

Older adults and people with disabilities may get more CalFresh now!

Stretch your food dollars with the standard medical deduction

Good news! It is now easier than ever to get more CalFresh to spend on groceries. The **standard medical deduction** can help older adults and people with disabilities get more CalFresh. Contact your caseworker and share your receipts for medical costs today.

How do I qualify for the CalFresh standard medical deduction?

- You need to be age 60+ OR receiving a disability benefit at any age.
- You need to have out-of-pocket medical expenses greater than \$35 per month.
- You will need to share your receipts with your CalFresh worker to show you have at least \$35 per month in medical expenses.



How much more in CalFresh can I get each month?

Amount paid out-of-pocket for medical expenses	Estimated increase in CalFresh benefits
More than \$155 per month	\$30 or more depending on expenses
\$35 to \$155 per month	Between \$20 - \$30 extra CalFresh benefits
Less than \$35 per month	No extra CalFresh dollars

How can I find out more?

You can learn more about CalFresh and the standard medical deduction at CFPA's website. Visit www.cfpa.net/calfresh for more information.

What counts as a medical expense?

Many out-of-pocket expenses can be counted, including medical and dental costs, transportation to appointments, and eyeglasses. One-time medical costs, like a bill for a wheelchair or hospital stay, may also count. Remember, expenses covered by Medi-Cal or another insurance cannot be counted. **This list does not include all possible expenses. If you have an expense you are not sure about, ask your CalFresh caseworker.**



Medical Care

- Medical and dental care
- Copayments for visits
- Hospital stays
- Nursing care



Medications

- Prescription medication
- Copayments for medication
- Over the counter medicines prescribed by a health professional



Insurance Payments

- Medicare payments
- Medi-Cal share of cost
- Health and hospitalization premiums



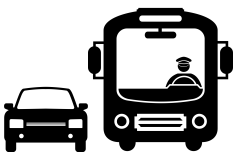
Health and Medical Supplies

- Prescription eyewear
- Dentures or hearing aids
- Prosthetics
- Wheelchairs or walkers
- Special bandages
- Diapers and linens
- Hospital beds
- Portable oxygen
- Lifeline services



Home Health Services and Service Animal Costs

- Attendant services, including meals for paid caretakers
- Psychotherapy
- Food and veterinarian costs for service animals
- Nursing home care



Transportation and Lodging

- Public transportation and car mileage to get treatment or services
- Lodging expenses needed to get treatment or services