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

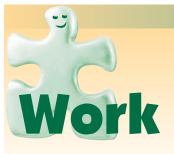
WIPA

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?





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.

Assistance