



## **FOOD STAMPS & IHSS: USING YOUR SHARE OF COST**

**Elderly and Disabled IHSS Recipients with Big Shares of Cost can  
get Food Stamps!**

### **Who Can Get Food Stamps?**

Senior citizens, families with children, and many others!

- **If you are 60 or over or are disabled, income limits do not apply!**

### **How Much Can You Get?**

<b>Maximum amount you could get each month</b>								
Household size	1	2	3	4	5	6	7	8
Food Stamps amount	\$200	\$367	\$526	\$668	\$793	\$952	\$1052	\$1202

### **How to Get Food Stamps?**

- Call or go to your nearest County welfare office to apply.
- Ask your health clinic or food bank if they have applications,
- Apply online at [www.dss.cahwnet.gov/foodstamps/](http://www.dss.cahwnet.gov/foodstamps/)

**\*\*\*Food Stamps are now called SNAP, and benefits now come on a plastic EBT card that works like a debit card! No more stamps to pull out at the store!**

### **Example:**

Ms. Garcia receives \$1248 in social security retirement benefits and lives alone. Since she is over 60, the income limits don't apply.

She also receives IHSS and just got a notice that her Share of Cost would be increased to \$628 a month! Since she already pays \$450 per month in rent and some extra for utilities, she hardly has enough money to eat.

### **What can she get from food stamps?**

**First, she gets deductions for medical expenses.**

1. Everyone gets a standard deduction of \$141.
2. She can also deduct her medical expenses over \$35. This includes:
  - a. **IHSS Share of Cost payments of \$628!**

**\*\*TIP:** She might also want to buy supplemental health insurance so she can reduce her income below \$1133 and qualify for free MediCal and get rid of her IHSS Share of Cost through the Aged & Disabled FPL program. For help with getting supplemental insurance call your local Health Insurance Counseling and Advocacy Program at (800) 434-0222. In L.A., the HICAP agency is the Center For Health Care Rights - 213-383-4919 or 1-800-824-0780.

**Then, she gets deductions for her living expenses.**

1. **Rent** – Actual amount paid. (Her rent is \$450)
  2. **Utilities** – If she pays any amount for heating or cooling, she can deduct \$287. If she doesn't pay for heating or cooling but pays for at least two other utilities she can deduct \$88.
  3. **Telephone** – If she does not pay for utilities, she can deduct \$20 for phone.
- These are called shelter deductions. You can deduct the total of these deductions minus half of your income after subtracting medical expenses!**
- **Maximum allowed for shelter deductions is \$446** unless you are 60 or over, like Ms Garcia or are disabled, and then there is no maximum!

**You can calculate what you should get yourself! This is Ms Garcia's food stamp calculation**

1. Income - \$1248 **\*\*TIP:** If you have earned income, only 80% is counted.

- 141 – Standard deduction
- 593 – Medical expenses minus \$35
(for example, IHSS Share of Cost of \$628 minus \$35 = \$593)
<b>\$ 514 – Countable income</b>

2. Expenses

\$450 – Rent
- 287 – Utilities
<b>\$ 737 – Total expenses</b>

**\*\*Remember:** The shelter deduction limit does not apply if you are 60 or over, or disabled!

3. Total shelter deductions

\$737 – Total expenses
- 257 – (1/2 of her countable income of \$514)
<b>\$480 – Total shelter deductions</b>

Ms. Garcia can get **\$189 worth of food for the month** on her EBT card.

**Use an online Food Stamps calculator to help you along:**

[http://www.benchmarkinstitute.org/t\\_by\\_t/pb/info/snap\\_worksheet.pdf](http://www.benchmarkinstitute.org/t_by_t/pb/info/snap_worksheet.pdf)

For More Information Contact:

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