

Maine

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

Caregivers

Family Caregiver Program: <https://www.maine.gov/dhhs/oads/community-support/caregiver-support/family-caregiver-program.html>

Employment

ASPIRE/TANF: is a program that helps TANF recipients find employment that will pay enough to make it possible for them to get off welfare.

<https://www.maine.gov/dhhs/ofi/services/home.html>

Food Supplement Employment and Training (FSET) Program: This program helps Food Supplements recipients by providing training leading towards employment.

<https://www.maine.gov/dhhs/ofi/food-supplement-employment-and-training/index.shtml>

Higher Opportunity for Pathways to Employment (HOPE) Program: helps eligible Maine parents enroll in and complete training and education beyond high school by providing financial support for costs related to training and education.

<https://www.maine.gov/dhhs/ofi/hope/index.shtml>

Maine Bureau of Rehabilitation Services: works to bring about full access to employment, independence and community integration for people with disabilities.

<https://www1.maine.gov/rehab/>



Retirement Resources: <https://www.maineopers.org/>

Unemployment Insurance Information:

<https://www.maine.gov/portal/employment/unemployment.html>

Vocational Rehabilitation: The Division of Vocational Rehabilitation helps people who have disabilities find and keep a job. <https://www.maine.gov/rehab/dvr/index.shtml>

Financial Resources

Alternative Aid Assistance: is a program to assist TANF eligible parents who need short term help to find or maintain employment. Voucher payments equal to up to three months worth of TANF benefits are available to families to help them avoid the need for TANF benefits. <https://www.maine.gov/dhhs/ofc/services/home.html>

Emergency Assistance: provides benefits to families with children in specified emergency situations when the family is threatened by destitution or homelessness. These situations include fire, other natural disasters, termination of utility service, evictions or lack of adequate shelter. Payments can only be authorized once annual and must be made directly to the vendor. <https://www.maine.gov/dhhs/ofc/services/general-assistance/index.html>

General Assistance: is a program administered through municipalities which purchases basic necessities for individuals who are without means to pay for such services. <https://www.maine.gov/dhhs/ofc/services/general-assistance/index.html>

Temporary Assistance for Needy Families (TANF): Temporary help for children and their parents while the family works toward becoming self-supporting. For information and applications, visit <https://www.maine.gov/dhhs/ofc/forms-and-applications.shtml>.

Food/Nutrition

Afterschool Snack Service: Provides after school snacks to children participating in structured educational programs. Schools with more than 50% free and reduced students provide the snacks free to any participating students. <https://www.maine.gov/doe/schools/nutrition/programs/afterschool>

Breakfast Program (SBP): is a federally funded program that receives additional financial support in Maine to increase participation and acknowledge the importance of breakfast in improving learning. <https://www.maine.gov/doe/schools/nutrition/programs/breakfast>

Child and Adult Care Food Program: This program's purpose is to ensure that nutritious meals and snacks are served to eligible children and adults in qualifying care facilities.

<https://www.maine.gov/doe/schools/nutrition/programs/cacfplanding>

Commodity Supplemental Food Program (CSFP): also known as Senior Brown bags, is a Federal program which works to improve the health of low-income elderly people at least 60 years of age by supplementing their diets with nutritious USDA foods.

https://www.maine.gov/dacf/ard/tefap/supplemental_food.shtml

Emergency Food Assistance Program (TEFAP): TEFAP is a federal program that helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost. <https://www.maine.gov/dacf/ard/tefap/index.shtml>

Fresh Fruit and Vegetable Program (FFVP): The program provides a grant to elementary schools that are 50% or greater free and reduced. The funds are used to provide fresh fruit and vegetables to children outside of the school meals, often served as a snack. This program has helped students try new foods and increase their consumption of fruits and vegetables during the day. <https://www.maine.gov/doe/schools/nutrition/programs/ffvp>

Lunch Program (NSLP): The National School Lunch Program provides low-cost or free healthy meals to children. Schools must follow federally established guidelines.

<https://www.maine.gov/doe/schools/nutrition/programs/nslp>

Maine Senior FarmShare Program: This program provides eligible low-income seniors the opportunity to receive a share (worth \$50) of first-quality, fresh, local produce at no cost directly from local Maine farmers during the growing season.

https://www.maine.gov/dacf/ard/senior_farm_share.shtml

Maine SNAP-Ed: Maine SNAP-Ed provides nutrition education services statewide to assist low-income Maine residents with helpful information on how to eat healthy on a budget.

<https://www.mainesnap-ed.org/>

Summer Food Service (SFSP): The National School Lunch program provides low-cost or free healthy meals to children.

<https://www.maine.gov/doe/schools/nutrition/programs/sfsp>

Supplemental Nutrition Assistance Program (SNAP): is a Food Supplement program in Maine for those of a certain income. For more information, visit

<https://www.maine.gov/dhhs/ofi/services/snap/index.html>.



Women, Infants, and Children's Nutrition Program (WIC): WIC is a nutrition program that offers free nutrition advice, tips for staying healthy, recipes, and resources for growing families. For information about eligibility and how to apply, visit

<https://www.maine.gov/dhhs/mecdc/population-health/wic/index.shtml>.

Housing

Bridging Rental Assistance Program (BRAP): assists clients with serious mental illness, including those who have substance use disorder, with obtaining traditional housing. BRAP provides a rental subsidy and assists clients with finding independent housing in communities throughout Maine.

<https://www.maine.gov/dhhs/samhs/mentalhealth/housing/brap/index.html>

Housing Choice Vouchers: The housing choice voucher program is the federal government's major program for assisting very low-income families, the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market.

<https://www.maine.gov/dhhs/samhs/mentalhealth/housing/section-8/eligibility.html>

Low Income Home Energy Assistance Program (LIHEAP): provides funds to help pay heating costs for low/very low income Maine residents.

<https://www.maine.gov/legis/housedems/liheap.htm>

Shelter Plus Care: is a federal program funded by the US Department of Housing and Urban Development (HUD) designed to provide rental subsidies and supportive services to homeless individuals with disabilities, primarily those with chronic mental illness, substance use disorder, and HIV/AIDS.

<https://www.maine.gov/dhhs/samhs/mentalhealth/housing/spc/index.html>

Living with Disabilities and/or Elderly

Aging and Disability Resource Centers/AAAs: The five Aging & Disability Resource Centers in Maine serve as "one-stop-shops" to answer questions from older adults, or from any individuals with disabilities, about a wide range of in-home, community-based, and institutional services. For a list of these resource centers, visit

<https://www.maine.gov/dhhs/oads/community-support/resource-centers.html>.

Assisted Living Facilities: A searchable listing of Assisted Living Facilities in Maine.

<https://www.pfr.maine.gov/almsonline/almquery/searchcompany.aspx?board=6711%0d>

Children's Behavioral Health Services: focus on behavioral health treatment and services for children from birth up to their 21st birthday. Services include providing information and assistance with referrals for children and youth with developmental disabilities/delays, intellectual disability, Autism Spectrum Disorders, and mental health disorders. <https://www.maine.gov/dhhs/ocfs/cbhs/>

Disability Determination Services: Maine Disability Determination Services is comprised of Maine State workers who make disability decisions for the Social Security Administration. For more information contact 1-(800)-452-8718 or visit <https://www.maine.gov/dhhs/ofi/services/dds/index.htm>.

Home and Community Based Services (HCBS): provides opportunity for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings. These programs serve a variety of targeted population groups, such as people with intellectual or developmental disabilities, physical disabilities, and/or acquired brain injury. <https://www.maine.gov/dhhs/oads/hcbs/index.shtml>

Independent Living Services: This program assists people who have significant disabilities to live more independently in their homes and communities. https://www.maine.gov/rehab/dvr/independent_living.shtml

Intellectual and Developmental Disability Waiver programs: <https://www.maine.gov/dhhs/oads/home-support/disability-with-autism/index.html>

Maine CITE: is a statewide project dedicated to supporting availability of assistive and universally designed technology. <https://mainecite.org/>

Nursing Home Compare: A Medicare site with information on nursing homes that are Medicare or Medicaid certified. <https://www.medicare.gov/nursinghomecompare/search.html?>

Medical/Health-Related

COVID-19 Information/Resources: <https://www.maine.gov/covid19/>

Cub Care: Low-cost health insurance for children under age 19. For information about services covered, eligibility and how to apply, visit <https://www.maine.gov/dhhs/ofi/services/cubcare/CubCare.htm>.

Early Periodic Screening Diagnosis & Treatment (EPSDT): <https://www.maine.gov/dhhs/oms/provider/children/index.html>

Health Homes: are a partnership between an enhanced Health Home primary care practice and one of ten Community Care Teams (CCTs) around the state. Both organizations receive a per member, per month (PMPM) payment for Health Home services provided to MaineCare members who have two chronic conditions or one chronic condition and at risk for another. Health Home services include care coordination, case management, individual and family support, and health promotion/education.

<https://www.maine.gov/dhhs/oms/vbp/health-homes/index.html>

Health PAS Online Portal: Certain MaineCare functions are handled by Maine Integrated Health Management Solution (MIHMS) Health PAS Online Portal. Visit the portal for help with: claims and billing, excluded providers databases, prior authorization (PA), provider enrollment, and referrals. https://www.maine.gov/dhhs/oms/claims_bill_enroll.html

Katie Beckett benefit: is a MaineCare program for children with serious health conditions who are not otherwise eligible for MaineCare. If your child meets the Katie Beckett eligibility rules, your child will receive full MaineCare benefits. Families must pay monthly premiums to receive the Katie Beckett benefit.

https://www.maine.gov/dhhs/oms/pdfs_doc/member/Katie_Beckett_Brochure_June%202019.pdf

MaineCare: is Maine's Medicaid program. MaineCare provides low-cost and free health insurance to Mainers who meet certain requirements, usually based on household income. MaineCare covers doctor visits, emergencies, substance use disorder treatment, prescription drugs, and more. <https://www.maine.gov/dhhs/mainecare.shtml>

MaineCare Expansion: <https://www.maine.gov/dhhs/expansion.shtml>

Prescription Drug Resources: <https://www.maine.gov/dhhs/prescription-drugs.shtml>

Private Health Insurance Premium (PHIP) Benefit: is for MaineCare members who also have private health insurance. The program pays for a member's private health insurance premium.

https://www.maine.gov/dhhs/oms/pdfs_doc/member/PHIP_Brochure_2018.pdf

Office of MainCare Services (OMS): Offers information about MainCare health coverage, Main Rx Plus, and drugs for those who are elderly and/or living with disabilities.

<https://www.maine.gov/dhhs/oms/>

Rural Medical Access Program (RMAP): RMAP provides financial incentives, in the form of reimbursement of insurance premiums, to ensure the availability of doctors who provide prenatal care and delivery babies in rural and underserved communities.

<https://www.maine.gov/dhhs/mecdc/public-health-systems/rhpc/>

Additional Resources

Muscular Dystrophy Association (MDA) Maine Clinics: <https://www.mda.org/care/care-center-list?province=ME>