

## Our Programs

The Economic Services Division manages several programs to help Vermonters meet their basic needs. In addition to the programs listed here, we may be able to help you in an emergency. To find out more, call **1-800-479-6151** and ask about emergency assistance.

## Essential In-Home Care

### Essential Person Program

Helps you stay in your home by contributing to the cost of having someone live with you to provide essential care.

**Eligibility:** People who are blind, have a disability, or are age 65 and older AND meet the income guidelines.

**To Apply:** Go to [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) to find out more and to apply online. Or call **1-800-479-6151**.



## Food & Nutrition

### 3SquaresVT

Helps you put three square meals a day on your table by providing a monthly payment to supplement your food budget. Other benefits may include free school meals for school-age children and help with your phone bills.

**Eligibility:** Household income, size, and makeup. We may also consider some of the resources that you own.

**To Apply:** Go to [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) to find out more and to apply online. Or call **1-800-479-6151**.

### Farm to Family

Helps you buy locally-grown fruits and vegetables at participating farmers markets throughout Vermont.

**Eligibility:** Household income, size, and makeup.

**To Apply:** Contact your local Community Action Agency in mid-June of each year. (See agency list on back.)

**Long-Term Care Medicaid**  
Financial help may be available for long-term care services — at home or in a nursing facility. For more information, call **1-800-479-6151**.

## Health Care

The State of Vermont offers free and low-cost health care programs under the umbrella of *Green Mountain Care*. There may be a program for you, no matter how much you earn.

### Eligibility:

- *Medicaid* - individuals under 21; parents with children under 19; pregnant women; caretaker relatives; and people who are blind, have a disability, or are 65 and older.
- *Dr. Dynasaur* - children under 18 and pregnant women.
- *Vermont Health Access Plan (VHAP)* - uninsured Vermonters 18 and older.
- *Premium Assistance* - uninsured Vermonters 18 and older (helps pay for health insurance through employers or Catamount Health).
- *Pharmacy Programs* - uninsured Vermonters and those enrolled in Medicare — based on income, disability status, and age.
- *Medicare Savings Program* - individuals with Medicare.

**To Apply:** Go to [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) to find out more and to apply online. Or call **1-800-479-6151**. *You don't need to apply for a specific health care program.*

## Home Heating

### Seasonal Fuel Assistance

Helps pay part of your home heating costs during winter months.

**Eligibility:** Household income, size, and makeup — whether you:

- Own your home or rent;
- Pay for heat directly or as part of rent;
- Rent a room in someone else's home; or
- Live in public, subsidized, or Section 8 housing AND rent includes the cost of heat.

### To Apply:

- If you received fuel assistance last season, we will automatically send you an annual review form.
- If you did not receive fuel assistance last season, go to [mybenefits.vt.gov](http://mybenefits.vt.gov) to apply online. Or call **1-800-479-6151**.

### Crisis Fuel Assistance

Helps with a heating crisis during winter months.

**Eligibility:** Household income.

**To Apply:** Contact your local Community Action Agency to apply — starting the last Monday in November to the last Friday in April. (See agency list on back.)

## Phone Service

### Lifeline Phone Service Credit

Provides a discount of at least \$13 off your monthly phone bill. (*Lifeline is not available on cell phone service and not all phone companies participate.*)

**Eligibility:** Is based either on your:

1. Household income and age; or
2. Receiving benefits through the Economic Services Division (e.g., 3SquaresVT or fuel assistance).

**To Apply:** If you are applying:

1. Based on income – complete the *Application for Lifeline Telephone Service Credit* that comes in the Vermont Income Tax forms package. Mail your completed application to the Vermont Department of Taxes by June 15th. You must reapply every year.
2. Based on receiving benefits – call **1-800-479-6151** to find out if the benefits you receive make you eligible.

### Link-Up Vermont

Cuts the cost of getting phone service connected in half (\$30 maximum).

**Eligibility:** If you qualify for Lifeline, you qualify for Link-Up. ESD will let your phone company know you are eligible.

## Work & Self-Sufficiency

### Reach Up

Helps families with children by providing cash assistance for basic needs, services that support work and self-sufficiency, and case management.

**Eligibility:** Income, resources, living expenses, number of family members in the household, and other factors.

If you are likely to be self-sufficient in 4 months or less AND meet eligibility requirements, you may participate in our Reach First program instead.

**To Apply:** Go to [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) to find out more and to apply online. Or call **1-800-479-6151**.

If you still need help after Reach Up ends, you can apply for Reach Ahead, which provides services and money for food for up to 12 months.

### Need more info?

For more details about our programs, go to [www.mybenefits.vt.gov](http://www.mybenefits.vt.gov) and click on “Get Program Info”. Or call our Benefits Service Center at **1-800-479-6151**.

If you are age 60 or older, you can also call the Senior Helpline at 1-800-642-5119.

## Community Action Agencies

### Community Action in Southwestern Vermont (BROC)

Rutland: (802) 775-0878, 1-800-717-2762  
Bennington: (802) 447-7515

### Central Vermont Community Action Council (CVCAC)

Barre: (802) 479-1053, 1-800-639-1053  
Randolph: (802) 728-9506, 1-800-846-9506  
Morrisville: (802) 888-7993, 1-800-639-8710  
Bradford: (802) 222-5419

### Champlain Valley Office of Economic Opportunity (CVOEO)

Burlington: (802) 863-6248, 1-800-287-7971  
Middlebury: (802) 388-2285, 1-800-639-2318  
St. Albans: (802) 527-7392, 1-800-300-7392

### Northeast Kingdom Community Action (NEKCA)

Newport: (802) 334-7316, 1-800-639-4065  
St. Johnsbury: (802) 748-8997  
Canaan: (802) 266-7134  
Island Pond: (802) 723-6245

### Southeastern Vermont Community Action (SEVCA)

Westminster: (802) 722-4575, 1-800-464-9951  
Brattleboro: (802) 254-2795  
Springfield: (802) 885-6153  
Hartford: (802) 295-5215



# Benefits for Vermonters

