PUBLIC BENEFITS
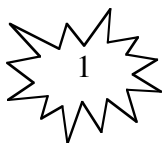## *How to receive public assistance, veterans benefits, and disability*

1

What kinds of public assistance programs are there?
- Temporary Aid for Needy Families (TANF) is a program which is available to an individual or family for 60 months.
- POWER is a program for someone who is disabled and cannot work.
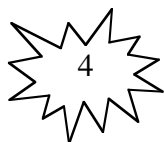- Food Stamps are for people who need food.

2

How do I qualify for public assistance?
- You must be considered "low income."
- You must work, do some type of job training, or education program in order to receive TANF.
- If you are in a family with two working parents, you can still receive TANF.
- In D.C., a felony drug conviction does not bar you from getting TANF.
- In Maryland and Virginia, you cannot get TANF if you are a drug felon.
- If you are a "fleeing felon" (someone who is leaving an area to avoid prosecution or prison), you cannot get TANF anywhere.
- If you have a child and you are a "fleeing felon," your child is eligible.
- If you are violating your probation or parole, you cannot get TANF.

3

How do I apply for public assistance?
- You can apply through the Department of Human Services, by calling (202) 872-0599.

4

What happens if I have problems with public assistance?
- You have a right to appeal the decision.
- You can file a grievance, if the problems are with your benefits.
- If you are denied benefits or services, the government must be given notice of your right to appeal.
- If you file your appeal within 90 days of the notice, then you will get a fair hearing to make your case.
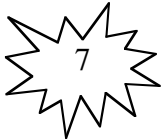
5

How can I receive food stamps?

- You can apply at any branch of the Department of Human Services. For more information, call (202) 724-5506.
- Emergency food stamps are available when your household has less than $100 in cash and in the bank, and the income for the month is less than $150. Also, you can get emergency food stamps if your monthly income before taxes and your cash is less than your rent and utility costs together.

6

I am a veteran. Can I get benefits for my service?
- You must have a copy of your DD214 (Report of Separation), which can be given to you after you file a Form 180 (Request Pertaining to Military Records). You can contact the Veterans Administration by calling 800-827-1000 or online at *www.va.gov* to get the Form 180.
- After you complete the Form 180, send it to the National Personnel Records Center (Military Personnel Records), 9700 Page Blvd., St. Louis, MO. 63132-5100.

7

I have a disability. What types of disability benefits are available?
- Social Security Disability Insurance (SSDI) is available for people who have worked 20 out of 40 quarters, or 5 out of the last 10 years before becoming disabled.
- Supplemental Security Income (SSI) is available for people with limited income who are 65 and over, blind, or disabled. The person must be a U.S. citizen or qualified alien, a U.S. resident, and agree to apply for other benefits.

8

How can I apply for disability benefits?
- You must be disabled as a result of a medically physical or mental condition which will result in death or will last for more than 1 year.

9

I am an ex-offender. Am I still eligible?
- Yes. If you received SSI before you were incarcerated, you can reapply to receive it after you are released.
- If you were paid while you were incarcerated, the Social Security Administration may say that you were overpaid. You can appeal this process by doing so within 60 days from the date of the notice of overpayment.
- Remember, you CANNOT receive SSI if you are in jail, if you are a "fleeing felon," and/or you are a parole violator.