

# I was born outside the US, what help can I get?

*Benefit eligibility is based on household income and other qualifications in addition to immigration status.*

## What are the different benefit programs?

- **MaineCare:** Health care coverage
- **TANF:** Cash support for families
- **SNAP:** Help paying for food
- **General Assistance:** Help paying for basic needs
- **SSI:** Cash support for people with disabilities

### I have a child born in the United States:

My child is eligible for these benefits regardless of the immigration status of the rest of my household.

- Full MaineCare
- TANF
- SNAP
- General Assistance
- SSI (if your child has a disability)

### I do not have documentation to live in the United States:

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Free Care/Sliding Fee Care

### I have been in the United States for less than 12 months and I intend to apply for asylum or other immigration relief:

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Free Care/Sliding Fee
- General Assistance

**I have applied for Asylum, and I have a work permit and a job:**

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Free Care/Sliding Fee Care
- Health Insurance Marketplace Subsidies
- General Assistance

**I have applied for Asylum, and I have a hardship, including:**

- I am 65 or older
- I am disabled
- I am waiting for a work permit (new or renewal)
- I have a work permit, but I do not have a job
- I am a survivor of
- domestic violence

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Free Care/Sliding Fee Care
- TANF (if I have children)
- SNAP
- General Assistance
- SSI (if I have a disability or am 65 or older)

**I am a Refugee or Asylee:**

- Full MaineCare
- Health Insurance Marketplace Subsidies
- TANF (if I have children)
- SNAP
- General Assistance
- SSI (if I have a disability or am 65 or older)

**I have been paroled into the United States for at least one year and I am still a parolee:**

After 5 years parolees are eligible for full benefits.

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Health Insurance Marketplace Subsidies
- Free Care/Sliding Fee Care
- SSI (if I have a disability or am 65 or older)

**If I have a hardship\*, I may also be eligible for:**

- TANF (if I have children)
- SNAP

**I am a Lawful Permanent Resident (Green Card) for less than 5 years:**

- Emergency MaineCare (Full MaineCare if pregnant or under 21)
- Health Insurance Marketplace Subsidies
- Free Care/Sliding Fee Care
- General Assistance
- SSI (if I have a disability or am 65 or older)

**If I have a hardship\*, I may also be eligible for:**

- TANF (if I have children)
- SNAP

**\*What does it mean to have a hardship?**

- I am 65 or older
- I am disabled
- I am waiting for a work permit (new or renewal)
- I have a work permit, but I do not have a job
- I am a survivor of domestic violence

**I am a Lawful  
Permanent Resident  
(Green Card) for more  
than 5 years:**

- Full MaineCare
- Health Insurance Marketplace Subsidies
- TANF (if I have children)
- SNAP
- General Assistance
- SSI (if I have a disability or am 65 or older)

**I am a Haitian or  
Cuban entrant upon  
arrival in the US  
(including children born  
to Haitian parents in  
other countries):**

It is important that DHHS finds you eligible as a Haitian or Cuban entrant so that you will not lose benefits when you get a job.

- Full MaineCare
- Health Insurance Marketplace Subsidies
- Federally-funded TANF (if I have children)
- Federally-funded SNAP
- General Assistance
- SSI (if I have a disability or am 65 or older)

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