

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 individuals paroled into the U.S. between February 24, 2022, and September 30, 2024, 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, or through a new period of parole if applicable. 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. Depending on your date of entry or parole, the ORR benefits’ start date will differ. 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->

When should I sign up for ORR benefits/services?

ORR-funded cash and medical assistance are limited to a period of time from your date of ORR eligibility.

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 of eligibility—documentation that their humanitarian parole (or other ORR-eligible status) was granted.

Initial ORR Benefits

Refugee Cash Assistance (RCA)

Counting from their date of eligibility, individuals may receive RCA to help meet their most basic needs, such as food, shelter, and transportation. (Individuals with an ORR eligibility date on or after May 5, 2025, are eligible for four months of RCA.)

ORR Matching Grant (MG) Program

As an alternative to TANF or RCA, some may participate in the MG Program, an early self-sufficiency program. 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 the 240-day MG service period. Individuals should enroll in the MG Program as soon as possible after their benefits' start date.

Refugee Medical Assistance (RMA)

Those not eligible for Medicaid may receive RMA from their date of eligibility. (Individuals with an ORR eligibility date on or after May 5, 2025, are eligible for four months of RMA.) RMA provides the same health insurance coverage as Medicaid.

Medical Screening

You may be eligible for a domestic medical screening examination funded by ORR. The screening supports clients by identifying health conditions that threaten their well-being, providing vaccinations required for school and work, and giving them referrals for 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)*

Refugee Support Services (RSS)

You 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

You 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.