



Resident Resources 2020

Provided through the Connecticut Department of Social Services

Additional information for all programs can be found online
at the Connecticut Department of Social Services website: <https://portal.ct.gov/dss>

The information below lists statewide programs, services, and resources.
Click on the hyperlinks to visit the CT DSS specific website for that program.

For more information on resident resources, community events and activities, contact the MHAGH office
at (860) 296-1797 or visit the website at www.mutualhousing.org.



FOOD & NUTRITION

[The Supplemental Nutrition Assistance Program \(SNAP\)](#), formerly known as Food Stamps, helps low-income individuals and families afford the cost of food at grocery stores and farmers' markets. You can apply for these benefits by completing a state application form. This form can be mailed, faxed, or dropped off at a local DSS Regional Office.

[The Emergency Food Assistance Program \(TEFAP\)](#) helps supplement the diets of low-income needy persons, including elderly people, by providing them with emergency food and nutrition assistance. TEFAP products are received by Connecticut's two food banks (CT Food Bank and Foodshare) and are distributed to food pantries, soup kitchens and emergency shelters.

[The Commodity Supplemental Food Program \(CSFP\)](#) works to help improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious food products provided by the U.S. Department of Agriculture.

[EBT Card](#). Your food stamp benefits and/or cash assistance benefits are kept in special accounts for you until you want to use them. If you get Supplemental Nutrition Assistance Program benefits (SNAP), most grocery stores will accept your EBT card. You use your EBT card much like you would a debit card, by swiping and entering a pin number when you check out at the store.

[Many Farmers' Markets and Farm Stands](#) throughout CT now can accept EBT/SNAP benefits. This means you will once again be able to buy locally-grown fruits and vegetables that arrive more quickly and fresher than those transported long distance from other states and countries. Simply bring your EBT card to the table with the sign that says "SNAP/EBT Accepted Here" at participating Farmers' Markets and Farm Stands.

A listing of **food banks and emergency food assistance locations in your area** can also be obtained by calling 211 from any area in the state— just dial 211 or visit the [211 website](#). (This is an external website not maintained by the Department of Social Services.)

[The Special Supplemental Nutrition Program for Women, Infants, and Children—better known as the WIC Program—](#) serves to safeguard the health of low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritional assessment and education, referrals to health care, and nutritious foods to supplement diets.



HEALTHCARE

[HUSKY Health](#) is the State of Connecticut's public health coverage program for eligible children, parents, relative caregivers, elders, individuals with disabilities, adults without children, and pregnant women. Eligibility criteria vary. There is no family income limit for coverage for children under age 19.

[Medicaid for Employees with Disabilities](#), also known as MED-Connect, provides medical assistance to employed individuals with disabilities. Total income from work and other benefits must be below \$75,000 per year. Some individuals may pay a monthly premium for this coverage, based on income. In general, an eligible person with a disability, who is employed or becomes employed, can qualify for MED-Connect without the use of 'spenddown,' while earning more income than is allowed under other Medicaid coverage groups.

[HUSKY \(Medicaid\) Coverage for Breast and Cervical Cancer](#). The Department of Social Services, administering agency for Medicaid/HUSKY Health, collaborates with the Department of Public Health in the Connecticut Breast and Cervical Cancer Early Detection Program and health coverage.

[Connecticut AIDS Drug Assistance Program](#). This program pays for medications approved by the U.S. Food and Drug Administration for people with HIV or AIDS.

[Connecticut Insurance Premium Assistance \(CIPA\) Program](#). The CIPA Program is a health insurance assistance program funded through the Connecticut AIDS Drug Assistance Program (CADAP) for individuals living with HIV/AIDS who are CADAP eligible (400% FPL). CIPA will help pay health insurance premiums for eligible individuals who have coverage through a CIPA-approved health insurance policy. CIPA is collaboration between the Department of Public Health (DPH) and the Department of Social Services (DSS).

[CHOICES](#). Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening provides information to persons age 60 and older and persons with disabilities, and is a cooperative program of the DSS, the Area Agencies on Aging, and the Center for Medicare Advocacy.

[Connecticut Home Care for Elders \(CHCPE\)](#). This program provides services to help eligible residents live in the community. Eligible applicants must be 65 years of age or older, be at risk of nursing home placement and meet the program's financial eligibility criteria.

[Money Follows the Person](#). If you or a loved one are in an institutionalized setting, such as a nursing home, and would like to learn more about your options to move to the community, Connecticut's Money Follows the Person program may be able to help. The state offers assessment, case management and transition services to assist people based on their individual needs.

[Medicare Savings Programs](#). There are three Medicare Savings Programs (MSP) that help you pay for your Medicare Part B premiums. They are the Qualified Medicare Beneficiary program (QMB), the Special Low Income Medicare Beneficiary program (SLMB) and the Additional Low Income Medicare Beneficiary program (ALMB). A household's income

determines which category they qualify for. All three programs pay Medicare Part B premiums. QMB also pays Medicare co-pays and deductibles on Medicare-covered services. It does not cost anything to apply for or receive benefits from this program.

[Alzheimer's Respite Care Program](#). This program offers relief to stressed caregivers by providing information, support, the development of an appropriate plan of care, and services for the individual with Alzheimer's disease or related dementias. Administered by the Department on Aging.

[Refugee Medical Assistance](#). The refugee medical assistance program provides medical assistance to needy individuals, families and children designated as refugees under Immigration and Naturalization Service regulations and who are not eligible to receive benefits from any other public assistance program. Benefits continue for a maximum of eight months, beginning with the month of entry into the United States. Benefits are the same as in the Medicaid program, and are 100% federally-funded.

[ConnTrans](#). Connecticut Organ Transplant Program help residents pay for medical and ancillary expenses associated with an organ transplant.

[Durable Medical Equipment](#). Under the Medicaid program, Durable Medical Equipment is medical equipment that can be used continually for medical and health care purposes.



FINANCIAL ASSISTANCE

[The Temporary Assistance for Needy Families \(TANF\) program](#) was signed into law on August 22, 1996. This federal legislation provides block grants to states to fund programs that provide services and benefits to needy families.

[The State Supplement Cash Assistance program](#) provides cash assistance to the Aged, Blind, or Disabled to supplement their income and maintain them at a standard of living established by the State Legislature. In order to receive benefits, individuals must have another source of income such as Social Security, Supplemental Security Income, or Veterans' benefits. To qualify as aged, an individual must be 65 years of age or older; to qualify as disabled, an individual must be between the ages of 18 and 65 and meet the disability criteria of the federal Social Security Disability Insurance program; and to qualify as blind, an individual must meet the criteria of the Social Security Disability program, or the State Board of Education and Services for the Blind.

[State Administered General Assistance \(SAGA\) Cash Assistance.](#) Through the SAGA Cash Assistance program, the Department provides cash assistance to individuals who are unable to work for medical or other prescribed reasons, and to families that do not meet the blood-relationship requirements of the Temporary Family Assistance (TFA) program. Employable individuals are not eligible for SAGA cash assistance. However, employable individuals who have substance abuse problems may be eligible to receive treatment and some financial support through the Department of Mental Health and Addiction Services' (DMHAS) Basic Needs Program. You can get information about the Basic Needs Program by calling toll-free 1-800-658-4472. General application for SAGA Cash Assistance services is made at a local office of the Department of Social Services.



EMPLOYMENT

[SNAP Employment and Training](#). Supplemental Nutrition Assistance Program (SNAP) recipients throughout Connecticut may be eligible to participate in an Employment and Training Program. This service was created by Congress in 1987 as a means to assist able-bodied clients in obtaining employment. From the start, the purpose of the Employment and Training program has been to help SNAP households gain skills that will increase self-sufficiency.

[Jobs First Employment Services](#). The Jobs First Employment Services program provides employment services to time-limited recipients of Temporary Family Assistance, the state cash assistance program for eligible families administered by the Department of Social Services. The JFES program is administered by the Department of Labor, in partnership with DSS.

[Department on Aging Community Service Employment Program](#). The Senior Community Service Employment program provides job skills training to low-income individuals, age 55 and older.

[Bureau of Rehabilitation Services](#). The Bureau of Rehabilitation Services maximizes opportunities for people in Connecticut with disabilities to live, learn and work independently. Programs include: Connect-Ability, which provides individualized benefits planning and counseling to identify and remove barriers to employment faced by those with disabilities.



CHILDREN & FAMILIES

[Bureau of Child Support Enforcement](#). You may apply for child support services at the Department of Social Services office nearest you. Under Federal regulations, BCSE is required to provide child support services to any individual or agency upon request. To request BCSE child support services, an individual may either apply through their local child support agency or submit their request to BCSE directly.

[The John S. Martinez Fatherhood Initiative of Connecticut](#) is a broad-based, multi-agency, statewide program led by the Department of Social Services that is focused on changing the systems that can improve fathers' ability to be fully and positively involved in the lives of their children.



HEATING, ENERGY & WEATHERIZATION

[Connecticut Energy Assistance Program](#). A range of basic benefit levels are built into Connecticut's winter heating assistance program. Once a household applies and is determined eligible for the program, the level of benefits is determined.

[Crisis Assistance Program](#). Subject to the availability of funds, the state will implement a Crisis Assistance Program to address the heating needs of service recipient households who have exhausted their CEAP Basic Benefits and are unable to secure primary heat. A onetime benefit in winter heating assistance for deliverable fuel heated households of up to \$550 for eligible households with incomes up to 200% of the Federal Poverty Guidelines (FPG), and up to \$250 for eligible households with incomes over 200% FPG to 60% State Median Income (SMI).

[Safety Net Services](#). Subject to the availability of funds, the state will implement a Safety Net Program to address the heating needs of CEAP deliverable fuel-heated households who have exhausted their Basic Benefits and Crisis Assistance Benefits and are in a life-threatening situation. Such households may be eligible to receive up to \$415 per delivery in Safety Net Assistance Benefits.

[Connecticut Weatherization Assistance Program](#). The Weatherization Assistance Program is funded by the US Department of Energy, and assists low-income persons to minimize energy-related costs and fuel usage in their homes through retrofits and home improvement measures. Connecticut's Weatherization Program is administered by the Department of Energy & Environmental Protection (DEEP) in partnership with the statewide Community Action Agency network. Local Community Action Agencies qualify households and coordinate services; DEEP provides overall program management and technical assistance.



SOCIAL & COMMUNITY

[Acquired Brain Injury \(ABI\)](#): Waiver Medicaid Waiver program that employs the principles of person-centered planning to provide a range of non-medical, home and community based services, to maintain adults who have an acquired brain injury (not a developmental or degenerative disorder) in the community.

[Road to Recovery after Brain Injury: Your GPS for Navigating CT's Health Care System](#). This resource, produced by the Brain Injury Alliance of Connecticut, is for survivors of brain injury, family members, caregivers and friends, offering information on brain injury, rehabilitation, home and community based services, and identifies places that can be a source of support on the journey forward. For more information or assistance, please call 1-800-278-8242.

[Aging Services](#). The Department of Aging and Disability Services ensures that Connecticut's elders have access to the supportive services necessary to live with dignity, security, and independence. The department is responsible for planning, developing, and administering a comprehensive and integrated service delivery system for older persons in Connecticut.

[Medicare Savings Programs](#). The State of Connecticut offers financial assistance to eligible Medicare enrollees through our 'Medicare Savings Programs.' These programs may help pay Medicare Part B premiums, deductibles and co-insurance. More people are eligible now than ever before, as a result of a change in state law. Specifically, the state has raised the income-eligibility limits and eliminated the asset reporting requirement.

[The "Money Follows the Person" \(MFP\) initiative](#) is designed to save taxpayer money on expensive nursing home care while helping senior citizens and persons with disabilities enjoy the benefits of living in their own homes.

[Social Work Services](#). Key programs operated under the auspices of the Social Work Unit support individuals, families, and elders in need of support due to crisis, abuse/neglect and disability.