

Medical Home: Basic Needs (Food, Housing, Utilities, Health Care, and More)

A **Medical Home** is not a building or a place. It's a partnership that involves you, your child's doctors and specialists, community resources, and others on your child's "team" - all working together to support your family and your child's health. For more information about what a Medical Home is, visit our fact sheet- "*Medical Home: What is it?*" (<https://www.inf2f.org/fact-sheets.html>). A very important part of a Medical Home includes making sure that the basic needs of the child and family are met and that the family is safe.

In Indiana, families can access a community resource, **Indiana 211**, as a part of their Medical Home team. Indiana 211 is a program that helps connect families to a resource directory of information about meeting basic needs, such as: food, housing, utilities, health care services, crisis services, and financial assistance programs. Families can contact a trained resource navigator at Indiana 211 in a variety of ways:

- Call Indiana 211 by dialing 2-1-1 on your phone.
- Text your zip code to 898-211.
- Visit: <https://in211.communityos.org/>

Below are some available programs and services that help families meet basic needs. Many families will benefit from more than one program. We recommend you apply for all programs for which you may be eligible.

Food Assistance*

- **Supplemental Nutrition Assistance Program (SNAP)**- SNAP is Indiana's Food Stamp program. It helps low-income families buy nutritious food with Electronic Benefits Transfer (EBT) cards. For information on income requirements or how to apply, visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>.
- **Women, Infants, and Children (WIC)**- WIC is a nutrition program that provides basic food assistance, nutrition education, breastfeeding support, and community referrals to low-income and "nutritionally at-risk" children (age 0-5), pregnant women, non-breastfeeding postpartum women (for up to 6 months after child's birth or pregnancy ends), and breastfeeding postpartum women (for up to 1 year after child's birth). For information on income requirements or how to apply, visit: <https://www.in.gov/health/wic/how-do-i-apply-for-wic/>.
- **Free and Reduced-Price School Meal Programs**- School meal programs are for qualifying school-aged children to receive free or reduced-price school meals (may include breakfast and/or lunch). To apply, ask your child's school for an application. Some communities offer additional support, such as Backpack Buddies (provides a backpack of food for weekends and holidays) and summer food programs.
- **Other Community Food Resources-**
 - Food Pantries, Soup Kitchens, Community Centers, and/or Community Gardens and Orchards may provide food and/or prepared meals on a regular basis. Call Indiana 211 or visit: <https://www.purdue.edu/indianasefrnetwork/> for more information about your local programs.
 - Other community food programs, such as: Purdue Cooperative Extension Services (<https://extension.purdue.edu/>) and Cooking Matters/No Kid Hungry (<https://bestpractices.nokidhungry.org/programs>) provide education on planning, purchasing, and preparing healthy meals on a tight budget.

For more
information,

Dial 2-1-1

or contact
Indiana Family
to Family at

1-844-323-4636
or
info@inf2f.org

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*For additional information on these food assistance programs and more, visit our fact sheets- "Food" and "WIC" (<https://www.inf2f.org/fact-sheets.html>).

Shelter and Housing

- **Indiana 211-** For emergency shelter for individuals and families in crisis, dial 2-1-1. Indiana 211 can also provide information on assistance programs for: rental assistance, subsidized housing, home repairs, housing vouchers, and financial support.
- **Housing and Urban Development (HUD)-** HUD offers affordable housing options to eligible low-income individuals and families, including housing choice vouchers (also called "Section 8"). For more information or to apply for assistance, visit: <https://www.hud.gov/indiana> or contact your local Public Housing Agency at: https://www.hud.gov/sites/dfiles/PIH/documents/PHA_Contact_Report_IN.pdf.
- **Housing Counseling-** HUD offers counseling services to those seeking free or low-cost advice on buying a home, renting, foreclosure avoidance, credit issues, etc. For more information, call HUD's interactive voice system at 1-800-569-4287.

Utility Assistance

The Energy Assistance Program (EAP) is a federally-funded program available to eligible low-income families to provide a one-time benefit that can assist with paying heat and electric bills. For more information or to apply for the Low-Income Home Energy Assistance Program, visit: <https://www.in.gov/ihcda/homeowners-and-renters/low-income-home-energy-assistance-program-liheap/>.

Health Care Services*

- **Indiana 211-** If you need help with accessing healthcare, Indiana 211 can help with many health-related issues, including:
 - Providing basic information on health insurance options, wellness, nutrition, vaccinations, etc.
 - Private and confidential support and referrals for addictions.
 - Assistance programs, such as: help paying for medicine and help with medical transportation.
- **Indiana Family to Family (INF2F)-** INF2F provides parent-to-parent support to families of children with additional health and education needs. Call 1-866-323-4636 or visit: <https://www.inf2f.org/>.
- **Covering Kids and Families (CKF)-** CKF assists families with finding, accessing, and keeping affordable health care coverage. Call 317-222-150 or visit: <https://www.ckfindiana.org/>.

*For additional information on these health care assistance programs and more, visit our Health Care Financing fact sheets at <https://www.inf2f.org/fact-sheets.html>.

Crisis and Emergency

Everyone deserves the right to live free and without fear. Indiana 211 provides free and confidential resources to anyone experiencing emotional or physical abuse or who needs help getting out of a dangerous living situation. Dial 2-1-1 if you need help recognizing the signs of bullying, abuse, neglect, or sexual assault; if you need information about emergency shelters or safe houses; or if you need information about programs that provide a way out of violent or dangerous living situations. **In the event of an emergency, dial 9-1-1.**

Programs and systems change often. It is important to ensure that you are using the most current information. This fact sheet was updated May 2023. Please check <https://www.inf2f.org/fact-sheets.html> for the most recent edition.

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