

# Supplemental Security Income (SSI) & Social Security Disability Insurance (SSDI)

## Resources from Project HEAL

This handout provides resources about SSI and SSDI from Project HEAL (Health, Education, Advocacy, and Law), a community-based program of the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute. To request assistance from Project HEAL, see the contact information at the end of this document.

### General Resources and Videos

#### **Social Security Disability Benefits: What You Need to Know**

[English version](#); [Spanish version](#)

This pamphlet has basic information about disability benefits from the Social Security Administration (SSA).

#### **Eight Common Myths About Social Security Benefits Video Series**

[English and Spanish videos](#)

This video series corrects common misconceptions about SSI and SSDI.

### Application Toolkits and Sample Documents

#### **Steps to Completing a Child SSI Application**

[English version](#); [Spanish version](#)

This resource outlines the steps for completing a child SSI application.

#### **Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI): Benefits and Application Process – A Toolkit for Adults**

[PDF](#)

This toolkit provides a comprehensive guide for adults applying for and receiving SSI and SSDI.

#### **Rental Agreement**

[PDF](#)

This sample agreement can be used to establish rental liability and avoid a reduction in SSI.

### Fact Sheets

#### **Age-18 Redeterminations**

[PDF](#)

This fact sheet explains SSA's process for reevaluating a child's eligibility for SSI when the child turns 18 and offers guidance to help families navigate the redetermination process.

#### **Benefits and Past-Due Benefits**

[PDF](#)

This fact sheet outlines how SSA pays SSI and SSDI, including past-due benefits or back pay, and provides guidance on managing these funds to maintain eligibility.

## Overpayments

### [PDF](#)

This fact sheet explains how SSA handles situations where individuals receive more SSI or SSDI benefits than they should have, outlining steps for appeals, waivers, and repayment options, and offers guidance on preventing future overpayments.

## Saving Money

### [PDF](#)

This fact sheet explains how individuals with disabilities can use ABLE accounts and special needs trusts to save money without affecting their SSI eligibility and offers guidance on managing lump-sum payments and resources for assistance.

## Updating the SSA

### [PDF](#)

This fact sheet explains the changes that must be reported to SSA when applying for or receiving SSI or SSDI to ensure accurate payments.

## [Resources for Clinicians](#)

## Frequently Asked Questions About Disability Benefits from SSA: A Guide for Social Workers

### [PDF](#)

This resource has answers to frequently asked questions about disability benefits from SSA.

## [More Information From SSA](#)

## Social Security Administration

### [SSI Website](#); [SSDI Website](#)

Visit the SSA website to learn more about SSI and SSDI.

## [How to Get Help From Project HEAL](#)

To connect with Project HEAL: call **443-923-4414** or complete an [online intake](#).

For more information, visit: [KennedyKrieger.org/ProjectHEAL](https://KennedyKrieger.org/ProjectHEAL)

Scan the QR code  
to access resources



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