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I Am Receiving SSDI Benefits – May I Still Work?



The short answer to this question is yes. But it is

SOUTHERN CALIFORNIA

WORKERS' COMPENSATION BLOG

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important to know the rules for working while you are still receiving [Social Security Disability \(SSDI\) benefits](#).

The Trial Work Period

The Social Security Administration (SSA) allows a **trial work period** during which someone with a disability can try working. This trial work period is generally 9 months long. A **trial month** is one in which you generally earn more than \$780 (2015).

Even in the trial work period, a month will not count towards the maximum of 9 if the individual:

- Earns \$780 or less, **or**
- Works less than 80 hours in self-employment, regardless of the amount earned

The nine months in the trial work period do not need to be consecutive.

The Substantial Gainful Activity Test

If you work more than 9 months in a five-year period, the SSA will assess your earnings and your work to see if they meet a threshold called "Substantial Gainful Activity" (SGA). In general, SGA is work that pays you more than a certain monthly dollar amount: in 2015 those amounts are \$1,090 for non-blind disabled applicants and \$1,820 for those who are blind. Once you exceed that amount the SSA will assume that you are no longer disabled.

Note that the SGA evaluation is not only an earnings check, because it takes into account the circumstances under which the work is performed even if your earnings are **lower** than the limit. Volunteer activities may be included and there are special rules for business-owners.

Extended Eligibility

If you have completed your trial work period of 9 months and you are still able to work, your SSDI status moves into a 36-month **extended period of eligibility**. During this phase your eligibility will be determined month to month. You will receive your SSDI check in any month that you don't exceed the Substantial Gainful Activity threshold.

More Resources

You can find complete information on how returning to work affects your SSDI benefits in the SSA's booklet [Working While Disabled: How We Can Help](#).

The [Ticket to Work Program](#) is part of the SSA's services to those who are disabled and can help with employment and vocational training.

From My Blog

Hearing Loss and Disability Benefits

Losing your hearing can certainly affect your ability to earn gainful

employment. However, mild to moderate hearing loss does not automatically qualify for disability benefits.... [click here to read more](#)

Planning a Staycation? Try One of These Unusual Attractions



See an authentic shipwreck. The [SS Dominator](#) ran aground in Rancho Palos

Verdes in 1961. A round-trip hike of two miles takes you to the rusted pieces along the shore.

Watch the stars. Take a tour of [Mount Wilson Observatory](#) in the San Gabriel Mountains outside Pasadena.

Ever see a bottletree? Check out the colorful and unique constructions at [Elmer's Ranch](#) on Route 66 north of San Bernardino.

Explore a unique slot canyon. This natural formation is common in Utah but you can see one at [Anza-Borrego State Park](#), the largest desert park in America, located east of San Diego.

Visit a piece of US Navy history. The [USS Midway](#) at San Diego has over 60 exhibits and 29 restored aircraft. The surrounding park boasts giant statues and a salute to Bob Hope's USO efforts.

Discover a banana museum. Visit the [International Banana Museum](#) at Salton Sea near Mecca and grab a banana shake on your way out.

Get to know an ostrich. At [OstrichLand USA](#) in Solvang you can photograph and feed these large birds and maybe even see a baby ostrich.

Visit a living ghost town. The desert town of [Randsburg](#) has abandoned mines, Cowboy Bob's Antique Store and a General Store that sells old-fashioned sodas with phosphates.

Check out a McDonald's museum. Located in [San Bernardino](#), it's the only place today where you can find a sign for a 15-cent McDonald's hamburger.

See an authentic panoramic presentation. The [Velaslavasay Panorama](#) exhibit hall in Los Angeles presents unique sound and light experiences in a panoramic form.

If you or a loved one has been denied Worker's Compensation or Social Security Disability (SSDI) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your own home. The Kenton Koszdin Law Office, [Social Security attorney in Van Nuys](#), can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month:

Chicken Pineapple Skewers



Here's a great summer dish for the grill. Enjoy!

Ingredients

- 1 cup ketchup
- ¼ cup low sodium soy sauce
- ¼ cup honey
- 1 tablespoon yellow mustard
- ¼ cup brown sugar
- 2 whole garlic cloves
- 1 lemon, juiced
- 8 boneless skinless chicken thighs
- 1 fresh pineapple
- 16 wooden skewers, soaked in water for 30 minutes
- Extra-virgin olive oil, for brushing
- Kosher salt and freshly ground black pepper

Directions:

In a saucepan over medium heat, add the ketchup, soy sauce, honey, mustard, sugar, garlic, and lemon juice. Bring to a simmer and cook gently until thickened, about 10 minutes. Set aside and cool.

Heat an outdoor grill or a grill pan. Cut each chicken thigh into 2 pieces. Peel the pineapple and cut it into 1 ½-inch chunks. Alternating between the chicken and pineapple, thread the pieces onto the skewers. Brush them with olive oil and season them with salt and pepper. Remove the garlic cloves from the barbecue sauce and discard; put about half the sauce into a small bowl for later. Brush skewers with some of the sauce. Cook them on the grill, basting regularly with the barbecue sauce, until cooked through, about 10 to 15 minutes. Serve with reserved barbecue sauce on the side for dipping.

Recipe courtesy of FootNetwork.com

What's Happening in Southern California in June 2015

June 5 – 7, 2015

International Gem & Jewelry Show
Hyatt Regency Century Plaza, LA

June 5 – 30, 2015

The San Diego County Fair Balboa Park,
San Diego **June 6, 2015**
Thinking Shakespeare Live!
Old Globe Theatre, San Diego

June 6, 2015

Tommy Bahama Paddle Race & Ocean
Festival

June 13, 2015

HB Fun in the Sun
22080 Pacific Coast Highway,
Huntington Beach

June 20 – 21, 2015

Santa Monica Teen Film Festival
1130 Lincoln Blvd., Santa Monica

June 20 – 21, 2015

La Jolla Festival of the Arts
University of California, San Diego
campus

Santa Monica Pier

June 10 – 18, 2015

Los Angeles Film Festival
L.A. Live, 800 W. Olympic Blvd. LA

June 12 – 14, 2015

Ink-n-Iron Festival
1126 Queens Hwy, Long Beach

June 12 – 14, 2015

Steve Martin & the Steep Canyon
Rangers
Largo & the Coronet, West Hollywood

June 24 – 27, June 2015

Silicon Beach Fest Summer
Santa Monica's State Beach

June 26 – 30, 2015

Sawdust Art Festival
Laguna Canyon Road, Laguna Beach

June 27, 2015

Mariachi USA Festival
Hollywood Bowl, LA



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