

What is Supplemental Security Income?

SSI should not be confused with Social Security's insurance programs like Social Security retirement benefits, available to all Americans over 62 who have worked; or [Social Security Disability Insurance \(SSDI\)](#), which pays cash benefits to people who have worked long enough, paid into its insurance system, and meet SSA's [definition of disability](#).

Those who qualify for SSI receive a monthly check to pay for their basic needs. SSI is run by the Social Security Administration.

Who is eligible?

People who are disabled, who are unable to work or afford to live on their own, have no other sources of income, and have limited assets, may be eligible for Supplemental Security Income (SSI).

If you're between 18 and 65 and have a disability, you qualify for SSI if you meet certain citizenship and residency requirements, meet income and resource/asset limits, and have a disability that affects your ability to work.

How to Apply

You can apply for SSI at your local Social Security Office or by telephone. To find the office closest to you, check a telephone directory or visit Social Security's website at www.ssa.gov. Whether you call or go online, you will need to set up an appointment. Papers will be mailed for you to fill out prior to your appointment. You will also be asked to bring or prepare:

- Your birth certificate or naturalization papers. In addition, you will need names of doctors, hospitals, clinics and professionals who have treated you, including complete addresses and phone numbers
- Prescriptions and results of medical tests
- Documentation explaining all aspects of how your medical condition affects your daily life
- Names of doctors, medical records, prescriptions and other documentation that relates to your disability
- A list of all your jobs for the past 15 years
- Recent W-2 form and information about other benefits you are receiving
- And, be ready to answer questions about any assets you own, savings, real estate, retirement accounts, etc.

Remember

- This Tip Sheet is just an overview of the information on applying, eligibility and receiving SSI. For more information, visit your local Social Security office or visit their website at www.ssa.gov.

**For additional disability related information or resources contact:
Center for Development and Disability Information Network
800-552-8195 or 505-272-8549**

For More Information Contact:

Social Security for Albuquerque, NM
800-772-1213
www.ssa.gov/ssi/

Social Security Benefits for People with Disabilities
www.ssa.gov/disability/

Benefits.gov
800-772-1213
www.benefits.gov/benefits/benefit-details/4382

Social Security Disability Resource Center
www.ssdrc.com/social-security-disability.html

Partners for Employment Videos

Self-Employment When on Social Security Benefits
<http://cddunm.adobeconnect.com/p4ug4trx1g8/>

Finding and Choosing Benefits Advisement Services in New Mexico
<http://cddunm.adobeconnect.com/p273fxlgiyo/>

PASS Plans-Plan to Achieve Self-Support
<http://cddunm.adobeconnect.com/p2xoh9db415/>

Benefits Advisement
<http://cddunm.adobeconnect.com/p8av6sxiqfg/>

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