

For faster service, have these items with you when you apply!

### General Verification Checklist

Bring these items for each person in your household who needs assistance:

- Birth certificates or other proof of age and family relationship
- Social Security numbers or proof of application
- Copy of Driver's License or other picture I.D.
- Proof of residency: rent/mortgage receipt, utility bill
- Proof of all income: most current pay stubs, child support and alimony, Social Security award letters, unemployment/disability benefits, VA benefits
- Verification of disability (if applicable)
- All current checking and savings account statements or passbooks brought up-to-date by bank
- Current vehicle registrations: include cars, trucks, motorcycles, trailers, motor homes, or boats. Include verification of balance owed on each vehicle
- Pregnancy verification (if pregnant)
- Immigration status: INS Registration Card, citizenship verification or passport

### For more information

More information about the County of San Diego's assistance programs is available on our website:  
[www.accessbenefitssd.com](http://www.accessbenefitssd.com)

For information about assistance programs not managed by the County of San Diego, such as food pantries and housing assistance, call 2-1-1, or visit their website at  
[www.211SanDiego.org](http://www.211SanDiego.org).



HEALTH & HUMAN SERVICES AGENCY

### Applying for Assistance



*Answers to common questions about CalWORKs & Welfare to Work, Food Stamps, and Medi-Cal*

## General overview of programs, requirements, and benefits

	<b>Food Stamps</b>	<b>Medi-Cal</b>	<b>CalWORKs and Welfare to Work</b>
<b>What do I get if I qualify?</b>	A debit card (EBT) to help you purchase food	Insurance coverage for medical treatment and prescription medicines	Cash aid (debit card/Direct Deposit), employment counseling and training, job search assistance
<b>Briefly, who can qualify?</b>	Anyone with United States citizenship or legal resident status, except those already getting SSI/SSP	People under 21 or over 65, people with disabilities, pregnant women, families with children	Families caring for dependent children (under age 18) who lack parental support and care; pregnant women in their last trimester; pregnant teens
<b>How do you decide if I qualify?</b>	We review the income and resources, such as bank accounts and investments, of those applying to determine if you are eligible and if so, for how much		In addition to income and resources, we look at family structure; one or both parents being absent, deceased, incapacitated or unemployed
<b>Does my car count?</b>	All vehicles are exempt	One car is exempt. If you have more than one car, it may be counted toward your resource limit	It may, depending on its value
<b>Does my house count?</b>	No. One house that you live in is exempt. If you have more than one home, it will be counted toward your resource limit according to program rules		
<b>How do I apply?</b>	In person at one of our offices, by mail (call an office and request an application be mailed to you), or in certain Medi-Cal situations by telephone		In person at one of our offices (Note: If two parents/guardians living in the home, both must be present at the interview)
<b>What else should I know?</b>	If you have an emergency (and limited resources and income), Expedited Services benefits may be available within 3 days	You may have to pay a co-pay toward your coverage	If you have an emergency, you may be eligible for Immediate Need or Homeless Assistance

This brochure provides basic program information. There are many complex rules and exceptions that may apply to your situation. We apply each program's specific rules to each person/family, so please ask to see a worker for eligibility determination.