



For more information or help completing an application please contact a Resource Specialist at (207) 396-6500 or 1-800-427-7411

Benefit Checklist for **Single/One person household**

Revised 9/28/2021

- My monthly income is **less than \$1,968** and I am at least age 60 or 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 \$1,986** and I am at least age 62 or disabled. I have **less than \$58,000** in liquid assets* - You may be eligible for the Low Cost Drug Program. Your income may be higher if you are spending 40% of your income on prescriptions.
- My monthly income is **less than \$1,482** and I am under 65 and not on Medicare. There is no asset limit – you may be eligible for MaineCare (under new Medicaid expansion).
- My monthly income is **less than \$1,149** and I am at least age 65 or disabled. I have **less than \$10,000** in liquid assets* – You may be eligible for MaineCare.
- My monthly income is **less than \$2,061** 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). Income can be higher if working. Please call to learn more.

DHHS determines eligibility for these programs (turn page over to find the office closest to you)

- If your monthly income is **less than \$2,433** then 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

Opportunity Alliance 1-800-698-4959 or 207-553-5900 TTY: 207-874-1013

York County residents

York County Community Action 1-800-965-5762 or 207-459-2950 TTY: 207-490-1078

- My monthly unearned income is **less than \$794** and I am at least age 65 or disabled and have **less than \$2000** in liquid assets* – You may be eligible for Supplemental Security Income (SSI). If you have earned income, it can be higher. Please refer to Social Security. **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 have disregards for eligibility.**

The Southern Maine Agency on Aging does not determine eligibility for programs. Income guidelines provided are for programs in the state of Maine only.

DHHS-Department of Health & Human Services

Biddeford Office

Park One Eleven
407 Alfred St, Suite A-1
Biddeford, ME 04005
1-855-797-5357 (or) 207-286-2400
TTY: Maine relay 711
Fax: 207-282-5154

Sanford Office

890 Main Street, Suite 208
Sanford, ME 04073
1-855-797-5357 (or) 207-490-5400
TTY: Maine relay 711
Fax: 207-490-5463

Portland Office

151 Jetport Blvd
Portland, ME 04102
1-855-797-5357 (or) 207-822-2000
TTY: Maine relay 711
Fax: 207-822-2310

Social Security Administration

Portland Office

1355 Congress St, Floor 2
Portland, ME 04102
1-877-319-3076 (or) 1-800-772-1213
TTY: 1-207-773-3981
Fax: 1-833-950-3575

Saco Office

110 Main Street, Suite 1450
Saco, ME 04072
1-877-253-4715 (or) 1-800-772-1213
TTY: 1-207-282-6404
Fax: 1-833-950-3248

Portsmouth NH Office

215 Commerce Way, Suite 200
Portsmouth, NH 03801
1-888-397-9796
TTY: 1-603-436-3086
Fax: 1-833-950-3589

Disclaimer: 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.