

# Making Public Programs Work for You: Information about Assistance Programs from the State of Nebraska

Did you know that there are programs that help families with child care, food, and other expenses? Many different kinds of families qualify for these programs. If you qualify for help with your taxes, it's likely that you can get other kinds of help too!

**Food.** The Food Stamp program helps people buy food. The food stamp amount is placed on an EBT card (like a debit card) that can be used at most grocery stores. Eligibility is based on household income.

**Heating or Cooling.** The Low Income Home Energy Assistance Program (LIHEAP) helps people pay for heating and cooling costs. It can also help cover the costs of making your house more energy efficient. Eligibility is based on household income and on the amount of money the state has for the program.

**Health Care.** Medicaid is a program that provides health care to people who are elderly, disabled, or parents and children in low-income families. The Medicaid program pays for most medical services. Kid's Connection is a health care program for children under the age of 18. Eligibility is based on household income.

**Family Assistance.** Aid to Dependent Children (ADC) provides cash assistance to help families care for their basic needs. In some cases this program can also help people to find jobs or get other kinds of help. Single parents, two-parent households, grandparent households, and other family types can qualify. Many adults must meet a 30 hour a week work requirement in a program called "Employment First" in order to get ADC.

**Child Care.** The Child Care Subsidy program helps parents cover child care expenses for children under the age of 12 and children with special needs up to the age of 19. Parents are allowed to choose the provider as long as the provider is licensed or meets other standards. Eligibility is based on family income. Parents participating in the ADC "Employment First" program are automatically eligible.

If you are interested in applying for any of these programs contact the Department of Health and Human Services, 1050 N St. Lincoln, NE 69508 (402) 471-7000 or call 1-800-254-4202. You may ask to have someone help you fill out the application. Depending on the program, you may be asked for information about your income, expenses, and family members. Identification (like a driver's license), check stubs, and household bills are usually requested.



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## ELIGIBILITY GUIDELINES

This information should be used as a guide. Many things are used to decide eligibility.  
If you have needs and think you might be eligible, please apply.

### FOOD STAMPS

Household Size	1	2	3	4	5	and up...
Gross (Total) Monthly Income	\$1,127	\$1,517	\$1,907	\$2,297	\$2,687	+

If you are elderly or disabled you should ask your caseworker if different income limits apply to you.

### LIHEAP

Household Size	1	2	3	4	5	and up...
Gross (Total) Yearly Income	\$13,005	\$17,505	\$22,005	\$26,505	\$31,005	+

There are several special rules for Medicaid – contact the Nebraska Department of Health and Human Services for more information.

### KID'S CONNECTION

Family Size	1	2	3	4	5	and up...
Adjusted Monthly Income	\$1,671	\$2,248	\$2,823	\$3,400	\$3,978	+

### NON-ADC CHILD CARE

Family Size	1	2	3	4	5	and up...
Total (Gross) Income	N/A	\$1,399	\$1,759	\$2,119	\$2,479	+

Jenny has two children, Susie (2) and John (4). Jenny works full-time in the payroll department of a staffing agency and makes \$10 per hour, or about \$1,600 per month in total (gross) income.

Jenny's income is \$1600 per month for a family of three which means that her family:

- is likely to receive about \$233 in food stamps each month
- is eligible for LIHEAP if they need help with heating or cooling costs.
- can apply for "Kid's Connection" health insurance coverage for Susie and John
- may be eligible for non-ADC child care assistance





***Many services and resources are available to you in your community. But which one is the right one for you? How do you get connected with the agency that can help you the most?***

2-1-1 was created to be a single source for information about community services, human services and critical intervention. There are two ways to gain assistance from the 2-1-1 network –

- ☎ dial the calling center\* 24 hours a day, seven days a week
  - interpretation assistance for more than 150 languages is available when you dial 2-1-1
- 🔍 search the comprehensive social services database at [www.ne211.org](http://www.ne211.org)

By contacting 2-1-1, you can access the following types of services:

- **Basic Human Needs Resources:** food banks, clothing closets, shelters, rent assistance, utility assistance.
- **Physical and Mental Health Resources:** health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation.
- **Employment Support:** financial assistance, job training, transportation assistance, education programs.
- **Support for Older Americans and Persons with Disabilities:** adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services.
- **Support for Children, Youth and Families:** child care, after-school programs, Head Start, family resource centers, summer camps and recreation programs, mentoring, tutoring, protective services.
- **Volunteer Opportunities and Donations:** community involvement, volunteer bureaus, disaster relief.

***For more information, dial 2-1-1\* or visit [www.ne211.org](http://www.ne211.org).***

\* 2-1-1 calling is not available in all counties at this time.