
 Individuals with Disabilities)** 428-4179

333 E. Washington St., Rm. 230, Syr. 13202 or (800) 782-6164
 TTY-TDD (315) 428-4659
 Vocational and educational services for people with permanent
 disabilities and substantial vocational handicaps. There is a
 tremendous range of services, including evaluation, rehabilitation
 counseling and planning, adaptive equipment, work training,
 placement, special transportation and maintenance. Some
 services are based on State financial need standards. Homemaker
 services are also available. Covers Onondaga, Cayuga, Cortland,
 Jefferson, Madison, and Oswego counties.
 Web: www.vesid.nysed.gov **SEE INDEX**

ELECTRONIC RESOURCES

Central New York Placement Consortium

Links to organizations serving CNY in vocational matters.
 Web: www.cnyjobs.org

OUT OF COUNTY RESOURCES

Parent to Parent of New York State, a statewide program, is coordinated in the North Central Region by Exceptional Family Resources (315) 478-1462 ext. 322
The counties in the North Central Region include Cayuga, Cortland, Herkimer, Lewis, Madison, Oneida, Onondaga, and Oswego. See: PARENT AND CONSUMER GROUPS section for a complete description of services Parent to Parent of NYS provides, including information and referrals.

Early Childhood Direction Center
 (315) 443-4444 or (800) 962-5488
SEE INDEX

EDITOR'S NOTES

The following lists are intended **as a starting point for finding services in other counties**. In addition to the organizations specifically listed here, the rest of the directory can be reviewed for governmental organizations within the Onondaga County listings, as clues for starting out-of-county searches for services.

If an organization providing services in other counties is already described in Onondaga County listings, only the out-of-county address and phone information will be listed, followed by a notation to **SEE INDEX** for other places where the organization is listed and where their services are described in greater detail.

The **Central New York Developmental Services Office** serves all of the counties listed in this section. They frequently maintain more extensive lists of organizations for the counties they serve, and are a good place to start any search for services.

Support Groups - See "Parent and Consumer Groups" section of the Resource Manual for expanded contact information about support groups. Except for support groups that are tied to a specific school district, most groups welcome parents from anywhere.

CAYUGA, CORTLAND, MADISON, AND OSWEGO COUNTIES

Alzheimer's Association 472-4201
 Also: (800) 272-3900 **SEE INDEX**

BOCES – Look to the BOCES serving your school district
 Onondaga, Cortland, and Madison (315) 433-2600
 Cayuga-Onondaga BOCES (315) 253-0361
 Web: www.caybores.org
 Oswego BOCES (315) 963-4315
 Web: www.OswegoBOCES.org

Canine Working Companions, Inc...... (315) 656-3301
SEE INDEX

See our ad on page 65.

CNY Developmental Services Offices—See the office listed for each county for specific phone and address information. Provides residential, habilitative, vocational, and support services including service coordination, home modification, counseling, recreation, respite, advocacy, life planning, clinical services, and

referrals to community agencies for people with developmental disabilities and their families in Oneida, Herkimer, Madison, Lewis, Onondaga, Oswego, Cortland, and Cayuga Counties. Those eligible for services are people who have mental retardation, autism, cerebral palsy, epilepsy, or other neurological impairments that originated before they were 22 years old, and whose conditions are expected to continue indefinitely, and substantially impact that person's ability to function normally within society. Also assists local agencies with coordination, planning, and development of services for persons with developmental disabilities. **SEE INDEX**

See our ad on page 65.

CNY DSO Placement Office—(The Community Living Process)
 Contact CNYDDSO, Judy Leggett473-8501
 Email: Judy.Leggett@omr.state.ny.us or..... 366-2300 ext. 288
 Provides referral and contact information for individuals seeking residential services in Cayuga, Cortland, Herkimer, Lewis, Madison, Oneida, Onondaga and Oswego Counties.

See our ad on page 65.

Enable(315) 410-3366
 Provides evaluation services for people living in surrounding counties. Project Adapt and the TRAUD Center provide monthly rural outreach to Cayuga, Cortland, Madison, Oswego and Tompkins Counties for the assistive technology lending library. Home Service and Family Support services are offered in Madison and Oswego Counties. See their website for information on other services. Web: www.enablecny.org **SEE INDEX**

Epilepsy Foundation(315) 477-9777
SEE INDEX

See our ad on page 7.

Exceptional Family Resources478-1462 ext. 322
 Provides some services through **Parent to Parent of New York State**. **SEE INDEX**

Hillside Children's Center
 Onondaga County contact information..... (315) 703-8700
 Hillside provides services across Central and Western New York, including therapeutic foster care—a specialized program for children (and families) dealing with behavior and emotional problems. Check out their website for a data base describing which services are available in each county.
 Web: www.hillside.com **SEE INDEX**

High Peaks Rehabilitation and Development Center, Inc. 492-8319
SEE INDEX

Hutchings Psychiatric Center.....(315) 426-3600
 Email: HUTCHINGSPC@omh.state.ny.us
 Provides psychiatric inpatient services to residents of these counties. Also provides limited outpatient services. **SEE INDEX**

Learning Disabilities Association of CNY 432-0665
SEE INDEX

Legal Services of Central New York(315) 703-6500
 Fax.....(315) 475-2706 Toll free....(866) 475-9967
 Provides protection and advocacy programs, other civil legal advice and/or representation in 17 central New York counties. (See also index for Legal Aid Society of Mid-New York.) **SEE INDEX**

Little Lukes.....Multiple sites in Oswego, Onondaga, Madison, Cayuga, Jefferson and Lewis counties. (Not Cortland)
 Email: info@littlelukes.com
 Oswego County Site.....(315) 342-4600
 10 Burkle Street, Oswego 13216
 For information on specific services available in Cayuga and Madison Counties.....(315) 701-1107
 Center-based integrated preschool classrooms. In-house team of physical, occupational and speech therapists. EI evaluations and therapy services for children ages 0-3, provided in child's home or other settings. Preschool evaluations and therapy for children ages 3-5, also available in child's home or other locations. Evaluation teams also include psychologists and special education teachers. Brazelton Touchpoints training for childcare professionals.
 Web: www.LittleLukes.com **SEE INDEX**

Make-A-Wish Foundation of CNY.....(315) 475-9474
SEE INDEX

Mediation Services

Mediation is a voluntary and confidential service that is an alternative to court. The Office of Alternative Dispute Resolution Programs is a unit within the Division of Court Operations. See their website to find a service in any county in NYS:
 Web: http://www.courts.state.ny.us/home.htm

The following organizations offer this service in these counties:

- Cayuga—Center for Dispute Settlement** (315) 252-4260
- Cortland—New Justice** (607) 753-6952
- Madison—New Justice** (315) 361-4438
- Oswego—New Justice** (315) 343-8370

Mental Hygiene Legal Service

Cayuga, Onondaga, and Oswego Counties (315) 473-9495
SEE INDEX

REACH CNY (formerly Family Ties Network, Inc.)..... 424-0009
 1010 James St., Syracuse 13203

Not in Cortland County. Works with agencies and consumers to reduce teen pregnancies, improve birth outcomes, and promote health and well being of individuals and families through education and advocacy. Convenes quarterly meetings of maternal-child health agencies and providers to collaborate and improve services. (Call or see website for meeting dates.) Provides staff development on HIV/AIDS, adolescent sexuality, youth development and other topics. Lending library materials on pregnancy, parenting, and youth development. Web: www.reachcny.org **SEE INDEX**

Seven Valleys Health Coalition (607) 756-4198
 50 Clinton Ave., Cortland, 13045

This coalition of organizations maintains an on-line Health and Human Services Resource Directory and Calendar. Covers all of Cortland County and portions of Onondaga, Madison, Tompkins, and Cayuga Counties not covered by another rural health network. (Does not serve Oswego County.) Web: www.sevenvalleyshealth.org

VA Healthcare Network Upstate New York

See **Syracuse VA Medical Center** listings in index for information about finding the kinds of services available, and for information about finding the nearest community-based outpatient clinic.

VESID (Vocational and Educational Services for Individuals with Disabilities) (315) 428-4179
 TTY.....(315) 428-4659 or.....(800) 782-6164
 (Also serves Jefferson County)
 Web: www.vesid.nysed.gov **SEE INDEX**

Winds of Agape, Inc. Phone(315) 425-0547
 1414 Grant Blvd., Syracuse, 13208 Fax.....(315) 295-0264
 Home care services available. RNs, LPNs and CHHAs available for in home care cases. Provides Respite Care, Staff Relief, Private Duty Cases and is available for contracts with Home Care agencies. Serves a six-county area: Oswego, Onondaga, Oneida, Madison, Cayuga and Cortland. Web: www.windsomagape.com **SEE INDEX**

CAYUGA COUNTY
Cayuga County Human Services Directory
 An on-line directory at: www.human-services.org

Cayuga Home for Children (315) 253-5383
 101 Hamilton Ave., Auburn 13021 Fax (315) 253-7278
 Weekend respite, day habilitation, at home residential habilitation, family reimbursement, and Medicaid service coordination.
 Web: www.cayugahome.org

Champions for Life Sports Center (315) 252-9305
 See RECREATION section - Champions for Life

See our ad on page 65.

CNY Developmental Services Office 282-0021
 248 Grant Ave., Suite 2, Auburn 13021
 See full description of services under Cayuga, Cortland, Madison, and Oswego Counties heading. **SEE INDEX**

See our ad on page 66.

E. John Gavras Center (315) 255-2746
 182 North St., Auburn 13021 Fax(315) 255-2740
 The service area includes Cayuga, Seneca, Wayne, Onondaga and Tompkins Counties. The Center is an evaluation and treatment facility in Cayuga County providing education, therapeutic, OMRDD, and respite care to individuals with special needs from birth through adult. See Onondaga County sections of the manual for more complete description of their services. Web: www.gavrascenter.com

Gentiva Health Services

Call the Liverpool office to set up services (315) 461-0209
SEE INDEX

Options for Independence.....Phone & TTY.....(315) 255-3447
 75 Genesee St., Auburn 13021 Fax (315) 255-0836

Email: options@optionsforindependence.org
 Works with people with all types of disabilities and their families, to gain greater independence in Cayuga and Seneca Counties. Throughout the service area, Options offers representative payee services, benefits advisement, peer advocacy, accessibility consultation, educational advocacy and information and referrals. In Cayuga County, Options offers three home accessibility programs for people needing home modifications, Medicaid Service Coordination for those with MR/DD, a homeless self-sufficiency program for people with disabilities and administer the Cayuga County Ombudsman Program. Web: www.optionsforindependence.org

Seneca Cayuga Arc 255-2285
 180 North St., Auburn 13021
 Email: aventura@sencayarc.org Fax 255-3270
 Provides more services in Seneca than Cayuga county. Services include: adaptive technology; advocacy; Alzheimer’s day services; Camp Columbus; consumer-directed personal assistance; clinical therapies and treatment; community employment; day habilitation; early intervention; employment services, family reimbursement; family support; Fingerlakes artists, musicians, and entertainers; guardianship; home and community-based services waiver; home modifications; in-home services; individual and family counseling; individual supports; individualized residential alternatives; information and referral; job placement; preschool; pre-vocational training; recreation; rehabilitation services; residential habilitation at home; respite; service coordination; Special Olympics; transportation; and vocational services. Web: www.sencayarc.org

Unity House of Cayuga County 253-6227
 108 South St., Auburn 13021
 Provide services to people with a psychiatric disability and/or mental retardation/developmental disability. (Have also served people who are blind or visually impaired through the Commission for the Blind and Visually Handicapped.) Employment services, residential and day habilitation, alcohol and chemical dependency services, service coordination, homeless services, and residential sites.

Unity Employment Services.....(315) 253-8732
 1110 Corporate Dr., Auburn 13021.....(315) 258-9532 ext. 202
 Individualized supported work services for adults who have been diagnosed with psychiatric and/or developmental disabilities.
 31 Market St., Auburn 13021.....(315) 258-9531 ext. 202
 Medicaid service coordination, MR/DD residential and day habilitation services. Web: www.unityhouse.com **SEE INDEX**

CORTLAND COUNTY

**For an on-line directory —see Seven Valleys Health Coalition
www.sevenvalleyshealth.org**

Access to Independence of Cortland County, Inc.
 26 North Main St., Cortland, 13045 Phone/TTY ... (607) 753-7363
 Email: info@aticortland.org Fax (607) 756-4884
 One of 37 Independent Living Centers in NYS. Services include: peer counseling and mentoring; personal and systems advocacy; community education and outreach; ramps and home modifications; support groups; wellness programs; adaptive equipment; social activities; information and referral; independent living skills training; and loan closet. Consultation regarding ADA, universal design, and architectural barrier removal. Web: www.aticortland.org

B.O.C.E.S., Onondaga-Cortland-Madison (607) 758-5100
 McEvoy Educational Center
 1710 NYS Rte. 13, Cortland, NY 13045
 Includes programs for students experiencing emotional and behavioral difficulties (Turning Point); a life skills program for students 5-21 with mild to moderate developmental disabilities (STAR); TEAM classes for students 5-21 with severe and multiple disabilities; Functional High School—half day academic program with functional curriculum and half-day work force preparation classes for students expected to be independent as adults; and Special Education GED classes for students to age 21.

For Adult Education Programs, refer to Vocational and Continuing Education section, OCM BOCES. **SEE INDEX**

See our ad on page 65.

CNY Developmental Services Office (607) 756-5637
 36 Owego St., Cortland 13045
 See full description of services under Cayuga, Cortland, Madison, and Oswego Counties heading. **SEE INDEX**

Children with Special Needs Division..... (607) 756-3439
 Cortland County Health Department
 60 Central Ave., Cortland 13045
 -Early Intervention & Child Find Programs: Services for children ages birth-3 years with suspected or confirmed developmental delays or disabilities.
 -Pre-School Special Education Program: Services for children age 3-5 years with developmental delays or disabilities that affect their ability to learn.
 -Children with Special Health Care Needs (CSHCN) & Physically Handicapped Children’s Program (PHCP): Referral and/or financial services for children birth-21 with medical and developmental needs.
 -Facilitated Enrollment: Assist families with enrolling in Family and/or Child Health Plus and Medicaid.

Cortland - Chenango Rural Services (607) 863-3828
 PO Box 57, 2704 Lower Cincinnatus Road, Cincinnatus 13040
 Email: rursrvs@clarityconnect.com Fax(607) 863-3328
 Serves all residents in 11 towns within the two-county area. Information; referral; advocacy; emergency services; Community Action; Child and Family Health Plus. Responds to the needs of the community as they are presented, connecting people with services and bringing programs/services to the rural community. Site for Co-Op Food SENSE and other food programs; “Nearly New” clothing; support and information groups and Cincinnatus Farmers’ Market. No fees except for Food Co-op. Contact Sister Kathleen Heffron.

Madison Cortland Arc (607) 756-2015
 16 Crawford St., Cortland
Mailing address: 701 Lenox Ave., Oneida, NY 13421
 Offers programs and services for people with developmental disabilities. Services include residential, family support, Camp ARCO, recreation, guardianship assistance, service coordination, Article 16 Clinic, day habilitation, residential habilitation, and much more. Web: www.madisoncortlandarc.org

Franziska Racker Centers (607) 753-9375
 882 NYS Rt. 13, Cortland 13045
 (Headquartered in Ithaca) Evaluation, therapies, special education site-based and itinerant services, and day care services for children under the age of 5. Community living services including: residential, family support services, service coordination, parent education and support, home and community based services, habilitation and respite. (Also serves Tioga and Tompkins Counties)
 Web: www.rackercenters.org

JM Murray Center.....Main number (607) 756-9913
 PO Box 589, Cortland, NY 13045 Fax.... (607) 753-6954
 A not-for-profit community organization providing vocational, habilitation and support services to people with disabilities. Work Center Services include vocational training, prevocational services, sheltered employment, student work supervision and Diagnostic

JM Murray Center *Continued.....*

Vocational Evaluation. Day Habilitation provides supports to consumers in their own home or apartment. Employment Connection provides Supported, Transitional and Direct Employment in the community: Projects with Industry, employment services for TANF recipients, in addition to prevocational and volunteer programs. Other services include service coordination, case management for DSS recipients, Model Transition Program in conjunction with VESID and Cortland High School and limited funding and financial reimbursement through Family/Individual Support Services and Assistive Technology contract. Web: www.jmmurray.com

Person to Person: Citizen Advocacy (607) 758-3116
17-29 Main St., Suite LL 17, Cortland, NY 13045 **SEE INDEX**

MADISON COUNTY

Check out www.madisoncounty.org (Mental Health Department) and www.omr.state.ny.us

See our ad on page 67.

ARISE—Madison County Office..... 363-4672
121 Oneida St., Oneida 13421 TTY 363-2364
Offers independent living services to people with disabilities, their families, and the community. Provides non site-based Day Habilitation, Residential Habilitation, afterschool respite, Medicaid Service Coordination, supported employment, and recreational activities. Web: www.ariseinc.org **SEE INDEX**

See our ad on page 67.

Children’s Therapy Network 437-4689
SEE INDEX

See our ad on page 65.

CNY Developmental Services Office-Madison County 363-8970
226 Wilson St., Oneida 13421
See full description of services under Cayuga, Cortland, Madison, and Oswego Counties heading. **SEE INDEX**

Community Action Program for Madison County 684-3144
P.O. Box 249, 3 E. Main St., Morrisville 13408 Fax 684-9650
Canastota Office.....697-3588 Canastota Fax.....697-3690
A private, nonprofit agency providing early childhood services (Early Head Start); job development and mentoring; food and shelter; housing ownership; advocacy; self-sufficiency partnerships; Special Ed. advocacy; transportation; and youth services. Additional site in Canastota. **Website includes a community services directory.** Web: www.capmadco.org

Community Health and Behavioral Services (CHBS) of Upstate Cerebral Palsy-Utica
1427 Genesee St., Utica, 13501738-1428
A licensed Article 28 facility which provides primary and behavioral health care services for children, adolescents and adults. Also provides specialty clinics in dental services, podiatry, endocrinology, neurology, and psychiatry. CHBS accepts Medicare, Medicaid and most major insurances.
801 Cypress Street, Rome 13440...(Dental Clinic).....339-6536
Web: www.upstatecp.org

Consumer Services of Madison County (315) 361-9131
Fax (315) 361-4526

1019 Northside Shopping Center, Oneida, 13421
-A not-for-profit agency that predominantly serves people with mental health needs (emotional and behavioral) through a variety of programs including: Intensive Case Management and Supportive Case Management: a Coordinated Children’s Services Initiative—peer supports to parents, flexible fund dollars, advocacy and parent support groups; Peer Specialists who provide community-based support services to the seriously and persistently mentally ill adults in Madison County; Care-Free Drop-In Center; Early Education Intervention; CSMC Food Services.
-Representative Payee Services are available for people with developmental disabilities.

Hospice of Central New York..... 634-1100
Serves Western Madison County. **SEE INDEX**

Kelberman Center for Autism Services (315) 797-6241
Annie P. Tilton Center, 1601 Armory Dr., Bldg. C, Utica 13501
Regional Center providing comprehensive services for individuals with autism spectrum disorders including evaluation and diagnosis, individualized education services, social and life skills enhancement, training and research. Web: www.kelbermancenter.org

See our ad on page 65.

Liberty Resources, Inc. 425-1004
SEE INDEX

Madison Cortland Arc (315) 363-3389
701 Lenox Ave., Oneida 13421 Email: mcarc@madisoncortlandarc.org
Offers programs and services for people of all ages with developmental disabilities. Programs provide a wide array of services for infants and toddlers, vocational training, residential programs, service coordination, family support, day habilitation, residential habilitation, senior program, transportation, respite and more. Article 16 Clinic provides therapy and health care services.
Web: www.madisoncortlandarc.org

Resource Center for Independent Living(315) 797-4642
PO Box 210, Utica, NY 13503-0210 TDD....(315) 797-5837
-*Consumer-Directed Personal Assistance Program (CDPAP)*
Training to aid the participant in the tasks of hiring, training, and dismissing their own personal assistants, and other related tasks, is provided through CDPAP.
-*ASL Sign Language Interpreting Program* coordinates (statewide) and provides qualified and certified professional sign language interpreters (in Mohawk Valley).
-*Traumatic Brain Injury Services* (The Traumatic Brain Injury Regional Resource Center for the Syracuse North Region—TBI RRC) Provides services for individuals with traumatic brain injury in the Counties of Oswego, Onondaga, Madison, Oneida, Herkimer, Lewis, Jefferson, and St. Lawrence. The TBI RRC provides comprehensive information and referral services and helps to facilitate the implementation of the HCBS Medicaid Waiver for individuals with TBI. Services are tailored to the specific needs of the individual in a community-based setting. It gives an individual with TBI a choice of where and with whom they want to live, allowing individuals to regain their independence and the opportunity to direct their own lives. There are eligibility guidelines. Free.
Web: www.rcil.com

Upstate Cerebral Palsy and Handicapped Persons Association of the Utica Area 724-6907

1020 Mary Street, Utica 13501

A private, nonprofit agency serving individuals with special needs and their families in Oneida, Herkimer, Lewis, and parts of Madison counties. Offers referrals to a comprehensive array of programs for people of all ages in the areas of education, developmental disabilities, Community Health and Behavioral Services, Kelberman Center for Autism Services, community services, and the TRAIID program. (See also: INFO & REFERRAL: Epilepsy Services)

Web: www.upstatecp.org

OSWEGO COUNTY
Oswego County's Official Website
www.co.oswego.ny.us links to Community Services Directory

Arc of Oswego County 598-3108
 7 Morrill Place, Fulton 13069

Children's services include early intervention for children birth to 3 years; parent advocacy and training service; and training and consultation to community-based childcare and preschool programs. Medicaid service coordination (MSC) is provided to the 3 to 21 year-old group. Adult services include senior day hab; guardianship assistance; community recreation and leisure services; and family support services and respite. Web: www.arcofoswegocounty.org

See our ad on page 67.

ARISE—Oswego County Offices..... 342-4088
 253 East Tenth St., Oswego 13126 TTY.....342-8696

Offices located in Oswego, Pulaski, and Fulton. Offers independent living services for people with disabilities, their families and the community. Provides non site-based Day Habilitation, Residential Habilitation, educational advocacy, consumer-directed personal assistance, support and social groups, employment services, advocacy, Medicaid service coordination, Information and Referral, youth social skills training, Sibshops, and youth employment transition services at Mexico and Central Square High Schools.

Web: www.ariseinc.org

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BOCES—Oswego County—Special Ed. 963-4315
 179 County Route 64, Mexico 13114

Call for referral to the departments providing the following Special Education services: job shadowing; extended school year program; summer itinerant and related services; visual impairment; audiology; school psychologist; speech therapy; adaptive physical education; assistive technology; physical therapy; and counseling services for students with disabilities. Also serves children ages 3-5 with educational and evaluation services. Sites located throughout the county. Web: www.oswegoboces.org

See our ad on page 67.

Children's Therapy Network 437-4689
SEE INDEX

Children with Special Needs-Oswego 349-3510
 A program of the **Oswego County Health Department**

70 Bunner St., Oswego, NY 13126

Provides services to developmentally delayed infants and toddlers (0-3) through early intervention program. Developmental tracking of at-risk children (0-3) through the Child Find Program. Assists financially eligible families of children (0-21) who have physically handicapping conditions with medical costs through Children with Special Health Care Needs Program.

CNY Developmental Services Office of Oswego County

5 Tower Drive, Fulton, 13069 598-6120

See full description of services under Cayuga, Cortland, Madison, and Oswego Counties heading.

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Gentiva Health Services 342-0510

Hillside Commons, Suite C, 11 Fourth Ave., ... also (800) 280-8202
 Oswego 13126 **SEE INDEX**

Hospice of Central New York..... 634-1100

Serves Southern Oswego County.

SEE INDEX

Oswego County Opportunities, Inc.

239 Oneida St., Fulton 13069 (315) 598-4717

24 hour Assault and Abuse Hotline..... (315) 342-1600

24 Hour Runaway and Homeless Hotline1-877-342-7618

OCO, Inc. is a community action agency offering more than 45 programs to a variety of populations including the developmentally and/or physically disabled, mentally ill, chemically addicted, homeless, children, youth, seniors and those living in poverty. Programs include a variety of special housing and case management services, day care, Pre-K and Head Start, health care, Meals on Wheels, domestic violence and rape crisis services, employment training, medical and public transportation. Web: www.oco.org

Oswego Industries, Inc. 598-3108

7 Morrill Place, Fulton 13069

Provides the following services for adults: assistive technology; pre-vocational and vocational training; day habilitation, enhanced day habilitation; career employment services/supported work; and individual supports such as Medicaid service coordination.

Web: www.oswegoindustriesinc.org

Parents of Special Children, Inc. (315) 598-7672

2-C Tower Dr., Fulton 13069

A family support organization that offers reimbursement for respite and purchase of goods; educational advocacy; Respite; information and referral; parent networking and workshops.

Connections Support Group—An opportunity for caregivers raising children and young adults on the autism spectrum to connect,

socialize, network and support each other. Group meets on the first Tuesday evening of each month. Contact facilitator, Theresa Familo.

Web: www.pscoswego.org

Pemberton Associates (315) 963-0864

County Route 64, Mexico 13114

Full service early intervention services for children birth-3 in both Onondaga and Oswego Counties, including speech, occupational, and physical therapies; special education services; and others.

Serves school-age children (3-21) in Oswego County with OT and PT services. Also specializes in sensory integration, hippo therapy and therapeutic listening.

NEW PROGRAM-Pinnacle Preschool.....(315) 963-3680

Integrated preschool program in Mexico, NY serving children with a blended intervention program.

SEE INDEX

Person to Person: Citizen Advocacy (315) 593-2303

10 Canal View Mall, Fulton 13069

SEE INDEX

Resource Center for Independent Living.....(315) 797-4642

See write-up under Madison County heading

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• To help our readers find the address for organizations that have multiple listings, the page number where the address is included in the listing has been made **bold**.

• **Why isn't there a phone number for every organization in the index?** Phone numbers have been included in the index for an organization only if you can reach all of their programs by calling that one number. For directions about how to find individual programs and their phone numbers, see **About This Manual** on page 3.

• The information in this manual is arranged by programs. If an organization provides more than one kind of service, you can look at the page numbers in the index and match them with the **Page Number & Section Key** to determine the kinds of services the organization provides.

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