



Texas Seniors: Quick Grants & Benefits Tools

Print-friendly guides for older adults in Texas. Includes a cheat sheet, checklist, action plan, and tracker.

1) Cheat Sheet: What to Apply For (Texas)

If you need help with...	Programs to ask about	Where to start (official links)
Food	SNAP / TSAP (Simplified Application for Seniors) Home-delivered meals (local agencies; waiting lists possible)	Your Texas Benefits (SNAP/TSAP) Texas Dept. of Agriculture - home delivered meals
Housing / Rent	Section 8 Housing Choice Voucher (HCV) Public Housing Income-based 55+/62+ apartments (LIHTC) Section 811 PRA (disability-linked)	TDHCA Section 8 (limited areas) Find your local Housing Authority (HUD) TDHCA Housing Resource Center (LIHTC search) TDHCA Section 811 PRA
Home repairs / Accessibility	USDA Section 504: grants (62+) & low-interest loans Weatherization Assistance Program (WAP) Habitat for Humanity / Rebuilding Together (local affiliates)	USDA Section 504 (Texas) TDHCA Weatherization (WAP) Habitat Texas affiliates Rebuilding Together (apply)
Utility bills (electric/gas)	Comprehensive Energy Assistance Program (CEAP) Weatherization (WAP) City utility discount programs (where available)	TDHCA CEAP TDHCA WAP Dial 2-1-1 for local providers
Healthcare & long-term care	Medicare counseling (HICAP/SHIP) Medicaid for the Elderly & People with Disabilities (MEPD) STAR+PLUS (home/community supports) PACE (all-in-one care; where available)	Texas HHSC Medicare / SHIP info Texas Legal Services Center - HICAP Texas HHSC - Medicaid (MEPD) Your Texas Benefits
Property taxes (65+)	Over-65 Homestead Exemption Property Tax Deferral (65+ or disabled; interest accrues)	Texas Comptroller - exemptions Texas Comptroller - deferral (elderly/disabled)
Phone / internet	Lifeline (discount) Ask providers for low-income/senior plans (ACP ended in 2024)	LifelineSupport.org FCC ACP FAQ (program ended)
If you are raising a grandchild	TANF for kinship caregivers (limited)	Texas HHSC TANF info Your Texas Benefits
Local navigation (any category)	2-1-1 Texas (local agencies, AAA/ADRC, emergency resources)	Dial 2-1-1 (Texas) Eldercare Locator (Area Agencies on Aging)



2) Application Prep Checklist (Texas)

Use this checklist before applying online or by mail.

- Photo ID (Texas ID or driver’s license)
- Social Security number (or document showing it)
- Proof of Texas address (utility bill, lease, or property tax statement)
- Proof of income (Social Security award letter, pension/retirement, pay stubs, VA benefits)
- Recent bank statements (if requested for a program)
- Medical expense records (for SNAP deductions age 60+): prescriptions, premiums, co-pays
- Utility bills (electric/gas/water) if applying for CEAP or discounts
- Housing paperwork (lease, rent ledger, eviction notice, mortgage statement) if seeking housing help
- Homeownership proof (tax statement, deed) and repair estimates (for home repair programs)
- Disability documentation (if applicable): SSA letter, doctor’s note, or Medicaid/Medicare notices
- A list of medications and doctors (helpful for Medicaid/STAR+PLUS/PACE)
- A trusted contact (family member/friend) who can help follow up, if you want

My Key Info (fill in):

Full name:	
Date of birth:	
Address:	
Phone:	
Email (optional):	
Best time to call:	
County:	



3) Quick Action Plan (7 Days + 30 Days)

If you're in immediate danger of eviction, homelessness, or a medical emergency, call 911. For local help finding programs, dial 2-1-1 Texas.

Next 24 hours (if urgent)

- Call 2-1-1 Texas and ask for: rent/utility assistance, senior services, and your Area Agency on Aging (AAA).
- If you have an eviction notice: ask 2-1-1 for legal aid options and emergency rental assistance in your county.
- If utilities are at risk of shutoff: apply for CEAP and ask about crisis funds; request a medical hardship extension if applicable.

Days 1-7 (best first steps for most seniors)

- Apply for food help (SNAP/TSAP) through Your Texas Benefits if groceries are tight.
- If rent is high: contact your local housing authority (HUD list) and apply for Section 8/public housing; also search LIHTC income-based apartments through TDHCA's Housing Resource Center.
- If you own your home: check USDA Section 504 (62+) and TDHCA Weatherization; ask local Habitat/Rebuilding Together affiliates about ramps, safety repairs, or critical fixes.
- If medical costs are high: schedule a free Medicare counseling appointment (HICAP/SHIP) to review plans, bills, and possible savings programs.
- Create a simple tracking sheet (page 4) so you don't lose reference numbers or deadlines.

Days 8-30 (follow-through)

- Follow up on each application within 7-10 days (or sooner if you have a shutoff/eviction deadline).
- Get on multiple housing waitlists (including smaller nearby cities) and ask every property/agency about senior priority or set-asides (55+ / 62+).
- For property taxes: confirm the over-65 homestead exemption with your county appraisal district; ask about tax ceilings/deferrals if needed.
- If phone/internet costs are a problem: apply for Lifeline, and ask your provider about low-income or senior plans (ACP ended; be cautious of outdated sign-up pages).

Key links (copy or type into a browser):

Resource	Link
Your Texas Benefits	www.yourtexasbenefits.com/
TDHCA CEAP	www.tdhca.state.tx.us/community-affairs...
TDHCA Housing Resource Center	hrc-ic.tdhca.state.tx.us/housing_resour...
HUD Housing Authority Contacts	www.hud.gov/program_offices/public_indi...
USDA Section 504 (Texas)	www.rd.usda.gov/programs-services/singl...
Texas Comptroller - property tax exemptions	comptroller.texas.gov/taxes/property-ta...
Lifeline	www.lifelinesupport.org/
Eldercare Locator	eldercare.acl.gov/



4) Application Tracker (Worksheet)

Write down who you contacted, what you applied for, and the next follow-up date.

Program / Need	Agency / Phone	Date applied	Confirmation #	Next follow-up

Note/Disclaimer: This printable is for educational purposes only and is not legal, tax, or medical advice. GrantsForSeniors.org is a private informational website and is not a government agency. Program rules, funding, and availability can change. Always confirm details with the official agency or your local 2-1-1/Area Agency on Aging before sharing sensitive information.