

**COVID 19**  
**Meeting Basic Needs**  
**Financial, Food and Housing**  
**State, Community and Disability Resources**

- **Unemployment Insurance – Apply Online (Available in 7 languages)**
  - <https://www.mass.gov/unemployment-insurance-ui-online>
- **Department of Transitional Assistance**
  - <https://www.mass.gov/info-details/dta-covid-19-resources-and-support>
- **Women Infants and Children under 5**
  - WIC is for all kinds of families: married and single parents, working or not working, if you're a parent or legal guardian of a child under 5
  - <https://www.mass.gov/service-details/check-eligibility-for-wic>
- **SNAP (formerly Food Stamps)**
  - <https://www.mass.gov/snap-benefits-formerly-food-stamps>
- **United Way Massachusetts**
  - Direct Assistance for residents of Chelsea, Lynn, Newton, Somerville, Winchester
  - <https://unitedwaymassbay.org/covid-19/covid-19-family-fund>
- **Mass211.org**
  - Lists state and local resources online or by chat
  - <https://mass211.org/services/>
- **Housing Assistance**
  - <https://www.mass.gov/info-details/covid-19-dhcd-website>
- **Most local cities and towns have COVID-19 assistance webpages**
  - eg. Waltham's resources
  - <https://www.city.waltham.ma.us/home/pages/covid-19-resources>
- [WATCH CDC Resource Guide \(Assistance, volunteering, and donations info\)](#)
- [WATCH CDC Help Request Form for housing, food, utilities, and other basic needs / En español](#)
- [Waltham Public Schools Resource Page \(meals for students, online/extended learning, community support\)](#)
- [Applying for Unemployment Benefits](#)
- [Free Food Resources](#)

- [Free grocery options for families in need in Waltham](#)
- [Note regarding real estate taxes due on May 1st, 2020](#)
- [Small Businesses Open during COVID-19 Pandemic](#)
- [Rental Assistance for low income Waltham households in English and Español](#)
- [COVID-19 info & Guidance in other languages](#)
- [Waltham Public Library online resources](#)
- [Mental health & coping during COVID-19](#)
- [Commonwealth Volunteer Opportunity](#)
- [Check your symptoms with free online tool, Buoy Health](#)
- [Grocery stores offering senior hours](#)
  
- **Department of Developmental Services for individuals with I/DD and or autism**
  - <https://www.mass.gov/doc/dds-family-support-directory-2020-0/download>
  
- **Other Disability Services and Supports**
  - <https://www.mass.gov/lists/covid-19-resources-for-the-mcb-community>
  - Independent Living Centers: <https://www.mass.gov/independent-living-centers>
  
- **Older Caregivers: Aging Resource and Disability Center**
  - <https://disabilityinfo.org/offices/aging-and-disability-resource-centers-adrcs/>