

Overview of Community Resources (Massachusetts)

Massachusetts Community Action Agencies

Community Action Agencies can help to locate resources in your area. Programs can include food assistance, housing programs, and access to other community resources.

- Locate your local agency at: masscap.org/agencies/

Aging Service Access Points (ASAPs)

Organizations that offer home care services to eligible older adults on a sliding fee.

- Find your local agency at:
mass.gov/location-details/aging-services-access-points-asaps-in-massachusetts

Centers for Independent Living

Agencies run by, and for, individuals with disabilities. Can connect individuals to services and programs in their community.

- Find your local agency at: mass.gov/independent-living-centers

Massachusetts Department of Transitional Assistance (DTA)

Find your local DTA office: mass.gov/orgs/departments-of-transitional-assistance/locations

Or call 877-382-2363. You can also apply online at: dtaconnect.eohhs.mass.gov/.

At DTA you may apply for (if appropriate):

- **Transitional Assistance to Families with Dependent Children (TAFDC):** cash assistance for low-income families with children under age 18.
- **Emergency Aid to Elders, Disabled and Children (EAEDC):** cash assistance for certain very low-income people who do not receive SSI and are not eligible for TAFDC.
- **Supplemental Nutrition Assistance Program (SNAP):** formerly Food Stamps, SNAP can help you pay for food.

Additional Cash Assistance

- **Paid Family and Medical Leave (PFML) Program** provides eligible Massachusetts workers with job protected paid time off. Eligible reasons for leave include:
 - An employee's own serious health condition
 - The birth, adoption, or foster care placement of a child
 - To care for a family member in the armed services who has a serious health condition
 - To care for a family member with a serious health condition

For more information call 833-344-7365 or see:

mass.gov/info-details/paid-family-and-medical-leave-pfml-overview-and-benefits

- **The Social Security Administration (SSA)** has two programs for people with serious disabilities.

Find your local SSA office: ssa.gov or call 800-772-1213.

We recommend you apply in person if possible.

- **Social Security Disability Insurance (SSDI):** for those who have recently worked and paid Federal Insurance Contributions Act (FICA) taxes for at least a certain period of time before becoming disabled.
- **Supplemental Security Income (SSI):** for those who are disabled, blind, or age 65+. Needs-based program with income and asset limits.
- **Emergency Financial Assistance funds:**
 - **Mass 2-1-1:** locates financial assistance and other community help. Dial 211 (in Massachusetts), call 877-211-6277, or search mass211.org/
 - **Modest Needs:** short-term assistance for low-income working individuals and families- apply at modestneeds.org/ or call 844-667-3776.
 - **Salvation Army:** rent/utilities assistance- salvationarmyusa.org/usn/
 - **Catholic Charities:** rent/utilities assistance- catholiccharitiesusa.org/
 - **Jewish Family & Children's Service:** can assist with housing, moving, fuel, and utility costs - jfcsboston.org

Additional Food Assistance

- **The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC):** People with low-income may qualify if they are pregnant, breastfeeding, non-breastfeeding postpartum, or child up to their 5th birthday. **No immigration status requirements.** To find and apply at your local WIC office call 800-942-1007 or visit: mass.gov/orgs/women-infants-children-nutrition-program
- **Project Bread's FoodSource Hotline:** 1-800-645-8333, find local food pantries.
- **Fair Foods Inc. Two Dollars a Bag:** each bag contains fresh produce for a suggested donation of two dollars. Find your local site: fairfoods.org/dollarbag.html.

Utilities Assistance

- **Fuel Assistance:** Can help eligible households with winter heating costs. Find your local agency: hedfuel.azurewebsites.net/ or call 800-632-8175.
- **Additional Assistance:** investor-owned utilities must offer discounts for qualifying low-income people. Ask your utility company, and also ask about arrearage management programs or payment plans for overdue bills.
- **Shut-Off protections:** you may qualify for protection against utility shut-off, even if you can't pay your bills. For more information: masslegalhelp.org/housing/lt1-pullout-6-utilities

Subsidized Housing

- **Housing Consumer Education Centers (HCECs):** can help you understand subsidized housing and how to apply. May be able to offer you a housing advocate. masshousinginfo.org/
- **Independent Living Centers (ILCs):** advocacy by and for those living with disabilities. masilc.org/findacenter - 508-620-7452
- **The Mass Access Housing Registry:** searchable database of accessible units. massaccesshousingregistry.org
- **HousingWorks:** find open waitlists, housing advocates, and more. housingworks.net/

Transportation

- **MassHealth PT-1:** free medical transportation for certain MassHealth members. Ask your medical provider if you qualify.
- **The RIDE:** door-to-door, shared-ride service for those not able to use regular public transit. Call 617-337-2727 to make an appointment for an in-person assessment.
- **Medical Escorts:** volunteers that accompany you on your usual method of transportation to appointments and may take notes or help you ask questions.
 - **Friendship Works-** for Boston residents- fw4elders.org/ or call 617-482-1510
 - **Neighbor Brigade-** in participating communities- see online at neighborbrigade.org/ or call 855-241-4357