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**Are you a Ukrainian individual, or non-Ukrainian individual who last habitually resided in Ukraine, who has been granted humanitarian parole?**

You may be eligible for federal “mainstream” (non-ORR funded) benefits, such as cash assistance through Temporary Assistance for Needy Families (TANF) or Supplemental Security Income (SSI), health insurance through Medicaid, and food assistance through Supplemental Nutrition Assistance Program (SNAP). You may also be eligible for cash assistance, medical assistance, employment preparation, job placement, English language training, and other services offered through the Office of Refugee Resettlement (ORR). This document focuses on the benefits and services funded by ORR.

**Who are Ukrainians with humanitarian parole?**

Certain Ukrainian individuals, or non-Ukrainian individuals who last habitually resided in Ukraine, who are also referred to as Ukrainians within this fact sheet, have been or will be granted humanitarian parole by the U.S. Department of Homeland Security in response to Russia’s war on Ukraine. Ukrainian humanitarian parolees paroled into the U.S. between February 24, 2022, and September 30, 2023, are eligible to apply for mainstream benefits, resettlement assistance, and other benefits available to refugees (with the exception of the initial resettlement program customarily referred to as Department of State’s Reception and Placement program), until the end of their parole term. These individuals’ spouses or unmarried children under the age of 21 who are paroled into the U.S after September 30, 2023, are also eligible to apply for these benefits.

**Where do I apply for ORR benefits/services after I arrive in the U.S.?**

ORR provides funding to state governments, resettlement agencies, and other nonprofit community-based organizations to provide benefits and services for eligible individuals. Beginning on May 21, 2022, or the date you received humanitarian parole, whichever is later, you can apply at the state government benefits office or closest resettlement agency in your state. For a state-by-state listing of local resettlement agencies, view the ORR state program directory, which also includes a link to ORR state contacts:

<https://www.acf.hhs.gov/orr/map/find-resources-and-contacts-your-state>.

**When should I apply for ORR benefits/services?**

Now. Do not wait. Your benefits and services are only available for a limited time. ORR-funded cash and medical assistance are limited to a maximum of 12 months from your date of eligibility (May 21, 2022, or the date you received humanitarian parole, whichever is later). Most ORR employment services and other services aimed at economic self-sufficiency will be available to you until the end of your parole term or until five years from your date of humanitarian parole, whichever is sooner.

**What should I bring with me?**

You should bring proof of your nationality, your humanitarian parole, and the date you received the humanitarian parole. Each individual in a family applying for ORR benefits and services should bring their own proof and the date their humanitarian parole (or other ORR-eligible status) was granted.

**What are some of the benefits and services I can receive as a Ukrainian humanitarian parolee?**

Ukrainian humanitarian parolees are eligible to apply for federal mainstream benefits, such as cash assistance through Temporary Assistance for Needy Families (TANF) or Supplemental Security Income, health insurance through Medicaid, and food assistance through Supplemental Nutrition Assistance Program (SNAP). If you are not eligible to receive these mainstream benefits, you can be screened for eligibility at a state government benefits office or the closest resettlement agency in your state for the following ORR benefits and services:

**Initial ORR Benefits** *(Up to 12 months from the date of eligibility)***Refugee Cash Assistance (RCA)**

From their date of eligibility (May 21, 2022, or the date they received humanitarian parole, whichever is later), Ukrainian humanitarian parolees may receive up to 12 months of RCA to help meet their most basic needs, such as food, shelter, and transportation. RCA is linked to programming that provides family self-sufficiency planning and employment services to help clients assess their needs, plan how to meet these needs, and immediately find and maintain employment.

**ORR Matching Grant (MG) Program**

Some may participate in the MG Program, an early self-sufficiency initiative. Enrollment slots are limited in number and by location. The MG Program provides cash assistance, intensive case management, and employment services to help clients immediately find and maintain employment. The goal of the program is to assist clients to become economically self-sufficient within 240 days.

**Refugee Medical Assistance (RMA)**

From their date of eligibility (May 21, 2022, or the date they received humanitarian parole, whichever is later), Ukrainian humanitarian parolees may receive up to 12 months of RMA to cover their medical needs. RMA provides the same health insurance coverage as Medicaid.

**Domestic Medical Screening**

From their date of eligibility (May 21, 2022, or the date they received humanitarian parole, whichever is later), Ukrainian humanitarian parolees may be eligible for a domestic medical screening examination, also known as Refugee Medical Screening, funded by ORR. The screening supports client resettlement by identifying health conditions that threaten their well-being, providing vaccinations required for school and work, and referring them to primary care providers or specialists for ongoing health care. ORR recommends that medical screenings are completed soon after arrival in the U.S.

**Services** *(Up to the end of the individual's parole term or until five years from the date of their humanitarian parole, whichever is sooner)***Employment Assistance: Refugee Support Services (RSS)**

Ukrainian humanitarian parolees may be eligible to access RSS, which provides a wide range of services in support of employment and self-sufficiency: employability services; job training and preparation; assistance with job search, placement, and retention; English language training; childcare; transportation; translation and interpreter services; and case management.

**Specialized Programs**

Some clients may be eligible for specialized programs such as health services, technical assistance for small business start-ups, financial savings, youth mentoring, or other targeted support programs.

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