

FINANCIAL RESOURCES:

- 1. Apply for unemployment compensation.** [Career One Stop](#) provides information on how former federal employees can apply for unemployment compensation for federal employees (UCFE). All the states' information is available. The [UCFE program](#) provides unemployment compensation for federal employees who lost their employment through no fault of their own.
- 2. Information about Unemployment Compensation through the Department of Labor**
General information related to Unemployment Insurance
<https://oui.doleta.gov/unemploy/>
- 3. Unemployment insurance information from the city of Washington DC government.**
<https://does.dc.gov/service/unemployment-compensation-former-federal-employees>
- 4. Apply to lower or suspend your student loan payments.** If you have a federal student loan, you may be able to **lower the monthly amount by switching plans or pause payments** through deferment or forbearance. Just make sure you carefully consider the pros and cons of each, the Department of Education says.
- 5. Help with mortgages and rent.** If you think you won't be able to meet your rent or mortgage obligations, consider state-run rental assistance programs or mortgage forbearance options through your lender, [suggests District Capital Management](#), a fee-only financial planning company.
- 6. Help with utilities.** If you have trouble paying utilities, many companies will work with you or you can apply for [government assistance](#) through your state's energy assistance program office for help with cooling and heating bills.
- 7. Government assistance.** USA.gov maintains a [website](#) that provides information on different types of government assistance that you may be eligible for.
- 8. Retirement Training and Resources.** [ProFeds](#) offers free retirement planning seminars in many locations. The company has provided retirement training for several federal agencies. OPM also has a retirement center [website](#) that offers a valuable source of retirement information.

Return to [AFDICA Homepage](#)