



Get Connected

Join a Self-Advocacy Group

Call US to get on our mailing list for regional and statewide activities.

Attend our regional and statewide conferences, regional meetings and social events.

Invite US to speak to your group or class.

Learn about Self-Advocacy and SANYS' Grass Roots Presenter projects.

Speak-UP for yourself and others.

Participate in boards and committees so your voice can be heard.

Educate others about your abilities and support needs.

Visit us at www.sanys.org

Contact Us:

Statewide Office:

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Schenectady, NY 12304
Tel: (518) 382-1454
Fax: (518) 382-1594
sanys@sanys.org

Regional Offices:

- [Western Region](#)
Western (Buffalo)
Tel: (716) 517-3598
western@sanys.org

Finger Lakes (Rochester)
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fingerlakes@sanys.org

- [Central NY](#)
Tel: (315) 473-6927
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- [Capital/Upper Hudson Valley](#)
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- [Lower Hudson Valley](#)
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HUDSONVALLEY@sanys.org

- [New York City](#)
Tel: (646) 896-1938
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- [Long Island](#)
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longisland@sanys.org



- Training and Information
- Advocacy for System Change
- Self-Advocacy Groups
- Speakers with Disabilities
- Educating/Awareness

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A Self-Advocacy Group is a place to ..

- Find out more about the rights of people with disabilities.
- Learn how to advocate for yourself and others.
- Discover how to make changes in your home and workplace.
- Develop leadership and public speaking skills.
- Hear about upcoming events like conferences and regional meetings.
- **Make Connections.**
- Utilize the resources of the Self-Advocacy Association of NYS.
- Learn useful information.
- Get support from others.

Who We Are

SANYS is a not-for-profit organization run by and for people developmental disabilities.

One of SANYS' main goals is to increase the choices that people have to live, work and participate in their communities. Choices that include options for person centered and self-directed supports.



Mission Statement

SANYS is a grass roots organization run by and for people with developmental disabilities. We help people with developmental disabilities speak up for themselves and others.

What We Do

The Self-Advocacy Association of New York State supports the idea that no community is complete unless everyone has the opportunity to be involved and live their lives as full and contributing citizens of their community.

- We support the development of local self-advocacy groups, re-energize existing groups, and share information on local, state and national self-advocacy issues.
- Self-advocates (individuals with developmental disabilities) provide free presentations to educate our peers, communities and staff about our lives and what we have to offer.
- We speak to community groups, schools, faith organizations and agencies.
- We provide training and support for Individualized Support and Services. Discover a new way to create the life you want, learn about your circle of support and how to make real choices.

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