



Applying for Supplemental Security Income (SSI) As an Adult

If you did not receive SSI as a child because of your family's resources, you can apply for SSI at age 18 on your resources as long as you have less than \$2,000.00 in assets (such as cash, life insurance, or an inheritance etc.) and do not earn more than Social Security allows. For more information on earning limits, see www.socialsecurity.gov/oact/cola/sga.html.

Applying for Child Disability Benefits as an Adult



If you received Child Disability Benefits (CDB) as a child because a parent was retired, on disability or deceased, at age 18 you will have to apply and meet the adult standard for disability to continue these benefits. You do not qualify for this benefit if you are married.



You can apply for the Child Disability Benefit any time after age 18 when a parent retires, begins receiving a disability benefit or dies. You will have to prove your disability began before age 22 and meet all other rules. This benefit will replace an SSI benefit which is often less and you may be able to keep Medicaid insurance.

To apply for any of these programs, call Social Security to make an appointment in your local office (800-772-1213). You will receive a list of things to bring along with forms to complete before your appointment.

Tips and Resources

- Virginia Commonwealth University's Center on Transition Innovations:
<https://centerontransition.org/transition/SSABenefits/index.html>
- DLCV's publication "Are You Considering Applying for a Social Security Disability Benefit?"
<http://dLCV.org/social-security-self-help/>
- Work Incentives Planning and Assistance (WIPA) Project <http://www.vaacses.org/wipa/> or call 1-877-822-2777



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