

## What is Supplemental Security Income (SSI)?

SSI is a needs-based Federal government benefit awarded to eligible individuals with disabilities who are unable to earn a minimum income to support themselves and their family financially. When you receive SSI, you are also eligible to be enrolled in Medicaid, which can help cover medical costs associated with your disability. You also become eligible for the Supplemental Nutrition Assistance Program (SNAP), which assists families with purchasing food. SSI is different than Social Security Disability Income (SSDI), in that it is not based on one's past work history. Many people with disabilities receive both SSI and SSDI at the same time.

## How do you apply for SSI?

Thankfully, there is an online form to schedule a call with an SSI intake specialist. See the following link for more information: <https://www.ssa.gov/benefits/ssi/start.html>

You can also call to set up an appointment at 1-800-772-1213, or TTY for hard of hearing/deaf at 1-800-325-0778.

If you would like guidance and support applying for SSI, reach out to The Arc of King County at [ask@arcofkingcounty.org](mailto:ask@arcofkingcounty.org) or 206-829-7053.

## What do you need to apply for SSI?

The form to apply for SSI can be found here. Note all fields so you can have all the appropriate information handy when you have your call with the SSI intake specialist:  
[https://www.ssa.gov/legislation/Attachment%20for%20SSA%20Testimony%207\\_25\\_12%20Human%20Resources%20Sub%20Hearing.pdf](https://www.ssa.gov/legislation/Attachment%20for%20SSA%20Testimony%207_25_12%20Human%20Resources%20Sub%20Hearing.pdf)

## How much does SSI provide?

SSI provides \$914 a month in 2023 for single individuals, and \$1371 for couples.

## Can I work if I receive SSI?

Yes, however, if you earn above \$1470 in a month (in 2023), you will receive reductions in your SSI check. For more information on this, see <https://www.specialneedsalliance.org/the-voice/ssi-rules-for-students/>. Note that if you have more than \$2000 in your bank account, that can impact your SSI check as well.

## If I have questions about SSI, who can I talk to?

Reach out to the SSI help line at 1-800-772-1213, or if you are hard of hearing/deaf, use the TTY number at 1-800-325-0778.