

New Hampshire

When a family or individual is faced with a progressive condition such as DM1 or DM2 they are often presented with additional financial expenses as well as loss of a steady income. This section attempts to gather financial resources that are available on a state level for persons living in the United States. By no means is this section complete; we invite you to share with us any resources you've identified.

This is an on-going project. We will add more resources as we gather them; please send us resources you know of that are not currently listed.

Please be advised that each organization has its own eligibility and application requirements. None of these organizations are affiliated with Myotonic. We hope you will share your experiences with us – let us know if you are successful in finding a good resource to help your family.

Caregivers

NH community Passport Program (NHCPP): is a nursing home transition initiative designed to reflect a person-centered approach to service planning and delivery, and providing greater opportunities for individuals to direct their own care to the extent that they choose. <https://www.caregiver.org/new-hampshire-community-passport-program-nhcpp>

Respite for Caregivers: <https://www.dhhs.nh.gov/dcbcs/beas/eligibilityrespite.htm>

Employment

New Hampshire Employment Program (NHEP): is an employment support program that provides cash assistance to eligible families with able-bodied parents and assists those parents in becoming self-sufficient by promoting work through the provision of employment support and training services.

<https://www.dhhs.nh.gov/dfa/tanf/employment.htm>

SNAP Employment & Training: helps participants on their path to self-sufficiency by providing guidance and resources aimed at supporting their employment goals. This program offers \$0.30 per mile up to \$100 per month for miles traveled to look for work as well. For more information, visit <https://www.dhhs.nh.gov/dfa/foodstamps/employment-training.htm>.

Vocational Rehabilitation: assists eligible New Hampshire citizens with disabilities secure suitable employment and financial and personal independence by providing rehabilitation services. <https://www.education.nh.gov/partners/vocational-rehabilitation>

Food/Nutrition

Commodity Supplemental Food Programs for Seniors (CSFP): is a nutrition program that provides free food and nutrition information to promote good health for seniors age 60 and over. <https://www.dhhs.nh.gov/dphs/nhp/wic/csfp.htm>

Double Up Food Bucks: One way to stretch your SNAP benefits is to shop where you see the DOUBLE UP FOOD BUCKS sign. You can get 50% off the fresh fruits and vegetables you buy instantly when you ask the cashier for Double Up Food Bucks. <https://www.dhhs.nh.gov/dfa/foodstamps/index.htm>

Healthy Eating Active Living NH (HEAL): is a network of state and community partners dedicated to advancing population-based approaches to reduce the prevalence of obesity and chronic disease in New Hampshire. HEAL aims to improve access to healthy foods and opportunities for physical activity, prioritizing its work in communities and populations with the greatest health disparities. <https://www.healnh.org/>

Interim Disabled Parent (IDP): financial assistance is available to eligible one- and two-parent families where at least one parent has a verified disability. Eligibility requirements align with Financial Assistance to Needy Families (FANF) financial assistance. https://www.dhhs.nh.gov/fam_hm/html/203_09_interim_disabled_parent_idp_fam.htm

New Hampshire Food Bank: The mission of the New Hampshire food Bank is to feed hungry people by soliciting and effectively distributing grocery products and perishable foods, and offering innovative programs through a statewide network of approved agencies; by advocating for systemic change; and by educating the public about the nature of, and solutions to, problems of hunger in New Hampshire. <https://www.nhfoodbank.org/>

SNAP Program: is about good nutrition and health. It provides eligible people with the benefits to buy food items at grocery stores, farmers markets, and other approved food retailers. For information on eligibility, visit <https://www.dhhs.nh.gov/dfa/foodstamps/index.htm>. Also, visit <https://www.dhhs.nh.gov/dfa/foodstamps/documents/fs-work-requirements.pdf> for more information about SNAP rules.

USDA Food and Nutrition Service (FNS): works to end hunger and obesity through the administration of 15 federal nutrition assistance programs including WIC, SNAP, and school meals. Their mission is to increase food security and reduce hunger by providing children and low-income people access to food, a healthful diet and nutrition education in a way that supports American agriculture and inspires public confidence.

<https://www.fns.usda.gov/>

Women, Infants & Children Nutrition Program: this program provides nutrition education and nutritious foods to help keep pregnant women, new mothers, infants, and preschool children healthy and strong. <https://www.dhhs.nh.gov/dphs/nhp/wic/index.htm>

Financial Resources

Aid to the Permanently & Totally Disabled (APTD): is cash assistance for individuals who are between the ages of 18 and 64 and who are physically or mentally disabled.

<https://www.dhhs.nh.gov/dfa/cash/disabled.htm>

Cash Assistance: is provided through Bureau of Family Assistance (BFA) in two general program areas, the Financial Assistance to Needy Families (FANF) Program and the State Supplement Program (SSP). <https://nheasy.nh.gov/#/services/Cash>

Family Assistance Program (FAP): provides cash assistance to eligible households with dependent children that are headed by adults who have: a permanent disability; long-term obstacles to employment; or are over age 60. The program also provides cash assistance for children living with a non-parent caretaker relative.

<https://www.dhhs.nh.gov/dfa/tanf/family.htm>

Families with Older Children (FWOC) (FAM): FWOC provides financial assistance to families with a dependent child who is 19 years old, up to the age of 20, in high school or basic education full-time.

https://www.dhhs.nh.gov/fam_hm/html/203_07_families_with_older_children_fwoc_fam.htm

Financial Assistance to Needy Families (FANF-Cash): FANF provides cash assistance to needy families with dependent children. Eligibility and benefit amounts for FANF depends upon the family's income, resources, living arrangements, and the dependent children must lack parental support or care due to death, continued absence, or because at least one parent in a two-parent home is disabled. Services are provided for eligible families with dependent children through the following programs: FAP, NHEP, IDP, and FWOC.

<https://www.dhhs.nh.gov/dfa/cash/index.htm>



Old Age Assistance (OAA): is available to individuals age 65 or older. Eligibility for OAA depends upon income, resources, and living arrangement. For more information, visit <https://www.dhhs.nh.gov/dfa/cash/oldage.htm>.

State Supplement Program (SSP-Cash): SSP cash assistance supports elderly adults and individuals that are physically disabled, mentally disabled, or legally blind. Eligibility and benefit amounts for SSP depends upon the individual and spouse's income, resources, and living arrangements. Services are provided for eligible individuals through the following programs: APTD and OAA. <https://www.dhhs.nh.gov/dfa/cash/index.htm>

Housing

Fuel Assistance Program: is New Hampshire's arm of the federal Low Income Home Energy Assistance Program (LIHEAP) which is funded through the US Department of Health and Human Services. <https://www.nh.gov/osi/energy/programs/fuel-assistance/>

Permanent Housing for Persons with Disabilities: HUD-funded permanent supportive housing providers offer housing and supportive services to homeless persons with disabilities such as mental illness, chronic substance abuse, dual diagnosis, or Acquired Brain Disorder. Residents of permanent housing programs benefit from facilitated access to health, mental health, and social support services offered by the programs and/or with the community. <https://www.dhhs.nh.gov/dcbcs/bhhs/housingservices.htm>

Shelter Plus Care (S+C): programs are designed to provide both housing and support services to individuals or families who are homeless and need support to maintain permanent housing. To be eligible, participants must be homeless and living in an emergency shelter, the streets, or another place not meant for human habitation and have a disabling condition. <https://www.dhhs.nh.gov/dcbcs/bhhs/housingservices.htm>

Transitional Housing for the Homeless: For many formerly homeless individuals and families, transitional housing is a crucial step on their journey from homelessness to permanent housing. <https://www.dhhs.nh.gov/dcbcs/bhhs/housingservices.htm>

Living with Disabilities and/or Elderly

Administration on Aging (AoA): promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities. <https://acl.gov/>

Assistive Technology Services from Crotched Mountain:

<https://crotchedmountain.org/programs-and-services/assistive-technology/>

Disability Rights Center New Hampshire: advocates for the legal rights of people living with disabilities. <https://drcnh.org/>

Easter Seals of New Hampshire: Easter Seals provides services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work, and play in our communities. From child development centers to physical rehabilitation and job training for people with disabilities, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

<https://www.easterseals.com/nh/>

Granite State Independent Living: is a statewide nonprofit organization whose mission is to promote quality of life with independence for people with disabilities and seniors through advocacy, information, education, support and transition services.

<https://www.gsil.org/>

New Hampshire's Accessible Parking Laws:

<https://www.nh.gov/disability/documents/dmvacclaw2252020.pdf>

NHCarePath: connects you to a range of information, assistance, and care throughout New Hampshire, from caregiver resources and services for aging, disability, and independent living to counseling and financial planning tools.

<https://www.nhcarepath.dhhs.nh.gov/>

NH - Watch Me Grow (WMG): helps New Hampshire families to ensure their child's brightest future by tracking his or her growth and development. It is New Hampshire's developmental screening, referral and information system for families of children ages birth to six years. <http://watchmegrownh.org/>

Service Animals: <https://www.nh.gov/disability/mediaroom/serviceanimals.htm>

Stable NH: Is a savings account for those with disabilities. This is a tax-free savings plan for disability-related expenses. Individuals with these accounts get to save and invest without losing federal needs-based benefits. <https://www.stablenh.com/>

Telecommunications Equipment Assistance Program (TEAP): The NH-TEAP provides specialized telephone land line equipment for people who have difficulty using a standard phone due to a disability such as vision loss, hearing loss or challenges with speech or mobility. This program helps New Hampshire residents with disabilities by providing



financial and hands-on assistance, when needed, so they can acquire and use telephones especially to access emergency services. <https://futureinsight.org/adult-services-for-visually-impaired/>

Medical/Health-Related

COVID-19 Resources: <https://www.nh.gov/covid19/>

Care Management Plans: The following web page allows you to find providers by name or organization. Once you find them, you will see what health plans they are part of and whether they are Primary Care Providers. <https://nheasy.nh.gov/#/health-plans-search/>

Covering New Hampshire: is a statewide effort by the New Hampshire Health Plan. It is the free and official resource for Granite Staters to learn about the Health Insurance Marketplace. <https://coveringnewhampshire.org/>

Granite Advantage Health Care Program: The Granite Advantage replaced the New Hampshire Health Protection Program (NHHPP). Coverage for individuals in Granite Advantage is provided through the New Hampshire's Medicaid Care Management Program (MCM) plans. <https://nheasy.nh.gov/#/granite-advantage>

Emergency Medicaid for Non-Citizens: Medicaid may be available to certain non-citizens, regardless of their immigration status, to cover some emergency services, including labor and delivery. <https://www.dhhs.nh.gov/dfa/medical/index.htm>

Federally Health Care Reform: Information about federal health care reform, including the Affordable Care Act of 2010 (ACA). Also includes how to buy affordable health insurance through the Federal Marketplace. <https://www.dhhs.nh.gov/dfa/aca.htm>

Medicaid: Information from the Bureau of Family Assistance (BFA) about Medicaid programs and eligibility. <https://www.dhhs.nh.gov/dfa/medical/index.htm>

Medicaid Care Management: Care Management helps NH Medicaid recipients to coordinate their health care. It also helps Medicaid recipients with chronic diseases like diabetes, asthma, obesity, and mental illness. Through this program, Medicaid recipients have wellness and prevention programs as a part of their Medicaid benefit. <https://www.dhhs.nh.gov/ombp/caremgmt/index.htm>

New Hampshire Healthy Families: If you are a NH Healthy Families member, you can visit their website or call (866) 769-3085 to get information about covered services, prior authorization, ID cards, or their grievance process. <https://www.nhhealthyfamilies.com/>



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ServiceLink: is a program of the NH Department of Health and Human Services. Through contracts with local agencies around the state, ServiceLink helps individuals access and make connections to long-term services and supports, access family caregiver information and supports, explore options and understand and access Medicare and Medicaid.

<https://www.servicelink.nh.gov/>

Special Medical Services: Special Medical Services, the New Hampshire Title V Program for Children with Special Health Care Needs, administers health programs and services for children ages birth to 21 years old, who have, or are at risk for, a chronic medical condition, disability, or special health care need.

<https://www.dhhs.nh.gov/dcbcs/bds/sms/index.htm>

Additional Resources

Muscular Dystrophy Association (MDA) New Hampshire Clinics:

<https://www.mda.org/care/care-center-list?province=NH>