



Quick Action Plan: Getting Help from Charities

Grants for Seniors — Printable Resource

Step 1 — Identify Needs (5 minutes)

- Circle your top needs: Food • Housing/Rent • Utilities • Home Repairs • Transportation • Companionship • Medical/Legal

Step 2 — Gather Essentials (15–30 minutes)

- ID, proof of income, proof of address, recent bills, medications list

Step 3 — Contact 3 Programs Today

- Use Eldercare Locator (eldercare.acl.gov / 1-800-677-1116) to find local agencies
- Meals on Wheels: find local program
- Catholic Charities or Salvation Army: call nearest branch

Step 4 — Apply & Track

- Ask about eligibility, documents, timelines, and waitlists
- Write confirmation numbers and names of staff you speak with
- Schedule a follow-up date for each application

Step 5 — Follow Through

- If denied, ask about appeal or alternative programs
- Re-apply or apply to additional charities
- Check [NCOA BenefitsCheckUp.org](http://NCOABenefitsCheckUp.org) for benefits you may have missed

Emergency & Important Numbers

- 211 — Community services & referrals

- Eldercare Locator — 1-800-677-1116
- Medicare — 1-800-MEDICARE (1-800-633-4227)

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.