

You Can Have A Disability And Get Food Stamps!

Can I get food stamps and SSI?

Supplemental Security Income (SSI) is a federal disability program for low-income individuals. In California, you **will not** get food stamps if you are receiving SSI. Any California resident receiving SSI cannot get food stamps because the value of food stamps is included in the SSI check. This is called a cash-out. Even if you receive only a small amount of SSI in connection with other benefits, you will not be able to receive food stamps.

Important: please remember that you are entitled to your food stamps while applying and waiting to hear about your eligibility for SSI benefits.

What about food stamps and other disability programs?

You can receive food stamps under the following assistance programs for people with a disability, provided you meet other food stamp eligibility criteria. Often, the food stamp office assumes that any Social Security or disability program is SSI and, as a result, eligible people are misinformed about whether or not they qualify for food stamps. These programs **do not** disqualify you:

- ◆ Social Security Disability Income (SSDI)
- ◆ In-Home Supportive Services (IHSS)
- ◆ State Disability (SDI)
- ◆ Unemployment Insurance Benefits (UIB)
- ◆ Worker's Compensation
- ◆ Social Security retirement insurance

Disability issues are sometimes confusing for food stamp workers and others who do not deal with them on an everyday basis. If you feel like an error has been made and you have been denied food stamps, contact a local advocacy agency or legal aid as soon as possible.

You can get special considerations if you or someone in your food stamp household has a disability!

There are many accommodations that the Food Stamp Program is required to extend to recipients with disabilities. Like many benefit programs, there is confusion about the rights of clients and it is often necessary to request these accommodations, rather than wait for them to be offered.

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| <ul style="list-style-type: none">▪ Can be scheduled for home and phone interviews if you cannot go into the food stamp office▪ Can be exempted from filing monthly reports (CA-7s), if you are not working▪ Can receive help in filling out and understanding any forms that are necessary to receive food stamps▪ Can recertify for food stamps through the mail | <ul style="list-style-type: none">▪ Can be exempted from work requirements if you are "unfit" for employment because of a mental or physical impairment▪ Can boost your food stamp allotment for non-reimbursed medical expenses over \$35▪ Can increase household's gross monthly income allowed by 35%▪ Can take additional deductions for the care of a disabled household member which can increase your food stamps |
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