



136 U.S. Route One, Scarborough, ME 04074

207-396-6500

1-800-427-7411

www.smaaa.org

**For more information or help completing an application contact a Resource Specialist**

## Benefit Checklist (for Maine) Single/One person household

Revised 3/30/2016

- My monthly income is **less than \$1832** and I am at least age 60 or am disabled. I have **less than \$5,000** in liquid assets\* – You may be eligible for the Food Supplement Program (*formerly food stamps*)
  - My monthly income is **less than \$1065** and I am at least age 65 or am disabled. I have **less than \$10,000** in liquid assets\* – You may be eligible for MaineCare
  - My monthly income is **less than \$1733** and I am at least age 62 or am disabled. I have **less than \$58,000** in liquid assets\* - You may be eligible for the Low Cost Drug Program
  - My monthly income is **less than \$1808** and I am enrolled in Medicare. I have **less than \$58**, in liquid assets\* - You may be eligible for the Medicare Savings Program (Buy-In)
- DHHS determines eligibility for these programs (turn page over to find the office closest to you)**

- My monthly income is **less than \$1683** and I am at least age 60 – you may be eligible for the Home Energy Assistance Program (LIHEAP) (*out-of-pocket medical expenses can sometimes be subtracted to lower your monthly income*).
- Cumberland County residents**  
**OA 1-800-698-4959 or 207-553-5800 TTY: 207-874-1013**  
**York County residents**  
**YCCAC 1-800-965-5762 or 207-324-5762 TTY: 207-490-1078**

- My monthly income is **less than \$733** and I am at least age 65 or am disabled and have **less than \$2000** in liquid assets\* – You may be eligible for Supplemental Security Income (SSI).
- The Social Security office determines eligibility for this program (turn page over to find the office closest to you).**

**\*Liquid Assets include cash or other resources that can be changed into cash on demand. Please be aware that if your income/assets are close to the stated limits, it is worth applying as some programs may consider certain expenses as deductible from your income.**

# **DHHS-Department of Health & Human Services**

## **Portland Office**

151 Jetport Blvd  
Portland ME 04102  
1-800-482-7520 (or) 207-822-2000  
TDD: 1-888-720-1925; Fax: 207-822-2310

## **Biddeford Office**

208 Graham Street  
Biddeford ME 04005-3350  
1-800-322-1919 (or) 207-286-2400  
TDD: 1-800-606-0215; Fax: 207-286-2408

## **Sanford Office**

890 Main Street, Suite 208  
Sanford ME 04073  
1-800-482-0790 (or) 207-490-5400  
TDD: 1-800-606-0215; Fax: 207-490-5463

# **Social Security Administration**

## **Portland Office**

550 Forest Ave, Suite 150  
Portland ME 04101  
1-877-319-3076 (or) 1-800-772-1213  
TTY: 1-800-325-0778; Fax: 207-871-7296

## **Saco Office**

110 Main Street, Suite 1450  
Saco ME 04072  
1-877-253-4715 (or) 1-800-772-1213  
TTY: 1-800-325-0778; Fax: 207-282-8813

## **Portsmouth, NH Office**

Federal Building  
80 Daniel Street, Room 200  
Portsmouth NH 03801  
1-888-397-9796  
TTY: 1-603-436-3086; Fax: 1-603-433-5933