



For more information or for help completing an application, please contact a Resource Specialist at (207) 396.6500 or 1.800.427.7411

This checklist is designed to help direct you to benefits. Please call to learn more about these programs and additional resources. You can also visit www.smaa.org for more information.

Food Resources

Commodity Supplemental Food Program (A 30lb box of food every month – various pick-up locations)

- At least age 60.
- Learn more and apply through Wayside, 207.775.4939 or www.waysidemaine.org.

Maine Senior FarmShare (A voucher for \$50 to use at participating farms/farmstands)

- At least age 60 or age 55 if Native American and income is less than \$2,322 for one-person household or \$3,151 for two-person household.
- You must apply through participating farm, you can find a list of participating farmers by reaching out to SMAA or Department of Agriculture, 207.287.3491 or www.maine.gov/dacf/ard/seniorfarmshare/seniors.

The Supplemental Nutrition Assistance Program (SNAP), formerly food stamps (A benefit on an EBT card that is used like a debit card at the store to purchase food)

- You or someone in your household are at least age 60 or disabled and have a monthly income of less than \$2,510 if single or \$3,407 if married. There are no asset limits. If you need assistance with food, you are encouraged to apply regardless of income. Some living expenses may be considered when determining eligibility.
- Department of Health and Human Services (DHHS) determines eligibility, 1.855.797.4357 or www.mymaineconnection.gov.

Medical Insurance

MaineCare (Insurance under the Medicaid Expansion)

- Monthly income is less than \$1,732 if single or less than \$2,351 if married and under age 65 and not on Medicare. There are no asset limits.

MaineCare (Insurance)

- Monthly income is less than \$1,255 for singles and \$1,704 for married couples and at least age 65 or disabled.
- Liquid asset of \$10,000 for singles and \$15,000 for married couples.

Medicare Savings Program (Financial assistance for your Medicare costs)

- Monthly income is less than \$3,138 if single and less than \$4,259 if married and enrolled in Medicare.
- Effective 1/1/2024, there are no longer asset limits. There are higher income eligibility guidelines if you are working or if only one spouse applies. Please call to learn more.

DHHS determines eligibility for these programs, 1.855.797.4357 or www.mymaineconnection.gov.

Medication

- If you need assistance paying for medications, there may be programs available with higher income guidelines. Please call to learn more.

(Flip Over)

Heating Assistance

Home Energy Assistance Program formerly LIHEAP (A credit paid to your oil/heating company)

- If your monthly income is less than \$2,723 for 1 person in the household or \$3,560 for two people. Out-of-pocket medical expenses may be factored into eligibility. If you need assistance with heat, please call. If heat is included in your rent, you can still apply.
- **Cumberland County residents:** Opportunity Alliance, 207.553.5900 or 1.877.429.6884.
- **York County residents:** York County Community Action, 207.459.2950 or 1.800.965.5762.

Property Taxes

Property Tax Fairness Credit (A reimbursement for rent or property tax paid as well as sales tax credit)

- Income guidelines apply (vary by year), you are able to apply for the previous 3 years. If you live in subsidized housing, you may be eligible for sales tax credit.
- Learn more at www.maine.gov/revenue/taxes/tax-relief-credits-programs/income-tax-credits/property-tax-fairness-credit or by calling Maine Revenue Services, 207.624.9784.

Homestead Exception Program (A reduction in assessed property for taxes)

- Learn more at www.maine.gov/revenue/faq/homestead-exemption-program or by calling Maine Revenue Services Tax Division, 207.624.5600. Only need to apply once.

Supplemental Security Income (SSI)

- Unearned monthly income is less than \$963 if single or \$1,435 if married and are at least age 65 or disabled.
- Liquid assets are less than \$2,000 if single or \$3,000 if married.
- If you have earned income, it can be higher. Please refer to Social Security as they determine eligibility.
- Saco Office: 1.877.253.4715.
- Portland Office: 1.877.319.3076.
- Portsmouth NH Office: 1.888.397.9796.
- TTY: 1.800.325.0778.

Utilities

- If you are found eligible for programs based on your income, there may be other programs available to help pay for your utilities. Please call to learn more about your specific options.
- SafeLink and Assurance Wireless (Free phone with unlimited minutes/texting/data).
- Low-Income Assistance Program (LIAP – help with electric bill). Must be found eligible for HEAP or DHHS program.

Resource Specialists are available to answer your questions, help guide you to an application or complete the application with you. Please call 396.6500 or 1.800.427.7411 to speak with someone. Interpreters or accommodation available upon request.

Disclaimer: The Southern Maine Agency on Aging does not determine eligibility for programs. Income guidelines are provided for programs in the State of Maine only. Information about resources is provided as a service of Southern Maine Agency on Aging at the Sam L. Cohen Center, 30 Barra Rd, Biddeford, ME 04005. The Agency on Aging does not license, endorse or recommend any provider, nor can we guarantee the quality of service from any provider.

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