



Help with the cost of food for the elderly or disabled

Food Supplement (FS), sometimes called SNAP, can help you if you are elderly (60 years old or older) **or** disabled, especially if you are living on a fixed income. You may be eligible whether you own your home, rent, live in elderly housing or a group home, or have moved in with family.

What special rules apply to me if I am elderly or disabled?

- If your monthly out-of-pocket medical expenses are higher than \$35 per month, you can get the benefit of a **medical deduction**. This may increase your FS benefits. The Department of Health and Human Services (DHHS) may ask you for proof of your expenses. Try to keep your bills and receipts for things like appointments, prescriptions, and any medical equipment you buy.
- There is an asset limit but as of November 2019, DHHS is in the process of changing the asset rule. If you're concerned about assets, get more information on that rule change. Note that if you own the home you live in or a car, those won't be counted towards the asset limit.
- If you get LIHEAP, or fuel assistance, your FS benefits may go up. If you want to find out where to apply for LIHEAP, call 1-800-442-6003.
- You do not have to meet any work requirements.
- You can choose someone you trust to be an Authorized Representative. They can use your EBT card to buy food for you.

How do I apply for help?

- You can apply by:
 1. Going in person to your local DHHS office;
 2. Calling 1-855-797-4357, option 3, to ask them to send an application to you;
 3. Applying online at My Maine Connection;
 4. Printing off a paper application from <https://www.maine.gov/dhhs/ofi/public-assistance/pdf/GeneralApp-080117.pdf>
- If everyone in your household is elderly and an SSI recipient, you can apply at your regional Social Security office. Otherwise, you apply at DHHS.
- Most people can complete the interview requirement by scheduling a telephone interview. You do not need to get a photo on your EBT card, so there's no need to go in person.

If I am not 60 or older, how do I know if I meet the disability test?

- You are considered disabled if you get a government disability benefit. This includes: SSI (Supplemental Security Income), SSDI, MaineCare for the elderly or disabled, a state or federal disability or retirement benefit, or veteran's disability benefit.

What can I do if I run into problems?

You can get **free** help from the following organizations:

- **Legal Services for the Elderly** (60 and older). Call 1-800-750-5353
- **Pine Tree Legal Assistance**. Call (207) 774-8211 or find the address and phone number for your local office at <https://www.ptla.org/contact-us>
- **Maine Equal Justice**: Call (207) 626-7058