

LIHEAP (Low Income Home Energy Assistance Program)

What it is:

LIHEAP is a federally funded program that helps eligible households with energy costs, including heating and electricity bills. In some states, assistance may also be available for cooling costs during periods of extreme heat.

Who it helps:

LIHEAP is not limited to seniors. It is available to low-income households, which may include older adults, families with children, and individuals with disabilities, depending on state eligibility guidelines.

How it works:

Although LIHEAP is funded by the federal government, it is administered at the state level. This means eligibility requirements, benefit amounts, and available services (including cooling assistance) vary by state and can change each year.

Some states may offer:

- Help with summer electricity bills
- Crisis assistance to prevent utility shutoff
- Emergency cooling support during extreme heat
- Repair or replacement of cooling equipment (in limited cases)

Important note:

Not all states provide cooling-related assistance, and availability depends on state policy, funding, and local program guidelines.

Why it matters for aging adults:

Older adults may be more vulnerable to extreme heat due to medical conditions, medications, limited mobility, or financial constraints. LIHEAP can be one resource that helps reduce the risk of heat-related health emergencies.

Official website:

<https://www.acf.hhs.gov/ocs/programs/liheap>

Disclaimer:

This information is provided for educational purposes only and is not intended as legal, financial, or benefits counseling advice. Program eligibility, benefits, and availability are determined by each state and may change at any time. For the most accurate and up-to-date information, contact your state LIHEAP office or visit the official federal website above.