



Medical Deductions Boost Food Stamp Benefits

-A Tip Sheet for Senior Service Professionals



People age 60+ and adults of all ages with disabilities who apply for food stamp benefits must meet income guidelines:

Household Size	Monthly Income*
1	≤ \$1,805
2	≤ \$2,428
3	≤ \$3,052

**Income guideline from Oct. 1, 2009 - Sept. 31, 2010*

Documented out-of-pocket and unreimbursed monthly medical expenses (after the first \$35) can increase a household's monthly benefit amount. There is no cap in the amount of deductions a person may take.

Providing copies of the expenses listed below will help a person get their maximum food stamp benefit.

Allowed Medical Deductions (calculated on a monthly basis) include:

- ❖ Medicare premiums.
- ❖ Health and hospitalization insurance policy premiums.
- ❖ Any cost sharing or spend-down expenses incurred by Medicaid recipients.
- ❖ Medical supplies and equipment such as eye glasses, dentures, hearing aids, and prosthetics prescribed by a physician.
- ❖ Prescription drugs and over-the-counter medications (including insulin) prescribed or approved by a licensed practitioner or other qualified health professional.
- ❖ Cost of medical supplies, sickroom equipment or other prescribed equipment.
- ❖ Hospitalization or outpatient treatment, nursing care (including community based care), nursing home care.
- ❖ Medical and dental care (including psychotherapy & rehabilitation services).
- ❖ Cost of securing and maintaining a Seeing Eye, hearing or service dog (including costs of dog food).
- ❖ Reasonable costs of transportation and lodging to obtain medical treatment or services.
- ❖ Maintaining an attendant, homemaker, home health aide or dependent care services, housekeeping necessary due to age, illness (includes reasonable cost of food eaten in the home by caretaker).
- ❖ Payments made on a loan, when the loan is used to pay one-time-only medical expense.
- ❖ Unpaid medical bills.

Questions? Visit www.foodhelpny.org to find a Nutrition Outreach and Education Program (NOEP) Coordinator near you. NOEP offers a free food stamp benefits estimate and may also help with the application process!

Eat Better Today – Stay Healthy for Tomorrow

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