

WORKING WITH
STRUGGLING
WASHINGTON
RESIDENTS 50+
TO WIN BACK
OPPORTUNITY

**INFORMATION
TO HELP YOU:**

Increase your
income

Save money
on prescription
drugs

Pay doctors' bills

Buy groceries

Cover other
basic costs



YOUR GUIDE TO PUBLIC BENEFITS IN WASHINGTON

You have to take care of yourself if you're going to be a good provider. If you're facing challenges that seem overwhelming, you need an opportunity to regroup, so you can go back to being a source of help and hope for family and friends.

AARP Foundation is here for everyone, 50 years of age or older, who is struggling with problems of hunger, isolation, income or housing. In addition, we are working side by side with trusted organizations in your community and nationwide to help you take control, move forward, and feel like a good provider again.

Program guidelines, telephone numbers, and websites are subject to change. For the most up-to-date information in your state, log on to AARP Foundation Benefits QuickLINK at: aarp.org/quicklink.

PAYING FOR HEALTH CARE AND PRESCRIPTION DRUGS

Medicare

Benefit: Medicare is health insurance that helps pay for preventive care, doctor visits, hospital stays, and prescription drugs.

Who can apply: You must be 65 years of age or older or under age 65 and meet the disability guidelines.

How to apply: To apply, call the Social Security Administration at: 1-800-772-1213 and tell the operator where you live. You can also go to: www.socialsecurity.gov and click on the “Medicare” section. For information about Medicare Prescription Drug Coverage, call Medicare at: 1-800-MEDICARE (1-800-633-4227) or go to: www.medicare.gov.

For help in your state, call the Statewide Health Insurance Benefits Advisors (SHIBA), also known at the State Health Insurance Assistance Program (SHIP), at: 1-800-562-6900 or go to: <http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/>.

Medicare Savings Programs

Benefit: This benefit helps pay for some of your Medicare costs, which can include the Part A and B premiums, deductibles, and co-payments. The amount of help you get depends on your income and resources.

Who can apply: You must have Medicare and have limited income of around \$1,357 per month (single) or \$1,823 per month (married).

How to apply: For more information and to find out how to apply, contact your Department of Social and Health Services (DSHS), Community Services Office at: 1-877-501-2233. To find your local DSHS Community Service Office, go to: www.dshs.wa.gov/onlinecso/findservice.

html. You can also apply online at: www.washingtonconnection.org/home/?locale=en_us.

Medicare Rx Extra Help

Benefit: This benefit lowers the cost of your prescription drugs offered through Medicare Prescription Drug Coverage (Part D). The monthly premium, deductible, and co-payments you pay depend on your income and resources.

Who can apply: You must have Medicare and have limited income and resources. Your income must be less than \$17,820 a year and your resources must be less than \$13,640 if you are single. If you are married and living together, your income must be less than \$24,030 a year and your resources must be less than \$2.

How to apply: To apply online, go to: www.socialsecurity.gov and click on the Medicare section. If you need help applying, call the Social Security Administration at: 1-800-772-1213.

For help in your state, call the Statewide Health Insurance Benefits Advisors (SHIBA), also known at the State Health Insurance Assistance Program (SHIP), at: 1-800-562-6900 or go to: <http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/>.

Washington Prescription Drug Program

Benefit: The Washington Prescription Drug Program can help you get a discount on prescription medications if you do not have prescription drug coverage. You must use a pharmacy that the program works with to get the discount on your prescription drugs. You can use the Washington Prescription Drug

Program if you have Medicare Prescription Drug Coverage. The program will provide help for prescription drugs that are not covered by Medicare Prescription Drug Coverage.

Who can apply: If you live in Washington, you can take part in this program.

How to apply: For more information and to find out how to apply, call the program at: 1-800-913-4146 or go to: www.rx.wa.gov.

Medicaid

Benefit: Medicaid helps make medical coverage more affordable and pays for services such as: hospital care (inpatient and outpatient), health center and clinical services, visits to your healthcare providers (including physician and nurse practitioner), lab tests and x-ray services, nursing home care, and prescription drug

coverage (in certain cases). In addition, if you have Medicare, Medicaid may help pay for some of your Medicare costs.

Who can apply: You must have limited income and resources and be 65 years of age or older, blind, and/or have a disability. In some cases, you can get Medicaid if you have high medical bills. The income and resource guidelines can vary for the different types of Medicaid programs available.

How to apply: For more information and to find out how to apply, contact your Department of Social and Health Services (DSHS), Community Services Office (CSO) at: 1-877-501-2233. To find your local CSO, go to: www.dshs.wa.gov/esa/community-services-find-an-office. You can also apply online at: www.washingtonconnection.org/home/?locale=en_us.

HELP WITH YOUR HOME

State Property Tax Assistance

Benefit: Washington has many programs that provide you with tax relief. Benefits can include property tax exemptions and/or deferrals.

Who can apply: Each property tax relief program has its own program guidelines. Some of the rules include age, income and resources, and Veteran's status.

How to apply: For more information and to find out if you can get this benefit, contact your county tax assessor. You can also contact the Department of Revenue at: 1-800-647-7706 or go to: <http://dor.wa.gov/content/Home/Default.aspx>.

Low Income Home Energy Assistance Program (LIHEAP)

Benefit: LIHEAP provides your household with a

cash grant to help you meet your home heating and cooling costs. The grants are paid either directly to you or to your energy company.

Who can apply: You must have limited income to get LIHEAP. In addition, you must pay your own gas and/or electric bill (either directly or included with your rent).

How to apply: For more information and help applying, contact you're the Department of Commerce at: 360-725-2857. You can also contact your local Community Action Agencies (CAA). To find your CAA office, go to: www.commerce.wa.gov and under "Services & Assistance" click on "Individual Assistance" and then the program name.

Telephone Assistance/Lifeline

Benefit: Lifeline offers monthly discounts on your basic wireless or home telephone service.

The discounts can include a lower phone bill or free wireless minutes.

Who can apply: You can get help if you have limited income or are enrolled in one of the following programs: Medicaid, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Low Income

Home Energy Assistance Program (LIHEAP), Supplemental Nutrition Assistance Program (SNAP), and/or Public Housing or Section 8.

How to apply: To get more information, call the Universal Services Administration Company at: 1-888-641-8722 or go to: www.lifelinesupport.org/lis.

HELP BUYING NUTRITIOUS FOOD

Washington Basic Food Program

Benefit: This program helps you and your family buy food needed for good health. Each month, your state will put money onto a special debit card (called an EBT Card) so that you can buy food from most grocery stores. The amount of money you get on these cards depends on where you live, your household income, and how many people live in your household.

Who can apply: You can get nutrition assistance if your household has limited income and resources. The program rules are more

generous if there is at least one person who is elderly (60 years of age or older) or has a disability living in the household.

How to apply: For more information and to find out how to apply, contact your Department of Social and Health Services (DSHS), Community Services Office at: 1-877-501-2233. To find your local DSHS Community Services Office, go to: www.dshs.wa.gov/esa/community-services-find-an-office. You can also apply online at: www.washingtonconnection.org/home/?locale=en_us.

CASH INCOME

Social Security

Benefit: Social Security offers you a cash benefit based on your work history and the amount you paid into Social Security. The cash benefit helps you meet your needs due to loss of income as a result of retirement, disability, or death. You and your dependents or surviving spouse can receive the Social Security benefit. The benefit amount you will get depends on the earning records for the person who worked.

Who can apply: To get Social Security retirement benefits, you must have met the work requirements and paid into the Social Security system. You can get the Social Security retirement benefits starting as early as age 62. However, the benefit amount you get will be

reduced if you take the benefit before you reach full retirement age.

To get the Social Security disability benefit, you must have become severely disabled while working. You can get this benefit at any age and must have met the work requirements. The number of quarters you will have needed to work depends on your age.

How to apply: You can apply for Social Security online at: www.socialsecurity.gov and click on "Retirement" or "Disability." You can also apply in person at your local Social Security office. To find your local Social Security office, go to: www.ssa.gov/pgm/reach.htm and click on "Find an Office" or call: 1-800-772-1213.

Supplemental Security Income (SSI)

Benefit: SSI provides a cash benefit to you every month to make sure you have a minimum level of income so that you can pay for basic needs such as: food, clothing, and shelter.

Who can apply: You may get help from this program if you are 65 years of age or older, blind, or have a disability. In addition, you must have limited income and resources. Some

resources such as your home, car, and certain portions of life insurance and burial accounts may not be counted when determining whether you meet the program guidelines.

How to apply: You must make an appointment at your local Social Security office to apply. You can find your local Social Security office by calling: 1-800-772-1213 or go to: www.ssa.gov/pgm/links_ssi.htm.

OTHER INFORMATION

Eldercare Locator

The Eldercare Locator connects you to local sources of information for senior services. You can get help by calling: 1-800-677-1116 (hours of operation are Monday–Friday, 9 am–8 pm ET) or visiting: www.eldercare.gov.

Senior Information Help Line

The Washington Aging and Long-Term Support Administration (ALTSA) can connect you to agencies in your state that provide programs and resources for older adults. Call ALTSA at: 360-725-2300 or to find an office near you, go to: www.aasa.dshs.wa.gov/contact/localoffice.htm.

Legal Help

If you need a lawyer but have limited resources, contact the Area Agency on Aging (AAA) in your area for help. To find your local AAA, go to: www.aasa.dshs.wa.gov/Resources/clickmap.htm. You can also call the Coordinated Legal Education Advice and Referral for Seniors (CLEAR*^{Sr}) Hotline at: 1-888-387-7111 or go to: www.nwjustice.org.

Benefits QuickLINK

If you want to get more information about what benefits you may be able to get help with and how to apply, go to Benefits QuickLINK at: www.aarp.org/quicklink.