

# Social Security Disability Insurance (SSDI)

## What is SSDI?

Social Security Disability Insurance helps those who have worked in the recent years and are unable to work due to injury or poor health. SSDI differs from SSI, which does not require a work history. SSDI benefits are payable to disabled workers, widows, widowers, and children or adults disabled since childhood.

## How does it work?

There are 5 types of SSDI benefits:

- Disability Insurance Benefits, which help those who have been in the workforce for five of the ten years prior to the start of their health problem.
- Disabled Widow's Benefits
- Widower's Benefits
- Disabled Adult Benefits
- Disabled Child Benefits, which help disabled children with parents who have died or who are unable to work and are receiving SSDI or retirement benefits

Help continues for up to 12 months. Eligibility requirements differ for those 30 years old and younger.

## How does one apply?

- Visit the local Social Security office to file a claim.
- Call the local Social Security office to submit an application over the phone.

## Contact Information

### Social Security

Suite 200

1401 Wilson Blvd.

Alexandria, VA 22209

Toll-Free: 1 (800) 772-1213

TTY: 1 (800) 325-0778

Hours: 9AM-4PM, Monday-Friday

Automated phone service is available 24 hours a day.