

## Food assistance for older adults and people with disabilities

The Supplemental Nutrition Assistance Program (SNAP), has special rules if you are **an older adult** or meet the definition of **'disabled'** (see below).

### What is SNAP?

The SNAP Program (formerly called 'Food Stamps') helps people with low and fixed incomes pay for more of the food they need. You get a card called an EBT card, or a Pine Tree Card in Maine, that can be used to purchase food at participating stores.



### What is the definition of 'disabled' for SNAP?

You're considered disabled if ONE or more of these is true:

- You get MaineCare based on your disability.
- You get a federal, state, or local disability pension or payments including Supplemental Security Income (SSI) or Social Security Disability (SSDI).
- You get a disability-related benefit from the VA.
- You are a veteran who is totally disabled, permanently housebound, or needs aid and attendance.
- You get Railroad Retirement Disability benefits.

### What special rules apply to me if I'm an older adult or disabled?

#### Adults age 60+ and people with disabilities:

- **Medical expense deduction:** If you spend more than \$35 a month on out-of-pocket medical costs, you can show proof of these expenses (receipts or bills) to get more money in SNAP. There is no limit on the medical deduction. You can deduct all allowable medical costs over \$35 even if you haven't paid them yet.
- **"Heat & Eat":** If you get HEAP, or fuel assistance, your SNAP benefits may go up. If you want to find out where to apply for LIHEAP, call 1-800-442-6003 or apply online [here](#).
- **Support:** You can choose someone you trust to be an Authorized Representative. That means they can use your EBT card to buy food for you.

#### What counts as a medical deduction?

- Doctor's Appts
- Prescription Drugs
- Medical Supplies
- Hospitalization
- Service Animals
- Nursing Care
- Dental Care
- Other Medical Care

## Adults age 65+ and people with disabilities:

- **Exempt from work requirements:** Household members who are disabled or 65 and over do not need to report work hours to continue receiving SNAP benefits. *Households with children ages 14 and under are also exempt.*

## Is there an asset limit for SNAP?

There is no asset limit for SNAP in Maine. You may be eligible for SNAP whether you own your home, rent, live in supportive housing, are experiencing homelessness, or have moved in with family.

## How do I apply for SNAP?

- **Apply online** at My Maine Connection [www.mymaineconnection.gov](http://www.mymaineconnection.gov)
- **Print off** a [paper application](#) and mail it to DHHS:
  - Office for Family Independence
  - 114 Corn Shop Lane
  - Farmington, ME 04938
- **Go in person** to your local DHHS [district office](#)
  - Note: If everyone in your household is over 60 and receiving SSI, you can apply at your regional Social Security office.
- **Call** 1-855-797-4357, option 3, to ask them to send you an application
- **Email** an application to [Farmington.DHHS@Maine.gov](mailto:Farmington.DHHS@Maine.gov)

## What can I do if I run into problems?

You can get free help from the following organizations:

- **Legal Services for Maine Elders helpline** (60 and older): Call 1-800-750-5353
- **Pine Tree Legal Assistance:** Call (207) 774-8211 or find the address and phone number for your local office at <https://www.ptla.org/contact-us>
- **Maine Equal Justice:** Call (207) 626-7058 and leave a message or use our online contact form: <https://maineequaljustice.org/contact-us/>

## Other food resources:

If you're having a hard time getting enough to eat, or if you want to stretch your SNAP a little further, try these resources:

- Contact your regional [Area Agency on Aging](#) (1-877-353-3771) for information about additional supports including [home-delivered meals](#) for those who are homebound and cannot prepare food for themselves.
- For income-eligible older adults, learn more about the [Maine Senior FarmShare Program](#) at (207) 287-3491 or by emailing [SeniorFarmShare.agr@maine.gov](mailto:SeniorFarmShare.agr@maine.gov).
- To find the closest food pantry, visit Good Shepherd Food Bank's [Food Map](#).