



## NATIONAL WOMEN'S LAW CENTER

Justice for Her. Justice for All.

JANUARY 2022 | FACT SHEET

# HOW TO ACCESS YOUR BENEFITS UNDER THE AMERICAN RESCUE PLAN

The American Rescue Plan Act provides important tax benefits to help you and your family make ends meet during the pandemic. This fact sheet can help you access the benefits you and your families are eligible for during this tax season, starting on January 24 and ending on April 18, 2022. You will need to file a 2021 federal tax return to claim these benefits.

**THESE TAX CREDITS WILL NOT AFFECT YOUR OTHER PUBLIC BENEFITS, SUCH AS MEDICAID, NUTRITION ASSISTANCE, SOCIAL SECURITY DISABILITY BENEFITS, RENTAL ASSISTANCE, OR OTHER INCOME SUPPORTS.**

### DO YOU HAVE KIDS?

Most families with children are eligible for up to **\$3,000** per child (**\$3,600** per child under 6) in 2021 from the Child Tax Credit (CTC).

- If you received advance CTC payments between July and December 2021, you will need to file your taxes to receive the remaining half of your CTC.
- If you did not receive advance payments, you can still get your full CTC by filing your taxes this year.

Find out more information at [ChildTaxCredit.gov](https://www.irs.gov/childtaxcredit).

### NEED HELP PAYING FOR CHILD CARE?

If you had **out-of-pocket child and dependent care** expenses in 2021, including for day care, babysitters, and summer camps, you can receive up to **\$8,000** from the Child and Dependent Care Tax Credit (CDCTC)

- Find out more about what expenses qualify here: [IRS.gov/newsroom/child-and-dependent-care-tax-credit-faqs](https://www.irs.gov/newsroom/child-and-dependent-care-tax-credit-faqs).
- Find out more about the steps to claim the CDCTC here: <https://nwlc.org/resources/claim-your-money-the-child-and-dependent-care-credit-in-2021/>.

### DID YOU HAVE EARNED INCOME IN 2021?

Many workers with and without children are eligible for the Earned Income Tax Credit (EITC). This year, workers not raising children at home can receive up to **\$1,502**, and those with children at home can receive up to **\$6,728**.

- Find out more information about the EITC here: [IRS.gov/credits-deductions/individuals/earned-income-tax-credit-eitc](https://www.irs.gov/credits-deductions/individuals/earned-income-tax-credit-eitc).

### NEED HELP FILING YOUR TAXES IN EARLY 2022?

- Free tax filing assistance may be available through [IRS.gov/vita](https://www.irs.gov/vita) and [GetYourRefund.org](https://www.getyourrefund.org).
- You can also use the free filing software at [MyFreeTaxes.com](https://www.myfreetaxes.com).
- Call your local 211 for help finding local free tax assistance.