

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 (GA):** 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 (GA)
- SSI (if your child has a disability)

I do not have permission or 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 (GA)

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
- General Assistance (GA)
- **Before 2027:** Health Insurance Marketplace Subsidies if income over 100% Federal Poverty Limit

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

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

I am a Refugee or Asylee:

- **Before Oct 2026:** Full MaineCare
- **After Oct 2026:** Emergency MaineCare (Full MaineCare if I am pregnant or under 21)
- **Before 2027:** Health Insurance Marketplace Subsidies
- TANF (if I have children)
- SNAP (with a hardship*)
- General Assistance (GA)
- SSI (if I have a disability or am 65 or older)

***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 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)
- **Before 2027:** 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 have had my Green Card (Lawful Permanent Resident) 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 (GA)
- 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 I have had my
Green Card (Lawful
Permanent Resident)
for more than 5 years**

or

**I am a refugee, asylee,
or have another
humanitarian status
and got my Green
Card:**

- Full MaineCare
- Health Insurance Marketplace Subsidies
- TANF (if I have children)
- SNAP
- General Assistance (GA)
- 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):**

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

Contact Us:

If you have questions about public benefit eligibility or believe you have been denied in error, please contact Maine Equal Justice online or call 207-626-7058. You can leave a message in any language.



[maineequaljustice.org/
contact-us/](http://maineequaljustice.org/contact-us/)

Maine Equal Justice

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