SEIU HEALTHCARE ILLINOIS HOME CARE MEMBERS:

Protect Your SNAP Benefits Under New Expanded Work Requirements

- The Trump Administration has harshly tightened and expanded punitive work requirements needed to qualify for SNAP benefits.
- As required by federal law, Illinois has implemented these requirements effective **February 1st, 2026.** Caregivers and home care consumers that don't meet the work requirements and fail to submit the proper exemption paperwork may lose their benefits as of **May 1st, 2026.**
- **Most caregivers and home care consumers are exempt from work requirements and can maintain their benefits if they file the proper paperwork.**

FOLLOW THESE INSTRUCTIONS TO MAINTAIN YOUR BENEFITS

FOR CAREGIVERS AND CONSUMERS RECEIVING SNAP BENEFITS:

SNAP recipients can file exemption paperwork online (ABE.ILLINOIS.GOV, select "Manage My Case" and then "Manage My SNAP Work Requirements") or with their local Family Community Resource Center (FCRC). On your exemption form, **select all exemptions that apply.**

Caregivers can select the following exemption: "I am providing care for another person who needs help caring for themselves. (This person does not have to be living in your home)."

Home care consumers can select the following exemption: "I have a physical or mental condition that prevents me from working or makes it difficult to maintain work."

NOTE: Caregivers and home care consumers that are between 55 and 64 years old will no longer be automatically exempt from work requirements based on their age and will likely need to submit a new exemption form.

RESOURCES:

To manage your benefits online: ABE.ILLINOIS.GOV

SNAP help line: 1-833-234-6343

SNAP Work Requirements Exemption Request Form: https://www.dhs.state.il.us/onenetlibrary/12/documents/Forms/442341-202508_IES5REV6_RE.pdf

SNAP Office Locator (For "Office Type" select "Family Community Resource Center"): https://www.dhs.state.il.us/page.aspx?module=12

SNAP Work Requirements FAQ: https://www.dhs.state.il.us/?item=176106