

## TIP SHEET FOR GRANDFAMILIES

### HELP HEATING YOUR HOME THIS WINTER

**Low Income Home Energy Assistance Program (LIHEAP)** provides money for heating costs to low-income homeowners and renters. Eligibility is based on your household size, income, and energy costs. You may be eligible for assistance if your total household income falls within 150% of the federal poverty guideline (\$33,525 for a family of 4). If your heat is included in your rent, you may still apply. LIHEAP may also make an emergency fuel payment if you have less than ¼ tank of heating fuel or are in danger of having utility services disconnected.

To make an appointment to apply for LIHEAP funds, contact your local Community Action Program (CAP) office. To locate your local CAP office, visit [www.mainecommunityaction.org/locations.html](http://www.mainecommunityaction.org/locations.html). At your LIHEAP appointment you will need to provide social security numbers for everyone in your household, proof of income, proof of present address, and past utility bills. It is important to apply as soon as you can. To learn more about LIHEAP visit [www.mainehousing.org](http://www.mainehousing.org) or call 1-800-452-4668.

Your Local CAP agency might help you connect with other home assistance programs such as: oil donations from local companies, Central Heating Improvement Program, LIAP (assistance with electricity bills), appliance replacement programs, and weatherization programs.

**Citizens Energy (also known as Joe 4 Oil)** is a national program developed for low-income families. If you are awarded a grant from this program you will be given a 100-gallon voucher for oil. To receive an application, contact them at 1-877-563-4645 or visit their website at [www.citizensenergy.com](http://www.citizensenergy.com). Funds for this program run out quickly and it is important to apply as soon as you can.

**General Assistance** at your local town office or city hall can assist you with basic needs such as fuel, food, shelter, clothing, and other personal items. You will need to provide proof of your circumstance and income. If you are not successful obtaining general assistance, and you are in an emergency, contact the State Office for General Assistance at 1-800-442-6003 for more information about fuel assistance.

You can also contact **211**, a free hotline with trained specialists who help find resources and answer questions on a wide range of topics. You can also visit their website at [www.211maine.org](http://www.211maine.org).

**Make your home more energy efficient.** Experts say that by improving the efficiency of your home you can reduce the cost of heating by half! According *Keep ME Warm*, here are some real money savers.

- Close storm windows and use drapes and shades at night to conserve heat. *Saves \$229 per year.*
- Close flue dampers on your fireplace. *Saves \$227 per year.*
- Tune up your heating system. *Saves \$190 per year.*
- Insulate, caulk, and weather-strip your home. *Saves \$187 per year.*
- Remove and vacuum your furnace filter every month. *Saves \$141 per year.*
- Close and reduce heat in unoccupied areas. *Saves \$130 per year.*
- Set your thermostat back. *Saves \$77 for every degree back.*
- Insulate heat pipes and duct work. *Saves between \$2- \$4 per foot.*

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