COOPERATIVE DEVELOPMENT INSTITUTE
The Source for Cooperative Business Development in New England & New York

UPDATED
OCTOBER 8, 2026

Help is here.

Home repair, heat, food and medical programs for Maine homeowners. Reach every one by phone or online.

Heat
Home repair
Food
Medical

211

START HERE
Dial 211. Free, day and night. Say your town and what you need.

AGE 60 OR OLDER? CALL
1-877-353-3771
Meals, Medicare and help with forms.

Heat and electric bills

OPEN NOW

Apply now. Do not wait for the cold.

Help for this winter opened August 3, 2026 and stays open until May 29, 2027, or until the money runs out. Oil prices are at record highs.

Yearly income limit, before taxes

1 person	2 people	3 people
$38,070	$49,784	$61,498

Heating help (HEAP)
Pays part of your winter heating bill, straight to your fuel dealer.
Call 1-877-544-3271

Emergency fuel (ECIP)
Up to $500 if you are out of fuel or nearly out. Opens November 1, 2026.
Apply for HEAP first, then say it is an emergency.

On the same call, ask about:

Furnace repair
Fix or replace a broken furnace

Weatherization
Free insulation and air sealing

Lower electric bill
A discount if you get HEAP

Bring every paper they ask for. An application is denied if anything is missing. You can also apply online at mainehousing.org.

Home repair

A GRANT, NOT A LOAN

Home Accessibility and Repair Program

Run by MaineHousing. A grant for serious repairs. You do not pay it back.

Who can get it

- You own your home and have lived there at least one year.
- Your household income is low. The agency will check for you.
- Mobile homes count, even in a park or co-op. The grant covers the home itself.

Home 20 years or older
Emergency repairs only, up to $15,000. You can use it more than once.

Home 19 years or newer
Repairs up to $30,000. Emergencies, ramps and grab bars up to $15,000 each.

An emergency means no heat in winter, unsafe wiring, a bad roof leak, no drinkable water, or a toilet or sewer pipe that does not work.

HOW TO APPLY

Call the agency for your county, listed below. Say: "I want to apply for the Home Accessibility and Repair Program." If you cannot reach them, call MaineHousing at **(207) 816-3550**. There is usually a waiting list, but emergencies move faster.

Who to call for home repair

Aroostook, Hancock, Washington
Avec (formerly ACAP)
1-800-585-3053

Androscoggin, Oxford, Cumberland
Community Concepts
1-800-866-5588

Franklin, Kennebec, Lincoln, Sagadahoc, Somerset
Kennebec Valley Community Action
1-800-542-8227

Penobscot, Piscataquis, Knox
Penquis
1-800-215-4942

Waldo
Waldo Community Action Partners
1-800-498-3025

York
York County Community Action
1-800-965-5762

Behind on rent or lot rent? You may qualify for help if you are at risk of eviction.
Eviction Prevention Program · (207) 274-1240 · evictionprevention.mainehousing.org

Food

SNAP (once called food stamps)
Money each month on a card for groceries. Apply by phone.
1-855-797-4357

Senior food box
About 30 pounds of food a month for people 60 and older.
1-877-353-3771

Meals on Wheels
Meals brought to your home, or a noon meal nearby. Age 60+.
1-877-353-3771

Senior FarmShare
$50 of local farm produce each summer for people 60 and older.
(207) 287-3491

Food pantries
Free groceries close to home. Ask for the nearest one.
Dial 211

Town General Assistance
Emergency help with food, fuel and other basic needs.
Your town office

Medical and prescriptions

Medicare Savings Program
Pays your Medicare Part B premium. Limits went up, so try again.
1-855-797-4357

Prescription discounts
Low Cost Drugs for the Elderly or Disabled, and Maine Rx Plus.
1-855-797-4357

MaineCare
Health coverage if your income is low.
Apply: 1-855-797-4357
Rides to visits: 1-800-977-6740

Free Medicare counseling
A trained person explains your choices and bills. No sales.
1-877-353-3771

Health insurance HelpLine
Free help with any coverage question or application.
1-800-965-7476

Legal help, age 60 and older
Legal Services for Maine Elders. Free help with benefit denials.
1-800-750-5353

Age 60 or older? Call your agency

Your Area Agency on Aging helps with meals, Medicare, prescriptions and filling out forms.

Aroostook
Aroostook Agency on Aging
1-800-439-1789

Androscoggin, Franklin, Oxford
SeniorsPlus
1-800-427-1241

Penobscot, Piscataquis, Hancock, Washington
Eastern Area Agency on Aging
1-800-432-7812

Kennebec, Somerset, Knox, Lincoln, Waldo, Sagadahoc
Spectrum Generations
1-800-639-1553

Cumberland, York
Southern Maine Agency on Aging
1-800-427-7411

Not sure which one?
One number for all of Maine
1-877-353-3771

Before you call

HAVE THESE NEAR THE PHONE

- Social Security numbers for everyone in your home
- Proof of income, such as a Social Security award letter
- For home repair: your home's title or bill of sale, and your lot rent agreement
- Recent heating and electric bills

TIPS

- Ask: "Can I apply by phone?"
- Write down the date, the person's name and what they said.
- State workers never make surprise home visits.

On the computer

Any kind of help
211maine.org

Home repair and heating help
mainehousing.org

SNAP, MaineCare, Medicare savings
mymaineconnection.gov

Heat pump rebates (1-866-376-2463)
efficiencymaine.com

Senior FarmShare
maine.gov/dacf

Health insurance help
mainecahc.org

Please note: CDI shares this information as a service to the people we work with. CDI does not run or endorse these programs and cannot promise any result. Each program decides who qualifies and what help it gives. We believe this information was correct as of October 8, 2026, but programs, funding, rules and phone numbers can change at any time. Please confirm details with each program before you apply.