



Charities That Help Seniors — One-Page Cheat Sheet

Grants for Seniors — Printable Resource

Top Programs at a Glance

- Meals on Wheels — Meals & wellness checks (apply via local program)
- Feeding America — Food banks/pantries (search your ZIP)
- Catholic Charities — Emergency assistance; case management
- NCOA BenefitsCheckUp — Benefit screening & enrollment support
- Eldercare Locator — Find local aging services and Area Agencies on Aging

What You'll Usually Need

- Photo ID • Proof of income • Proof of address • Recent bill/lease
- Optional: disability/medical documentation, list of medications

Tips for Success

- Apply to multiple programs; ask about waitlists and timelines
- Keep copies of all documents & applications
- Note names/phone numbers, confirmation numbers, and next steps

Useful Links

- Eldercare Locator — eldercare.acl.gov
- BenefitsCheckUp — benefitscheckup.org
- Find Food Assistance — feedingamerica.org/find-your-local-foodbank

Disclaimer: This printable is for informational purposes only and does not constitute legal, financial, or medical advice. For updates and verified resources, visit grantsforseniors.org.