

## Overview

This resources guide will provide useful information on the public benefits available to older adults and their loved ones. Any [blue and underlined text](#) indicates a hyperlink – this means that you can click on that text, and you will automatically be taken to that additional resource. We recommend you save this file on your computer or device so you can refer to it as you complete each step.

## RESOURCES

### NEW JERSEY & FEDERAL RESOURCES

#### SNAP

- New Jersey: <https://www.nj.gov/humanservices/njsnap/>
- Federal SNAP state directory: <https://www.fns.usda.gov/snap/state-directory>

#### Affordable Connectivity Program (ACP)

- <https://www.fcc.gov/acp>

#### Low Income Home Energy Assistance Program (LIHEAP)

- <https://liheapch.acf.hhs.gov/search-tool/>

#### Medicare

- <https://www.medicare.gov/medicare-savings-programs>
- <https://www.ssa.gov/medicare/part-d-extra-help>
- In New Jersey: <https://www.state.nj.us/humanservices/dmahs/staff/info/>

#### New Jersey Division of Aging Services (DoAS)

- <https://www.nj.gov/humanservices/clients/aging/>
- <https://www.nj.gov/humanservices/doas/home/>

### AARP RESOURCES

#### AARP Your Guide to Public Benefits

- <https://www.aarp.org/aarp-foundation/our-work/income/public-benefits-guide-senior-assistance.html>

### NJ AARP LINKS

#### AARP New Jersey Speakers Bureau

- [www.aarp.org/njspeakersbureau](http://www.aarp.org/njspeakersbureau)