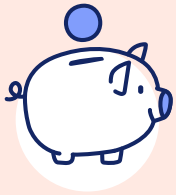


Keeping costs down for seniors

Inflationary times are difficult for almost anyone, but especially for older adults who live on fixed incomes. In 2019 alone, 8.9% of seniors had income below the poverty thresholds, according to a **2021 report from the Congressional Research Service**.

Below is a list of some of the programs that help seniors lower their bills or access necessities at lower costs. Wellthy can help you determine if the senior in your life is eligible for each of these programs and apply for them if needed.



Low Income Home Energy Assistance Program (LIHEAP) provides assistance to reduce the costs of home energy bills, energy crises, weatherization, and minor energy-related home repairs.

Affordable Connectivity Program & Lifeline Support both offer eligible households discounts on phone and internet service, and even devices like laptops, desktops, and tablets.



Seniors Farmers' Market Nutrition Program provides low-income seniors with access to locally-grown fruits, vegetables, honey and herbs.

Meals on Wheels delivers nutritious meals, friendly visits, and safety checks for seniors aged 60+ and serves virtually every community in America. People with limited mobility are served at their homes, while those mobile enough are encouraged to join others for a meal in a group setting.



National PACE Association aids in the areas of medical care, personal care, rehabilitation, social interaction, medications, and transportation – all to keep your loved one living in their home.

Volunteers of America offers meal programs, transportation, Medicare enrollment support, nursing care, affordable housing, and more benefits programs for low-income seniors.

ADA Paratransit offers complimentary services to eligible seniors, with no limit on the number of trips requested.



Dental Lifeline Network utilizes a network of volunteer dentists and laboratories to provide comprehensive dental care to adults with special needs across the United States.

Veterans Health Administration (VHA) provides hearing aids and assistive technology at no cost from the VA for all veterans who served for at least two years (with very few exceptions).

Lions International supplies donated eyeglasses and hearing aids to those with hearing impairments. Local Lions clubs work directly with those who need assistance.

Need help coordinating care?

Wellthy is here to help. Our expert care professionals will be there with you every step of the way. Create your account today — visit **wellthy.com**