

Where you can reach us...

"I have had to struggle to find someone who could help me make sense of the steps I had to follow to begin to be independent from social security disability. There is a lot to consider, but I feel like a new person. I now have a better understanding of my future goals. Thank you."

JC, Wassaic, New York.

Capital District

Albany, Columbia & Greene Counties



Independent Living Center of the Hudson Valley

15-17 Third Street
Troy, New York 12180

Phone: (518) 274-0701
Fax: (518) 274-7944
TTY: (518) 274-7256

802 Columbia Street
Hudson, New York 12534

Phone: (518) 828-4886
Fax: (518) 828-2592
TTY: (518) 828-6293

Mid-Hudson & Lower Hudson Valley

Orange, Dutchess, Ulster, Rockland, Westchester and Putnam Counties



Independent Living, Inc.

5 Washington Terrace
Newburgh, NY 12550

Phone: (845) 561-4061

Phone: (845) 565-1162

Fax: (845) 565-0567

Videophone: (845) 764-8384

www.MyIndependentLiving.org

Our Mission

Independent Living, Inc. is a consumer-directed, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for persons with disabilities.

Our vision is a barrier-free society with opportunities for all people to achieve their maximum potential.

**Serving
individuals with disabilities
in the Mid Hudson Region
since 1987**

WIPPA

*Hudson Valley
Work Incentives
Planning & Assistance
Alliance for Employment*

THINKING OF GOING TO WORK?



**Are you wondering how
working will impact your
SSDI or SSI benefits?**



Work



Are you receiving SSDI or SSI benefits, working now, or thinking about returning to work? Independent Living Centers can assist you in preparing a work plan so that you can go to work. Many people who work are able to keep their benefits, and continue receiving Medicare or Medicaid.



Questions you may have...

- How can I work and keep my benefits?
- What are work incentives?
- Do SSDI and SSI work incentives differ?
- Is self-employment included?
- How long will my Social Security benefits be protected?
- Will my Medicare or Medicaid be protected?



Planning




Together we can...

- Explore work incentives that could increase your income.
- Learn how earning money affects your SSDI and/or SSI benefits.
- Create a benefits plan.

Visit the Independent Living Center listed in this brochure nearest you.



Incentives



Assistance