



Independent Guidance & Advocacy for Individuals with IDD and Their Families

## What We Do

- IDDO helps individuals with Intellectual and Developmental Disabilities (IDD), their families, and caregivers navigate supports and services through the Office for People with Developmental Disabilities (OPWDD).
- Free & confidential helpline: 1-800-762-9290
- Online contact form available

## How We Help

- Applying for OPWDD
- Understanding your rights
- Issues with care managers, programs, or housing
- Learning about available services
- Exploring Self-Direction
- Reporting abuse or neglect
- Disputing decisions about Life Plan, Housing, or services

## Mission

- To act as a resource and advocate for individuals and families navigating OPWDD programs and services.

## Our Network

- Southern Adirondack: Independent Living
- Capital District & Hudson Valley: Westchester Institute for Human Development

## Contact Us

- Helpline: 1-800-762-9290 (Mon–Fri, 9am–5pm)
- Website: Contact Form Available
- Address: 633 Third Ave, 10th FL, New York, NY 10017
- Help is free and confidential.