



Resources for Work Equal Success for Me!

The Supplemental Security Income (SSI) program has work incentives to help you increase your income by working. Work incentives may allow you to continue receiving your SSI payments and Medicaid coverage while you work.

For information on all our work incentives, visit www.ssa.gov/redbook and read *The Red Book — A Guide to Work Incentives and Employment Supports for People Who Have a Disability Under the Social Security Disability Insurance (SSDI) And Supplemental Security Income (SSI) Programs* (Publication No. 64-030).

Rob's Story

Rob, 17, has cerebral palsy. He wanted to enroll in a vocational training program to learn the skills he needed to enter the workforce. Rob's parent expressed concerns about Rob losing SSI payments and Medicaid eligibility if he worked. Rob's teacher explained the purpose and goals of the training program, the benefits Rob would gain from paid employment, and how work incentives could help him work without losing his SSI or Medicaid benefits. With his parent's concerns addressed, Rob enrolled in the vocational training program.



Below are some resources and programs that are available to help you prepare for work.

Grants and Scholarships

If you're planning to continue your education after high school, you may get grants, scholarships, fellowships, or gifts. We do not count these items as income or resources for up to 9 months when we figure your SSI payments. We do not count any portion used to pay for tuition, fees, and other necessary expenses at any educational institution (including vocational and technical schools).

When we figure SSI payments, we do not count all student financial assistance received under the Bureau of Indian Affairs student assistance programs. Nor do we count assistance received under Title IV of the Higher Education Act of 1965, including:

- Pell grants
- Federal PLUS loans
- Perkins loans
- Stafford loans
- Ford Federal Direct loans
- Work-study programs

If you get SSI and receive any grants, scholarships, or educational loans, make sure to share your news with us. This will help us assist you.

Ticket to Work Program

Ticket to Work is a free and voluntary program that supports career development for people who receive disability benefits and want to work. Most people receiving SSDI or SSI who are 18 - 64 have a Ticket available to them. You may assign your Ticket to a state vocational rehabilitation agency or another approved provider to get free training, help in your job search, and help you understand how work may affect your benefits.

For more information about the Ticket to Work program, visit [**choosework.ssa.gov/findhelp/**](https://choosework.ssa.gov/findhelp/) or contact the Ticket to Work Help Line at **1-866-968-7842** (TTY **1-866-833-2967**), between 8 a.m. and 8 p.m. Eastern Time, Monday through Friday.

Contacting Us

The most convenient way to do business with us is to visit [**www.ssa.gov**](https://www.ssa.gov) to get information and use our online services. There are several things you can do online: apply for benefits; start or complete your request for an original or replacement Social Security card; get useful information; find publications; and get answers to frequently asked questions.

Or, you can call us toll-free at **1-800-772-1213** or at **1-800-325-0778** (TTY) if you're deaf or hard of hearing. We can answer your call from 8 a.m. to 7 p.m., weekdays. We provide free interpreter services upon request. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the day.

We are less busy later in the week (Wednesday to Friday) and later in the month. You can also use our automated services via telephone, 24 hours a day, so you do not need to speak with a representative. If you need to visit an office, you must have an appointment.

Youth Toolkit 2026

You can find additional information and resources to make a successful transition to adulthood at [**www.ssa.gov/youth/**](https://www.ssa.gov/youth/)



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Publication No. 64-123 | August 2026 (Recycle prior editions)

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Produced and published at U.S. taxpayer expense