



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.smaaa.org for more information.

Food Resources

Commodity Supplemental Food Program (A 30lb box of food every month)

- At least age 60 and income is less than \$1,395 if single or less than \$1,1887 if married
- 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 \$2,095 if single or \$2,823 if married.
*Effective 7/1/23, income eligibility increases to less than \$2,248 if single or \$3,040 if married.
- 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 \$2,430 if single or \$3,287 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 \$1,677 if single or less than \$2,268 if married and under age 65 and not on Medicare. There are no asset limits.

MaineCare (Insurance)

- Monthly income is less than \$1,215 for singles and \$1,644 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:

- Monthly income is less than \$2,248 if single and less than \$3,041 if married and enrolled in Medicare.
- Liquid asset limit of \$58,000 for singles and \$87,000 for married couples.
- There are higher income eligibility guidelines if you are working or if only one spouse applies. Please call to learn more about how this program may assist with your Medicare costs.
- 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 added to your oil/heating company)

- If your monthly income is less than \$2,433 if single or \$3,181 if married. Out-of-pocket medical expenses may be factored into eligibility. If you need assistance with heat, please call.
- **Cumberland County residents:** Opportunity Alliance 207-553-5900 or 1-800-698-4959 TTY: 207-874-1013
- **York County residents:** York County Community Action 207-459-2950 or 1-800-965-5762 TTY: 207-490-1078

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.

Property Tax Stabilization Program (Freezing property tax amount)

- Learn more at www.maine.gov/revenue/taxes/tax-relief-credits-programs/property-tax-relief-programs/stabilization-program or by calling Maine Revenue Services Tax Division, (207) 624-5600. *Need to apply every year.

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 \$914 if single or \$1,371 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, TTY: 1-207-282-6404
- Portland Office: 1-877-319-3076, TTY: 1-207-773-3981
- Portsmouth NH Office: 1-888-397-9796, TTY: 1-603-436-3086

Utilities

- If you are found eligible for programs based on your income, there may be other programs available to help pay for your energy bill, internet and telephone service. Please call to learn more about your specific options.

A Resource Specialist are able to answer your questions, help guide you to an application or complete the application with you. Please call (207) 396-6500 or 1-800-427-7411 to speak with someone. Interpreters available upon request.

Disclaimer: The Southern Maine Agency on Aging does not determine eligible for programs. Income guidelines are provided for programs in State of Maine Only. Community resources are 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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