



For more information or 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 for benefits. Please call to learn about additional resource or to learn more about the programs listed below. SMAA services do not have an income eligibility and you learn more at www.smaaa.org

- You may be eligible for the **Food Supplement Program (formerly food stamps)** if you or someone in your household is at least age 60 or disabled, and have a monthly income of less than \$2,096 if single or \$2,823 if married. There are no asset limits. Other living expenses may be factored into eligibility and it is encouraged to apply if you need any assistance with food costs regardless of your income.
- You may be eligible for **MaineCare (insurance under the Medicaid Expansion)** if your monthly income is less than \$1,563 if single or less than \$2,106 if married and under age 65 and not on Medicare. There are no asset limits.
- You may be eligible for **MaineCare (insurance)** if your monthly income is less than \$1,133 and at least age 65 or disabled and have less than \$10,000 in liquid assets.* Married couples may be eligible with income less than \$1,526 and less than \$15,000 in liquid assets.*
- You may be eligible for the **Medicare Savings Program** if your monthly income is less than \$2,096 if single and less than \$2,823 if married and enrolled in Medicare. There is a 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. SMAA can help applying.

- You may be eligible for the **Home Energy Assistance Program (LIHEAP)** if your monthly income is less than \$2,433 if single or \$3,181 if married. Out-of-pocket medical expenses may be factored in. 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

- You may be eligible for **Supplemental Security Income (SSI)** if you are at least age 65 or disabled and your monthly unearned income is less than \$841 and have less than \$2000 in liquid assets* if single or your monthly income is less than \$1,261 and have less than \$3,000 in liquid assets if married. If you have earned income, it can be higher. Please refer to Social Security directly as they determine eligibility.

***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
1-855-797-4357 (or) 207-286-2400
TTY: Maine relay 711

Sanford Office

890 Main Street, Suite 208
Sanford, ME 04073
1-855-797-4357 (or) 207-490-5400
TTY: Maine relay 711

Portland Office

151 Jetport Blvd
Portland, ME 04102
1-855-797-4357 (or) 207-822-2000
TTY: Maine relay 711

If mailing application or documents:

Farmington District Office

114 Corn Shop Lane
Farmington, ME 04938
Fax: 207-778-8410
E-mail: Farmington.DHHS@Maine.gov

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 (or) 1-800-772-1213
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.