

California Senior Benefits

Application Prep Checklist (printable)

Documents to gather

- Photo ID (driver's license, state ID, or passport)
- Social Security number for everyone applying
- Proof of California address (lease, utility bill, or mail)
- Income proof (Social Security/pension letters, pay stubs)
- Rent or mortgage statement (and property tax bill if homeowner)
- Utility bills (electric/gas/water/phone) for discounts and LIHEAP
- Medicare card and any health plan cards
- List of medical costs (premiums, copays, prescriptions) - keep receipts
- If applying for IHSS: notes on what help you need at home + doctor info

Before you hit "submit"

- Make copies (or take photos) of everything you submit.
- Write down the date you applied and any case/confirmation number.
- Use a calendar for interviews, renewal dates, and deadlines.
- Ask for language help or disability accommodations if you need them.

Free help (do not pay someone to apply)

- **Area Agency on Aging:** 1-800-510-2020 (connects you to your local AAA)
- **2-1-1 California:** Dial 2-1-1 or visit 211ca.org
- **HICAP (Medicare counseling):** 1-800-434-0222

Protect your personal information

- Never pay to apply for Medi-Cal, CalFresh, IHSS, SSI, or housing waitlists.
- Be cautious with unsolicited calls/texts asking for your Social Security number or bank details.
- Do not share your EBT card PIN with anyone.
- Report suspected abuse/scams: Adult Protective Services 1-833-401-0832.