How to apply for Supplemental Security Income (SSI)



For adults

What is SSI?

SSI is a disability program managed by the Social Security Administration. You must meet certain medical and financial standards to qualify.

- The disability does not have to be permanent.
- You must have a physical or mental condition(s) that very seriously limits your activities.
- The condition(s) must have lasted, or be expected to last, at least one year or result in death.

How is it helpful?

Adults who qualify for SSI receive federal Medicaid and may receive monthly cash aid.

- The cash amount is determined by family income.
- You can qualify for SSI even if you have private insurance.
- SSI Medicaid and cash aid can transfer from state to state. Please call your local office if you move.

How do I apply?

Call 1-800-772-1213 to start your application, or apply online at secure.ssa.gov/iClaim/dib.

Be prepared to provide your Social Security number and medical diagnosis, as well as your yearly family income. Keep a copy of the files you provide.

- You will set up an interview.
- Plan for it to take several hours.
- It may take place on the phone or at your local Social Security office.
- Be prepared to provide requested files.

What should I expect next?

After your interview, your medical records will be reviewed to see if your condition qualifies as a disability.

- It can take three to five months for a decision to be made. It is OK to call and check on your application. You can call Social Security or your Social Security case worker.
- You will receive Social Security's decision by mail.
- If approved, the letter will state when benefits will start.
- If denied, the letter will describe how to appeal the decision and how much time you have to appeal it.