How to Access Supplemental Security Income (SSI)
SSI provides monthly payments to adults and children with a disability. To qualify, your income and resources must be below a specific financial limit.

I may be eligible to receive SSI (even if I am already receiving other benefits)!
SSI is a federal program that is funded by taxes. It can provide me with money for basic needs like food, clothing, and shelter.
Who is Eligible?

Anyone who:

• Is age 65 or older;
• Is blind; or
• Has a qualifying disability (like ASD).

And who:

• Has limited income.
• Has limited resources.
• Files an application.

I can find out if I might be eligible for SSI before I apply by using the Benefit Entitlement Screening Tool.
The chart below refers to the amount I may get from the federal government only. These are only estimates. The amount I receive may be different.

### SSI Federal Benefit Rates

<table>
<thead>
<tr>
<th>Category</th>
<th>January 2023</th>
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<tbody>
<tr>
<td><strong>Live alone or pay your share of food and housing costs</strong></td>
<td></td>
</tr>
<tr>
<td>Individual/Child</td>
<td>$914</td>
</tr>
<tr>
<td>Couple</td>
<td>$1,372</td>
</tr>
<tr>
<td><strong>Live in the household of another</strong></td>
<td></td>
</tr>
<tr>
<td>Individual/Child</td>
<td>$609.34</td>
</tr>
<tr>
<td>Couple</td>
<td>$915.00</td>
</tr>
<tr>
<td><strong>Live in a Medicaid Institution</strong></td>
<td></td>
</tr>
<tr>
<td>Individual/Child</td>
<td>$30</td>
</tr>
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</table>
With SSI, I don't need to have worked or paid Social Security taxes to qualify.

My income and the things I own impact my ability to qualify for SSI.

I may be able to get SSI if my resources (the things I own) are worth no more than $2,000.
How to Apply

I can apply for SSI benefits by:

- Visiting the Apply Online for Disability Benefits website to start the process online.

- Calling 1-800-772-1213 (or TTY 1-800-325-0778 if I am deaf or hard of hearing) and making an appointment to apply for SSI.
When making an appointment online, I will need to give them my:

- Name
- Date of Birth
- Social Security Number
- Mailing Address
- Phone Number
- Email Address (optional)
After applying online, a Social Security Representative will schedule an appointment where they will help me apply in person.

The appointment details, including the date and time, will be sent to me by mail and email (if I provided it).
A worker will help me figure out what materials I need. The SSI Office made a checklist I can use to organize my materials. It is linked here and outlined below:

- Social Security Card or Number
- Proof of Age (birth record)
- Citizenship or Noncitizenship Status Record
- Proof of Income
- Proof of Resources
- Proof of Living Arrangements
- Work History
If I am applying in person, I will have an interview. During the interview, a social security representative will ask me questions and help me fill out paperwork.

The interview will take place either in my local Social Security office or by phone. It will take at least 1 hour.
After my interview, it generally takes 3-5 months to get a decision. It could take more or less time.

They may request additional information or require me to have additional examinations or medical appointments. I need to complete these requests promptly.

If I am required to do additional examinations, they will be paid for by the state.
Another way that I can apply for disability benefits is by doing the application completely online through the online portal.
On the online portal I will see a section titled **Getting Ready**. This gives me the requirements to apply online and helps me know what materials I will need to complete the application.

### Applying Online for Disability Benefits

**Getting Ready**

Before you start your application, we recommend that you take a moment to prepare yourself by reviewing a few items:

1. Make sure you meet the requirements to apply online for Disability;
2. Gather the information you need to complete the application process
I have the option to **start a new application** or **return to one that I already started**. The online application process may take a few hours to finish. I can take breaks and return to my application when ready.

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Apply & Complete

After signing in to your *my Social Security* account, applying for disability is a multi-step process that may take between **one to two hours** to complete depending on your situation. You can save your application as you go, so you can take a break at any time.

[Start a New Application](#) or [Return to Saved Application Process](#)
Completing the Application Online

After I have submitted my application online, a representative may contact me with updates or questions about my application.

I can also check the status of my application online by signing into my social security account.

Follow Up
Once you have submitted your application, a representative may contact you with updates or questions about your application. You may check the status of your online application by signing in to my Social Security.
What if I need help applying?

I can have someone help me fill out the application on my behalf. The person helping me will go to the online portal and click *Apply for Disability.*

Social Security Disability Insurance programs provide assistance. Before you apply, please read what to expect during the application. You’ll need to complete an application online.

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**Apply for Disability**
When they start the process on my behalf, they will indicate they are filling out the application on my behalf.

**Who Is Completing This Application?**

- I am applying for myself.
- I am helping someone who is not with me, and therefore cannot sign the application at this time.

Even though they can fill it out on my behalf. I am the only one who can sign the application. Until I sign it the application can not be processed.
If my request for SSI gets denied, I have the right to ask for the decision to be reviewed again.

This process may take a long time. It's important that I respond to any requests for additional information from the hearing office in a timely matter.

If I need to appeal, I can make my request online or by calling my local social security office who will send me the form by mail.
It's important to remember that not everyone gets the same amount. I may get more if I live in a state that adds money to the federal SSI payment. I may receive less if I or my family have other income.

Where I live and who I live with can also impact how much SSI I get. I won't know how much I will receive until I apply.
The Social Security website has a list of resources that answers common questions such as finding an office close to you, how to get needed documents, medicaid coverage and more.

Disability Hub MN has gathered some resource and answered common questions that you can refer to if needed.

The ARC has a guide to SSI that briefly goes over the process.