

# Your benefits in ONE place

[benefits.oregon.gov](https://benefits.oregon.gov)

- Aging and People with Disabilities
- Area Agency on Aging
- Self-Sufficiency

You can now apply for all these benefits online:

- Cash
- Childcare
- Food
- Medical

- You can also update your information online for all these programs.
- Wait times may be longer than usual as we upgrade our system.



Oregon **one**eligibility

Oregon **Health**  
Authority

Everyone has a right to know about and use Oregon Department of Human Services programs and services. Some examples of the free help we can provide are: sign language and spoken language interpreters, written materials in other languages, Braille, large print, audio and other formats. If you need help or have questions, please contact us at [ADA.dhs@dhsosha.state.or.us](mailto:ADA.dhs@dhsosha.state.or.us).