Southern Maine AGENCY On AGING
EMPOWERING OLDER ADULTS AND THEIR CAREGIVERS

Benefit's Checklist ☑

This checklist is designed to help direct you to benefits you may be eligible for.

For more information or for help completing an application, please contact one of our friendly Resource Specialists at 207.396.6500 or 1.800.427.7411.
You can also visit our website at www.smaaa.org.
Interpreters or accommodation available by request.

Food Resources

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

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

Maine Senior FarmShare
($50 voucher to use at participating farms and farmstands)

- Be 60 years old or older (55 years old or older for Native Americans).
- Be 18 years old or older for disabled adults living in congregate housing with meal service.
- Meet the income guidelines, with a gross income at or below: $28,953 per year for a one-person household; or $39,128 per year for a two-person household.
- You can find a list of participating farmers by reaching out to us or the Department of Agriculture, at 207.287.3491 or online at https://www.maine.gov.

Supplemental Nutrition Assistance Program (SNAP)
A benefit that is used like a debit card to purchase food at the grocery store

- You or someone in your household are at least age 60 or disabled and have a monthly income of less than $2,660 if single or $3,607 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, please call 1.855.797.4357 or visit online at www.mymaineconnection.gov.

Medical Insurance

MaineCare (Insurance under Medicaid Expansion)

- Monthly income is less than $1,836 if single, less than $2,489 if married, and under age 65 and not on Medicare. There are no asset limits.

MaineCare (Insurance)

- Monthly income is less than $1,330 for singles and $1,804 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 (MSP - assistance with your Medicare costs)

- Monthly income is less than $3,325 if single and less than $4,509 if married and enrolled in Medicare.
- There is no asset test or estate recovery. Married couples with higher income may be eligible under the spousal exclusion rule. Call to learn more. DHHS determines eligibility for these programs, call 1.855.797.4357 or visit online at www.mymaineconnection.gov.

Medication

- If you need assistance paying for medications, there may be programs available with higher income guidelines. Please call us to learn more 207.396.6500.

Family Caregiver State Respite Care Program - Section 68

Provides financial support for in-home care, Adult Day Programs, respite at a facility, and home modifications

- Written diagnosis of Alzheimer's disease/dementia from a physician.
- Not receiving assistance from any other state subsidized programs.
- Care recipient must be at least 18 years old and a Maine resident.
- The Caregiver Respite program is supported by funds allocated by the State of Maine Office of Aging and Disability Services. Please note that there is often a waiting list for these funds. For more information, call us at 207.396.6500 or visit our website at www.smaaa.org.

Heating Assistance

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

- If your monthly income is less than $3,070 for 1 person in the household or $4,014 for two people. Out-of-pocket medical expenses may be factored into eligibility. If heat is included in your rent, you can still apply.
- Cumberland County residents: Call Opportunity Alliance at 207.553.5900 or 1.877.429.6884.
- York County residents: Call York County Community Action at 207.459.2950 or 1.800.965.5762.
- Apply online through Maine Housing at https://www.mainehousing.org/programs-services/energy/energydetails/liheap
- *Note - there is currently a waitlist for heating assistance.

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 4 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 at 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 at 207.624.5600. You only need to apply once.

Supplemental Security Income (SSI)

- Unearned monthly income is less than $994 if single or $1,491 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 us at 207.396.6500 to learn more.

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Interpreters or accommodation available by 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. We do not license, endorse or recommend any provider, nor can we guarantee the quality of service from any provider.

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