

Are You Getting All the Help You Can?

In addition to town welfare, people and families with low incomes may get help from:

- [Financial Aid to Needy Families](#) (FANF, formerly called TANF),
- [Food stamps \(EBT\)](#) also known as Supplemental Nutrition Assistance Program (SNAP),
- [Aid to the Permanently and Totally Disabled \(APTD\)](#); [Aid to the Needy Blind \(ANB\)](#) or [Old Age Assistance \(OAA\)](#),
- [Fuel assistance](#), and/or
- [WIC \(Women, Infants & Children\)](#).

See the [NH Department of Health & Human Services](#) to apply for these and other types of benefits.

The Social Security Administration has two main programs that may help with cash or health care coverage:

- [Old Age, Survivors' & Disability Insurance \(OASDI\)](#) – for retired or disabled workers, their dependents and survivors - based on work history, or
- [Supplementary Security Income \(SSI\)](#) for the elderly, blind or disabled who don't have sufficient work history to qualify for OASDI – based on income.

See the [Social Security Administration](#) for information about applying.

The [Benefits Check Up tool](#) can help find benefit programs you may qualify for. It works for people of all ages. By clicking on this link, you are leaving the 603 Legal Aid website. We are not responsible for the content of the page you are going to.

Try Also Reading...

- [Town or City Welfare in New Hampshire](#)
- [Legal Rights of Benefits Applicants and Recipients](#)
- [Unemployment Insurance](#)
- [Social Security Benefits & SSI](#)
- [Veterans Benefits](#)

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Author: LARC