

# It's Easy for Older and Disabled Adults to Get SNAP



## Deducting Medical Expenses for SNAP



**SNAP**  
Supplemental Nutrition  
Assistance Program

A Program of the Office of Temporary and Disability Assistance

# SNAP: Deducting Medical Expenses



Supplemental Nutrition Assistance Program (SNAP) applicants or recipients who are age 60 or older, or disabled, can have certain allowable medical expenses deducted from their income calculation. Certain verified out-of-pocket medical costs that total more than \$35 can be deducted from countable income which could result in some recipients receiving additional SNAP benefits each month.

Specific medical costs can be subtracted from income, provided these expenses are verified by the local social services district. Once verified, these expenses do not need to be reviewed again unless they change. Any change in expenses should be reported in case further verification is required. One-time medical expenses may also qualify as deductions and should also be reported.

## The following are examples of some of the costs that can be deducted:

**Health Insurance Costs** – Both premiums and deductibles.

**Non-Reimbursed Medical Costs** – Out-of-pocket costs for doctor or clinic visits, dental care, physical therapy, and emergency room, hospitalization, or outpatient care that is not paid for by insurance, Medicare, or Medicaid.

**Prescription Drugs** – Out-of-pocket costs for prescription drugs and delivery.

**Over-the-Counter Medicine** – Medications such as pain relievers, antacids, and insulin that are prescribed or approved by a qualified health care provider.

**Health Related Supplies** – Hearing aids, prescription eyeglasses/contact lenses, dentures, foot care supplies, and adult diapers.

**Health Equipment** – Wheelchairs or mobility aids, prosthetics, personal emergency response systems, communication equipment for the hearing or visually impaired, and sick room equipment.

**Medical Transportation** – Personal vehicle mileage and bus, subway, or taxi fare to a medical appointment or pharmacy.

**Home Health Care** – Home health or adult day care as related to age or disability.

**Alternative Medical Treatments** – Prescribed treatments such as chiropractic, acupuncture, or massage therapy.

**Service Animals** – Expenses related to service animals, including veterinary bills and food supplies.



## Applying for SNAP is now easier than ever

- Households where all adults are 60 or older, or are disabled, are potentially eligible to use a simplified application to qualify for SNAP, provided no household member is receiving earned income. Children can be included in such cases.
- There is a streamlined application for SNAP that has been specifically designed with these households in mind, as part of an Elderly Simplified Application Project (ESAP). It is shorter than other applications and requires less information to complete.
- ESAP households will only need to recertify every three years, and usually will not be required to be interviewed when they do.
- Only certain changes will need to be reported by ESAP households. They will also receive an interim report halfway through their certification period that they can use to voluntarily report any other changes in their household circumstances. However, ESAP households are not required to return this report.

## What Information Will You Need to Complete Your Application?

- Your name, date of birth, and address (if you have one)
- Social Security number
- The names and ages of people who live with you
- Your total household income
- Your monthly expenses

Please remember to sign your application and to submit only **copies** of documents – keep your originals!

*Under law and regulation, all personal information and documents collected during the application process must be kept secure and confidential.*



**Are all adults in your household 60 years of age or older or disabled? It's easier than ever to apply for SNAP!**

Every day, older and disabled adults just like you use SNAP benefits to buy nutritious food to stay healthy.



A simplified application, the LDSS-5166, has been developed with ESAP households in mind. Look for it at your local department of social services.

Check your eligibility for a range of benefits and apply for SNAP at

**[myBenefits.ny.gov](https://myBenefits.ny.gov)**

For More Information

**800-342-3009**

This institution is an equal opportunity provider.



**Office of Temporary  
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**[otda.ny.gov](https://otda.ny.gov)**

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