who we are
SANYS is a not-for-profit, grassroots organization run by and for people with developmental disabilities.

Our goal is to help create a person-centered and person-directed system of supports.

To further this goal, the SANYS executive board supports self-advocates and self-advocacy groups regionally and statewide. SANYS encourages them to speak up for themselves individually and collectively.

vision statement
SANYS is a strong voice by and for people with developmental disabilities. SANYS promotes independence, empowerment, leading by example, communicating, networking and encouraging each other.

contact us:
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Regional Offices
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  Western (Buffalo Area)
  Tel: (716) 674-6300 x3170
  western@sanys.org

- Finger Lakes (Rochester area)
  Tel: (585) 461-8776
  fingerlakes@sanys.org

- Central NY
  Tel: (315) 473-6927
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- Capital District/North
  Tel: (518) 382-1454
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- Hudson Valley
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- New York City
  Tel: (212) 627-2104
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- Long Island
  Tel: (631) 232-0011 x505
  longisland@sanys.org

visit us at www.sanys.org
call us at 1-866-427-4273
get connected

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
- develop friendships
- utilize the resources of the Association
- learn useful information from each other
- get support from others

get involved

what we do

We help set up local Self-Advocacy chapters, re-energize existing groups, and share information on local and national Self-Advocacy issues. We can also help you join a local Self-Advocacy group.

- Members of our AmeriCorps project provide free presentations, titled "Our Experience is the Best Teacher," to educate our peers, communities, and staff about our lives and what we have to offer.

- Speakers Bureau members offer presentations which stress that no community is complete unless everyone has the opportunity to be involved. We speak to community groups, schools, faith organizations, and agency boards of directors. Call for a presentation.

We provide training and support for Self-Determination. Discover a new way to create the life you want, buying the services you want - and about how your Circle of Support can help you get there.

Learn about SA/AmeriCorps and Speakers Bureau projects

- Join a self-advocacy group
- Call us to get on our mailing-list for regional and statewide newsletters
- Attend our regional and statewide conferences, regional meetings and social events
- Volunteer your time on various regional projects
- Invite us to speak to your group or class

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

Educate others about your abilities and support needs

Watch for special events and evening workshops

Become a member of Self-Advocacy. Call our statewide office for membership information.