
SSI Free Guide



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Getting Supplemental Security Income

Administered by the Social Security Administration (SSA), the Supplemental Security Income (SSI) program provides monetary assistance benefits to qualifying **low-income disabled adults and children**, as well as certain senior citizens who are at least **65 years of age**.

Despite their similar-sounding names, the SSI program is not directly related to Social Security retirement. Most states will provide **medical assistance** through the state Medicaid program to eligible SSI beneficiaries.

SSI recipients may be eligible to receive **food assistance** through the Supplemental Nutrition Assistance Program. Except in California, SSI recipients will meet eligibility requirements for food stamps. In some states, an SSI application will also serve as an application for SNAP.

Eligibility for SSI Benefits

Although there are many factors to eligibility, getting SSI benefits means meeting basic qualifications for age or disability.

Age & Disability

You must be one of the following individuals to qualify:

- ✓ An individual who is **legally blind** by the SSA's definition.
 - You must have a central visual acuity for distance of 20/200 or less in your better eye with the use of corrective lenses; or
 - You must have a field limitation in your better eye in that the widest diameter of your visual field subtends an angle that is no greater than 20 degrees.
 - You may still be eligible for Social Security benefits if you are **visually impaired** but do not meet the definition of blindness.

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- ✓ An **adult or child that is legally disabled** and meets disability criteria. Disability can include mental and/or physical impairments.
 - Children and adults must have a disability that is expected to result in death; or has or is projected to last for a continuous period of at least 12 months.
 - Adults must not be able to have gainful employment based on their disability.
 - Children must have a disability that is determined to severely impact their ability to function.
 - ✓ A **senior citizen** who is 65 years of age or older.

Income & Resources

Not only does your [income](#) determine whether or not you are eligible to receive benefits, but your income will also impact your overall monthly benefit amount. Income factored into SSI eligibility includes:

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- ✓ Income earned through employment
 - ✓ Income from benefit programs like unemployment or cash from friends or family.
 - ✓ Food or shelter, or other types of in-kind income.
 - ✓ A spouse or parent's income.

The SSI income limit changes each year depending on the maximum federal benefit amount that is allotted for the year. In 2018, the income limit will be \$750 for an individual and \$1,125 for couples.

The larger amount of income that you have, the less you will receive in SSI benefits each month. If your countable income ever rises above the income limit, even after you have begun to receive benefits, you will no longer be eligible for the SSI program.

What income does not count towards SSI disability income limits?

Income that is not countable for SSI includes:

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- ✓ The first \$20 of most income that is received in a month.
 - ✓ The first \$65 of earnings as well as one-half of earnings over \$65 received in a month.
 - ✓ Income tax refund amounts.
 - ✓ Home energy assistance.
 - ✓ Any assistance that is based on need and funded by a state or local government or an Indian tribe, including food stamps.
 - ✓ Small amounts of income received irregularly or infrequently.
 - ✓ Grants, scholarships, gifts or fellowships that will be used towards tuition and other educational expenses.
 - ✓ Loans that must be repaid.
 - ✓ Food or shelter that has been provided by nonprofit agencies.
 - ✓ Money that another individual spends to pay for your expenses for any item that is not food or shelter.

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- ✓ Income that has been set aside under a Plan to Achieve Self-Support (PASS).
 - ✓ Earnings of up to \$1,820 per month to a maximum of \$7,250 per year for a student that is younger than 22 years of age.
 - ✓ The cost of work expenses that a blind person incurs in order to work.
 - ✓ Disaster assistance.
 - ✓ The first \$2,000 of compensation per calendar year for participation in qualifying clinical trials.

While [resource](#) limits do not impact benefit amounts, these limits can disqualify you from receiving SSI benefits. Resources include but are not limited to:

- ✓ Cash, stocks, U.S. savings bonds and funds in your bank accounts.
- ✓ Life insurance policies.
- ✓ Personal property, vehicles and land.
- ✓ Deemed resources.

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- These are a portion of the resources that a spouse, parent, parent of a spouse, sponsor of an alien or sponsor's spouse has that can be put towards an applicant's SSI resource limit.

- ✓ Anything else that you own which could be exchanged for cash and used for food or shelter.

Resource limits are **\$2,000** for a single person and **\$3,000** for a couple.

When applying for the Supplemental Security Income, it is important to know that the SSA will not count:

- ✓ The home that you live in and the land that your home resides on.
- ✓ Your household goods/personal effects.
- ✓ Burial spaces purchased for yourself or for your immediate family members.
- ✓ Burial funds for you and your spouse, each valued at \$1,500 or less.

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- ✓ Life insurance policies that have a combined face value of \$1,500 or less.
 - ✓ One vehicle that is used as a primary source of transportation for yourself or a member of your household.
 - ✓ Retroactive SSI and Social Security benefits for up to **nine months** after you receive them.
 - ✓ Grants, scholarships, gifts and fellowships that will be used to pay educational expenses for up to nine months after receipt.
 - ✓ Up to \$100,000 of funds in an Achieving a Better Life Experience (ABLE) account that was established through a state ABLE program.
 - ✓ Property that is essential to self-support.
 - ✓ Resources that a blind or disabled individual needs for an approved plan for PASS.
 - ✓ Money that has been saved in an Individual Development Account (IDA).
 - ✓ Crime victim's assistance, up to nine months.

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- ✓ Dedicated accounts for disabled or blind children.
 - ✓ Some trusts.

Living Arrangements and Residency

Your living arrangements will impact whether you are eligible to receive benefits as well as the benefit amount that you may be able to receive.

If you receive in-kind support and maintenance, such as free rent or food or assistance in paying rent, utilities or food, a portion of that support will be considered countable income.

To meet **residency requirements**, you must meet the following conditions:

- ✓ You must be a **resident of one of the 50 states**, the District of Columbia or the Northern Mariana Islands.

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- ✓ You must **not be absent from the country** for a full calendar month or for 30 days or more consecutively.
 - ✓ You cannot be confined to an institution, such as a hospital or prison, at the government's expense.

Citizenship

Benefits can only be received by U.S citizens and non-citizens who meet alien eligibility criteria.

For a non-citizen to be considered a qualified alien, the Department of Homeland Security must classify an applicant in the following groups:

- ✓ Lawfully Admitted for Permanent Residence (LAPR) in the U.S., including “Amerasian immigrant” with a class of admission AM-1 through AM-8.
- ✓ Granted conditional entry under Section 203(a)(7) of the Immigration and Nationality Act (INA) as in effect prior to April 1st of 1980.

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- ✓ Paroled into the U.S. under Section 212(d)(5) of the INA for at least a one-year period.
 - ✓ Refugee admitted to the U.S. under Section 207 of INA.
 - ✓ Granted Asylum under Section 208 of the INA.
 - ✓ Deportation is being withheld under Section 243(h) of the INA as in effect prior to April 1st, 1997, or removal is being withheld under Section 241(b)(3) of the INA.
 - ✓ A Cuban or Haitian entrant under Section 501(3) of the Refugee Education Assistance Act of 1980, or in a status that is to be treated as a Cuban/Haitian entrant for SSI purposes.
 - ✓ In certain circumstances, “deemed qualified alien” may apply if you, your child or parent has been subject to battery or extreme cruelty by a family member while living within the United States.

If you meet one of the above conditions where the SSA would consider you to be a qualified alien, you will need to meet a condition in which

you may be considered to be eligible for SSI benefits such as:

- ✓ You were receiving SSI and lawfully resided in the United States as of August 22nd, 1996.
- ✓ You are a LAPR with 40 qualifying quarter of earnings. In the case of SSI, work done by your spouse or parents may count towards those earnings.
- ✓ You are currently on active duty in the United States Armed Forces or you were honorably discharged and your discharge is not due to your alien status. This condition **may** also apply if you are the spouse, widow(er) or dependent child of a U.S. military personnel member.
- ✓ You were lawfully residing in the U.S. on August 22nd, 1996 and you are blind or disabled.

You may receive SSI for a maximum of seven years from the date that DHS granted you a qualified alien status in one of the following categories:

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- ✓ A refugee admitted under Section 207 of the INA.
 - ✓ Asylee admitted under Section 28 of the INA.
 - ✓ Alien whose deportation was withheld under Section 243(h) or Section 241(b)(3) of the INA.
 - ✓ Admitted as a Cuban or Haitian entrant, defined under Section 501(e) of the Refugee Education Assistance Act of 1980.
 - ✓ Amerasian immigrant with a class admission of AM-1 through AM-8.

Who does not meet SSI eligibility requirements?

Should you meet one of the following conditions, you will not be eligible to receive SSI benefits:

- ✓ You will be **ineligible for SSI** for any month during which you have an unsatisfied felony or an arrest warrant for escape from

custody, flight to avoid prosecution or confinement or flight-escape.

- ✓ You are currently in prison, jail, a detention center, a halfway house or a boot camp.
- ✓ You are confined to a public institution for a whole month that is run by federal, state or local government.
- ✓ You were found to be giving away or selling resources below their worth in order to meet SSI resource limits (ineligible for SSI for up to 36 months).
- ✓ You were absent from the U.S. for a full calendar month or for 30 consecutive days or more.

If you are already receiving SSI benefits and one of these conditions suddenly apply to you, your SSI benefits will be withheld.

How to Apply for SSI Benefits

If you intend to apply for the SSI program, it is important that you do so as soon as you believe that you may be eligible to receive benefits.

The SSA will not pay you any benefits for periods of time prior to your application date in which you were eligible to receive benefits.

Documents Needed

Preparing all the documents beforehand will help speed up your application process. When applying, you should provide:

- ✓ Your **Social Security Number (SSN)** or card.
 - If you do not yet have an SSN, the SSA will assign one to you if you are eligible for benefits.
- ✓ Proof of your **age**.
 - Includes a public or religious birth record before you were five years of age.

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- ✓ Proof of [citizenship or immigration status](#). This proof includes:
 - A U.S. birth certificate.
 - A certificate of naturalization.
 - A permanent resident card (a “green card”, form I-55) or other Department of Homeland Security documents.

 - ✓ Proof of [income](#) and [resources](#). This can include:
 - Tax returns or pay stubs.
 - Bank statements.
 - Life or disability policies.
 - Deeds or tax appraisal statements for any property owned.

 - ✓ Proof of **living arrangements**. This includes:
 - A copy of a lease or a rent receipt.
 - Information of all household members living in the home.

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- Information about household costs.
 - ✓ **Medical information** if applying as a blind or disabled applicant. This includes:
 - Medical reports.
 - Information about your medical providers, as well as the approximate dates of treatment.
 - Medication information.
 - ✓ **Work history.** This should include job titles and duties, employer name, dates and times worked and rates of pay.

Online Applications

In order to submit an [online application](#), you must meet the following requirements:

- ✓ You must be **18 to 65 years** of age.
- ✓ You must be unmarried with **no previous marriages**.
- ✓ You must **not** be blind.

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- ✓ You must be a United States citizen that is living in Washington D.C., one of the 50 U.S. states or the Northern Mariana Islands.
 - ✓ You must be applying for Social Security Disability insurance (**SSDI**) at the same time that you are submitting your SSI application.
 - ✓ You **cannot** apply online if you have already applied for SSI assistance or have already received SSI benefits previously.

By-Phone Applications

You can submit an SSI application over the phone by contacting the SSA at **1-800-772-1213**. During your initial call, you must make an application appointment. Your appointment can be an over-the-phone application or an in-person application at your [local Social Security office](#).

If you cannot make your appointment, it is important that you reschedule as soon as possible. Your application date will not take effect until your application has been

completed, which will affect the start date of your benefits, if you are approved.

In-Person Applications

You can apply for SSI benefits in person at your local Social Security office. While walk-ins are accepted, making an appointment can help reduce your wait time. You can schedule an appointment by calling **1-800-772-1213** or by contacting your [local Social Security office](#) directly.

Your Rights

When it comes to SSI, you have the right to:

- ✓ **A notice.** The SSA will notify you in writing about any decision that they make regarding your eligibility, your benefit amount or a change to your benefits. If you have a designated representative, they will also receive a copy of any notice mailed to you.

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- ✓ **Assistance from the SSA.** The SSA will help you acquire any documents you need and inform you of any additional information or documents that they need to complete your application.
 - ✓ **A representative.** You may appoint another individual to represent you to help you with your SSI claim, speak with the SSA on your behalf and work through appeal processes on your behalf.
 - ✓ **Examine your file.** At any time, you can ask to receive a copy of the information that is in your case file.
 - ✓ **An appeal.** Should you ever disagree with a decision that the SSA makes about your case, whether that decision be in regards to your initial benefits, a change in benefits or regarding your eligibility for the SSI program, you have the right to an appeal.

Denials & Appeals

There are four [levels of appeal](#) for denied SSI benefits:

- ✓ **Reconsideration.**
 - A representative from the SSA will review your case to see if a correct determination was made. The representative will review original information as well as any new evidence, if any is presented.
 - This representative will not be an individual that took part in the original determination.

- ✓ **A hearing by an administrative law judge.**
 - If the reconsideration is denied, you can appeal by requesting a hearing from an administrative law judge.
 - The judge that oversees the hearing **cannot** have had any previous involvement in the original determination or the reconsideration of your case.

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- Generally, the hearing will be scheduled and conducted within **75 miles** of your residential address.

✓ **Review by the Appeals Council.**

- If the hearing still affirms the original and reconsideration decision, you can request that the Appeals Council reviews your case.
- The Appeals Council does **not** review every case that it receives.
- The Appeals Council may decide your case or return it to a different administrative law judge for further review.
- If the Council refuses to hear your case, you may take your appeal to the final level of the process.

✓ **Federal Court review.**

- This involves filing a civil suit in a federal district court.

At each point of the appeal, you can appeal the decision made at the appeal level either online,

by contacting the Social Security Administration by phone at 1- 800-772-1213 or by contacting your local [Social Security office here](#).

Requests must be made within **60 days** from the date of the SSA decision notice. If you do not request an appeal during this time, the decision made by the SSA will stand.

When you submit a request for an appeal, know that your appeal can be made for a **medical** or **non-medical** decision. A medical appeal may be regarding a disability or condition while a non-medical appeal could be regarding your income, resources, living arrangements or overpayments.

SSI Benefits During an Appeal

You **may** be eligible to continue to receiving SSI benefits during your appeal process. You may only continue to receive SSI benefits throughout your appeal process when:

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- ✓ You are appealing the Social Security Administration's decision that you are no longer eligible to receive benefits from the SSI program, because your medical condition is not disabling.
 - ✓ You are appealing the Social Security Administration's decision that you are no longer eligible to receive SSI payments, your beneficiary amount should be reduced or your payments should be suspended.

If you wish to continue to receive SSI benefits throughout your appeal process, you must inform the SSA that you would like to continue to receive benefits within **10 days** from the date of the SSA notice.

Should your appeal be denied and you have exhausted all of your appeals, you may be required to repay the benefits that you received during the appeal process.

SSI Representatives

You do have a **right to a representative** during this appeals process. You can appoint anyone

to be your representative, including a family member, relative or a lawyer.

If you would like a lawyer to represent you, that lawyer would not be able to collect any fees from you without getting written approval from the SSA first.

If you choose to elect a representative, they can speak with the SSA and receive a copy of any SSI notice regarding your appeal. The SSA will work with your representative in the same way that they would work with you.

SSI for Children

If you would like to apply for SSI benefits for a child, note that a child's eligibility requirements, potential benefits and income limitations differ from standard SSI.

In order for a child to qualify for SSI for children, the child must be **unmarried** and cannot be the head of the household.

Additionally, the child must be younger than 18 years of age **or** younger than 22 years of age but attending school regularly as a student. If your child does not meet the SSA's definition of a child, then your child can file an adult application.

There is **no minimum age** requirement for children to get SSI benefits. If a child is eligible from his or her date of birth, you can apply right away. Benefits may potentially be provided until the child turns 18 years of age.

Once a child does turn 18 years of age, the SSA will reevaluate the impairment of the child based upon the definition of disability for adults. This reevaluation may be delayed until a child turns 22 years of age.

Disability Criteria for Children

In order for a child to be potentially eligible for SSI benefits, the child must have a medically determinable mental or physical impairment that results in marked and severe functioning limitations and at least one of the following:

- ✓ The impairment is expected to last for a continuous period of at least 12 months.
- ✓ The impairment is expected to be fatal.
- ✓ The child meets the same definition of “blind” that applies to adults applying for SSI.

The SSA will expedite the applications of children who have medical conditions that are so severe that it is obvious that the child will

meet disability standards through [Compassionate Allowances](#).

SSI Deeming Process

During the SSI application for children, a child's parent's income and resources may be considered for eligibility requirements and beneficiary amounts as if that income and resources were available to the child. This is a [process known as deeming](#).

A portion of a stepparent's income may be used if the child lives with both the parent and stepparent. The process of deeming is applied even if the child is temporarily away at school, holidays or during the summer, but still remains subject to parental control.

Deeming will no longer apply when a child reaches the age of 18 years of age, marries or no longer lives with a parent.

Additional SSI Benefits for Children with Disabilities

In addition to monetary benefits, a disabled child who qualifies for SSI may also be eligible for Medicaid. However, if a parent's income or resources are too high, a child may only be eligible to receive Medicaid while in an institution.

The level of coverage that a child receiving SSI benefits can receive through Medicaid will vary depending on the state that the child lives within.

Children may be able to receive additional monetary benefits through the state. However, the states that provide supplemental benefits differ between children and adults.

The following states do not provide any additional benefits to children who qualify for SSI:

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|---|----------------------|---|----------------|---|---------------|
| ✓ | Alaska | ✓ | Mississippi | ✓ | West Virginia |
| ✓ | Arizona | ✓ | Missouri | | |
| ✓ | Arkansas | ✓ | North Carolina | | |
| ✓ | Delaware | ✓ | North Dakota | | |
| ✓ | District of Columbia | ✓ | Ohio | | |
| ✓ | Florida | ✓ | South Carolina | | |
| ✓ | Indiana | ✓ | Tennessee | | |
| ✓ | Kansas | ✓ | Texas | | |
| ✓ | Maryland | ✓ | Virginia | | |

Some states provide supplemental benefits, but have those benefits administered through the Social Security Administration. Those states are:

- ✓ California ✓ New Jersey
- ✓ Hawaii ✓ Pennsylvania
- ✓ Montana ✓ Rhode Island
- ✓ Iowa ✓ Vermont
- ✓ Nevada

However, Montana only provides supplemental benefits to disabled and blind children who are living in certified foster homes and Nevada only provides supplemental benefits to blind children.

If you live in any of the following states, your state will administer any additional state supplement for children:

✓	Alabama	✓	Massachusetts	✓	Pennsylvania
✓	Colorado	✓	Michigan	✓	Rhode Island
✓	Connecticut	✓	Minnesota	✓	South Dakota
✓	Georgia	✓	Nebraska	✓	Utah
✓	Idaho	✓	New Hampshire	✓	Washington
✓	Illinois	✓	New Mexico	✓	Wisconsin
✓	Kentucky	✓	New York	✓	Wyoming
✓	Louisiana	✓	Oklahoma		
✓	Maine	✓	Oregon		

However, only children who are blind can receive state supplemental benefits in Connecticut, Minnesota or New Hampshire. South Dakota limits supplements for disabled and blind children to those residing in residential care facilities.

Disability Reviews & Redeterminations

The SSA must review the physical, mental and emotional impairments or disabilities of SSI recipients to determine continued eligibility for SSI.

Recipients may appeal a loss of benefits if they complete a [Request for Reconsideration](#) (Form SSA-560) or a [Request for Reconsideration – Disability Cessation](#) (SSA-789).

Beneficiaries must request an appeal within 60 days from the date on which they receive the notice of ineligibility for SSI.

The SSA conducts reviews **once every three to seven years**, depending on the specific situation.

If improvement is at all possible, the SSA will conduct the CDR every three years, per federal law. However, the Administration will perform

the review every seven years, if program participants are not expected to improve.

Children who receive SSI payments need to undergo continuing disability reviews (CDRs) at least once every three years. Two months before child beneficiaries turn 18 years of age, the SSA will review their cases to verify whether they qualify for SSI payments as adults.

The SSA performs these reviews in person, at a Social Security office, by mail or by phone. If claimants need to complete their interviews in person or by phone, the SSA will send them a written letter that includes details about their upcoming appointments.

SSI participants must contact the SSA within 30 days to reschedule appointments when necessary.

In other cases, the SSA performs redetermination reviews by mail. If claimants need to complete their reviews by mail, the SSA

will send long or short forms to complete and return within 30 days:

- ✓ Long form: [Continuing Disability Review Report](#) (SSA-454-BK)
- ✓ Short form: [Disability Update Report](#) (SSA-455-OCR-SM)

Applicants must provide documentation and proof of eligibility during these reviews, like they did during the initial application.

SSI Reporting Requirements

SSI benefit recipients must report gross monthly earnings, wages and any additional changes to the SSA. Beneficiaries must report changes to the SSA whenever they start or stop a job, or their physical disabilities or mental impairments improve.

Participants may report changes online, in person, by mail, by fax or via phone.

Participants must report the following to the SSA:

- ✓ Address updates or changes to their [living arrangements](#)
- ✓ Changes in [earned and unearned income](#)
- ✓ Changes in employment status
- ✓ Changes in household [resources](#).
- ✓ Changes to their households composition
- ✓ Changes to their marital status

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- ✓ Changes to their U.S. citizenship, legal alien or immigration status
 - ✓ Any changes to their eligibility for other types of assistance or benefit programs
 - ✓ Changes to their sponsor's household income or living arrangements, if program participants receive SSI payments as aliens
 - ✓ Changes to medical conditions or impairments
 - Recipients should also report disability or blindness-related work expenses.
 - ✓ Changes to Ticket to Work status
 - ✓ Changes to their Plan to Achieve Self-Support (PASS)

Beneficiaries with disabilities must report changes that pertain to other household members or sponsors.

Students younger than 22 years of age must report changes in their school attendance. All recipients must submit a report if any institution admits or discharges them at any time.

SSI beneficiaries must notify the SSA in the event of any arrest or unsatisfied felony warrant. If beneficiaries plan to leave the U.S. for more than 30 days at a time, they must also report this to the SSA.

Beneficiaries must submit their wage reports before the **10th day** of the following month to reduce the risk of penalties or inaccurate payments.

SSI participants may sign up for free, monthly reminders [online here](#) by providing an email address or cellphone number.

Reporting Changes

Qualifying SSI beneficiaries, household members, spouses, parents and representative payees may use the automated telephone system or mobile app to report changes. A claimant must contact the [local Social Security office](#) to determine whether he or she is eligible to use either of these reporting methods.

If beneficiaries cannot use the automated SSIMWR or SSITWR systems, they may contact the SSA by phone, at **1-800-772-1213**. Those who are deaf or hard-of-hearing may use TTY, by calling **1-800-325-0778**.

To report in person, by mail or via fax, recipients must provide the SSA with a written letter that includes:

- ✓ The amount of their gross wages for the previous month.
- ✓ The name and SSN of the worker who earned the wages.
- ✓ The name and SSN of the SSI beneficiary. The letter must include the month for which the wages were earned.

After writing their letters, program participants may submit the report in person, by mail or by fax to their [local offices](#).

Participants may create a free [My Social Security account](#) in order to report wages online. To create an account, customers need

their valid email addresses, SSNs, U.S. mailing addresses, and they must be 18 years of age or older. After creating their accounts, claimants may [log in here](#) to use the online tool.

Overpayments

After receiving a notice of overpayment, SSI beneficiaries must repay the SSA within **30 days** if they agree with the SSA's decision to recover the amount of the overpayment.

If claimants do not currently receive SSI benefits when they obtain a notice of overpayment, they may repay the Administration by mailing a check to their local Social Security office, or they may submit the payment in person at a local field office.

Those who receive Social Security but no longer qualify for SSI may choose to repay the SSA by withholding 10 percent of their monthly benefit amount from their future Social Security payments.

If recipients do not repay the funds, the SSA will recover the amount from their employee wages or federal income tax refund. If necessary, the SSA will report delinquencies to credit bureaus.

If program recipients agree that they have been overpaid in SSI benefits but feel that the mistake was not their fault, they may ask the SSA to waive the collection of the overpayment if they cannot afford to repay the full amount. To request a waiver, claimants must:

- ✓ Complete a [Request for Waiver of Overpayment Recovery or Change in Repayment Rate](#) (SSA-632-BK). This application is available online, in person at local Social Security field offices, or claimants may contact the SSA at 1-800-772-121 to request the form by mail.
- ✓ Prove that the overpayment of benefits was not their fault.
- ✓ Prove that repaying the amount would lead to financial hardship. For instance, claimants must submit proof of their income and household expenses.

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- ✓ Submit the application for a waiver to their [local Social Security office](#).
 - ✓ Meet with the SSA. While this is not necessary in all cases, some claimants may need to meet face-to-face with a member of the Administration.

Appealing an Overpayment

Recipients must request an overpayment appeal within **60 days** from the date on the overpayment notice. Program participants may request an appeal if the SSA denies their request for a waiver.

After requesting an appeal, claimants may create a [my Social Security account](#) or log in to check the status of the case.

Online

Claimants may begin the non-medical appeals process [online here](#). Claimants must gather the following:

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- ✓ Their name, address, SSN and telephone number
 - ✓ The name, phone number and address of their personal representative, if applicable
 - ✓ The overpayment notice they received from the SSA
 - ✓ Any supporting documents that pertain to their claim

Claimants may need to submit supporting documentation to their local Social Security office. In most cases, applicants may do so online or by mail. Certified documents must be submitted in person or by mail.

In Person, By Mail or Telephone

Claimants may request an appeal in person or by mail. To do so, they must complete a [Request for Reconsideration](#) (SSA-561-US) or a Request for Reconsideration – Disability Cessation Right to Appear (SSA-789).

Then, they must submit the request for an appeal to their local Social Security office either in person or by mail.

To request an appeal by telephone, claimants may contact the SSA at **1-800-772-1213**, or they may contact their [local Social Security office](#) if they prefer. Hard-of-hearing or deaf claimants may use TTY at 1-800-325-0778.

If You Disagree with the SSA's Decision

If the SSA denies a claimant's request for reconsideration, he or she may request an [appeal](#) before an administrative law judge (ALJ), the Appeals Council, and the Federal Court.

An SSI beneficiary may request a non-medical hearing [online here](#). They may submit a [Request for Hearing by Administrative Law Judge](#) (Form HA-501-U5) to their local Social Security office in person or by mail.

If a claimant disagrees with the ALJ's decision, he or she may appear before the Appeals Council by submitting a request for an appeal at [this link](#) or by submitting a [Request for Review of Hearing Decision/Order](#) (Form HA-520-U5) to their local SSA office.

A claimant may mail the application to the following address:

Appeals Council

5107 Leesburg Pike

Falls Church, VA 22041-3255

If an SSI recipient wishes to submit his or her case to the Federal Court, he or she must do so within 60 days of receiving a notice from the Appeals Council. Additional information about this process is available [here](#).

Additional Resources

[Achieving a Better Life Experience \(ABLE\)](#)

[Disability Publications from the Social Security Administration](#)

[Information on the Americans with Disabilities Act](#)

[Medicare](#)

[Overview of Social Security Disability Programs](#)

[Social Security Disability Insurance \(SSDI\)](#)

[Social Security Retirement Benefits](#)

[Social Security Survivors Benefits](#)

[The Red Book](#)

[Ticket to Work Program](#)