



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 2/24/2017

- My monthly income is **less than \$1859** 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 \$1080** 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 \$1759** 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 \$1834** and I am enrolled in Medicare. I have **less than \$58,000** 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 \$1709** 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 \$735** 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