Ohio Senior Assistance Toolkit (2026)

Print-friendly cheat sheets and checklists for benefits, housing, utilities, food, and care in Ohio.

• Use this toolkit alongside the full guide: **grantsforseniors.org/grants-for-seniors-in-ohio/**
• Start with 2-1-1 for urgent local help, then apply through official Ohio portals.
• Keep this packet near your phone - it includes space to track case numbers and follow-ups.

Quick note: Many programs have waitlists or limited funding. Applying early and keeping good records can make a big difference.

Quick Start Cheat Sheet

Use this page when you need to know where to start. For fastest results, call first, then apply online when possible.

If you need help now	What to do
Life-threatening emergency	Call 911
Mental health or substance use crisis	Call or text 988 • 988lifeline.org
Food, shelter, bills, transportation (local help)	Call 2-1-1 • ohio211.org
Risk of abuse, neglect, or exploitation	Adult Protective Services (APS) directory • jfs.ohio.gov
Facing utility shutoff or no heat	Apply ASAP • EnergyHelp.Ohio.gov (HEAP, PIPP Plus, crisis)

Program need	Best first stop	Official starting point
Food assistance (monthly groceries)	Ohio Benefits (SNAP)	benefits.ohio.gov
Medicaid / Medicare Savings Programs	Ohio Medicaid	medicaid.ohio.gov • Hotline 1-800-324-8680
Medicare questions (free counseling)	OSHIIP	insurance.ohio.gov/oshiip
In-home care & aging services	Area Agency on Aging (AAA)	aging.ohio.gov/find-services/local-office
Affordable rentals	Ohio Housing Locator	ohiohousinglocator.org
Housing vouchers / public housing	Local Public Housing Agency (PHA)	hud.gov (search 'rental assistance')
Home safety repairs (homeowners)	USDA Section 504	rd.usda.gov (Section 504 Repair)
Legal help (age 60+)	Pro Seniors	proseniors.org • Legal Helpline

Tip for faster processing: Keep your ID, proof of address, proof of income, and your case number in one folder. Write down the date and name of every person you speak with.

Documents & Application Checklist

Use this checklist to gather paperwork once and reuse it across programs.

Common items	Housing applications (rentals/vouchers)
[ ] Photo ID (driver's license/state ID) and proof of age (if needed) [ ] Proof of Ohio address (lease, mortgage statement, or utility bill) [ ] Proof of income (Social Security award letter, pension, pay stubs, benefit letters) [ ] Bank statements / assets (only if the program asks) [ ] Medicare card and/or Medicaid information	[ ] Landlord contact info and current rent amount [ ] Past addresses (last 2-3 years, if requested) [ ] Names/DOBs for household members (if anyone lives with you) [ ] Any notices (eviction notice, shutoff notice, rent ledger) for emergency help
Home repair programs (homeowners)	**Helpful extras**
[ ] Proof of homeownership (deed, tax bill, or recorded document) [ ] Homeowners insurance information (if applicable) [ ] Photos of the problems (stairs, leaks, electrical hazards, etc.) [ ] Written estimate(s) from contractors (if requested by your local program)	[ ] Utility account numbers [ ] List of medications and doctors [ ] Out-of-pocket medical costs (can help with some SNAP/Medicaid calculations) [ ] Contact list (family, caregiver, caseworker)

Call Log (write in case numbers and follow-ups)

Date	Program / Agency	Who you spoke with	Case # / Confirmation	Next step / follow-up date

Quick Action Plan (7 Days)

Use this plan to tackle the most common needs: food, utilities, health coverage, home support, and housing.

If you only do 3 things: (1) Call 2-1-1 for local help today, (2) call your Area Agency on Aging, (3) apply through Ohio's official portals (EnergyHelp and Ohio Benefits).

Day	Priority actions (check off as you go)
Day 1	[ ] Call 2-1-1 for urgent food/shelter/bills - ask about local emergency funds [ ] If you received a shutoff notice, apply at EnergyHelp.Ohio.gov [ ] Start a folder for paperwork and write down today's calls
Day 2	[ ] Call your Area Agency on Aging (AAA) - request screening for in-home help (PASSPORT) if needed [ ] Ask about meals, transportation, caregiver support, and home safety programs
Day 3	[ ] Apply for SNAP at benefits.ohio.gov (if you need grocery help) [ ] List out-of-pocket medical costs (can help with eligibility/benefit amount)
Day 4	[ ] Review health coverage needs - if costs are high, ask about Medicaid ABD / Medicare Savings Programs [ ] Call OSHIIP for Medicare counseling (plan questions, Part D)
Day 5	[ ] If housing is unstable, apply to local PHA waitlists (Section 8/public housing) and search ohiohousinglocator.org [ ] If you need legal help, call Pro Seniors (age 60+)
Day 6	[ ] If you own your home and repairs are a safety issue, contact USDA Section 504 (or local rehab programs) [ ] Take photos of hazards and gather ownership documents
Day 7	[ ] Follow up on every application - confirm they received documents [ ] Write next follow-up dates in your call log [ ] Ask agencies about interim help while you wait (meals, rides, emergency funds)

Space for your top 3 priorities

1.	
2.	
3.	