

Expedited Reinstatement of Benefits (EXR)

2026 Fact Sheet on Title II Work Incentives

This fact sheet explains one of the many work incentives available to people on Title II Social Security disability benefits. Examples of Title II disability benefits are: Social Security Disability Insurance (SSDI), Disabled Widow(er) Benefit (DWB), and Childhood Disability Benefits (also known as Disabled Adult Child or DAC benefits).

How it helps you

If the Social Security Administration has closed your case because of work activity, and you find you are unable to continue working, there's a safety net available called Expedited Reinstatement of Benefits. With this safety net, sometimes known as EXR or "Quick Benefits Restart," you may begin to receive your cash benefit again by completing a short application with the Social Security Administration.

How it works

You can request Expedited Reinstatement of Benefits within 5 years (60 months) after your benefits are terminated due to work activity. You will be eligible for up to 6 months of provisional benefits while the Social Security Administration is reviewing the continuation of your original disability.

To qualify for this provision, you must:

- Have stopped receiving your disability benefit due to earnings from work;
- No longer have countable earnings over the Substantial Gainful Activity (SGA) level (in 2026, \$1,690 per month or \$2,830 per month if disability is based on blindness);
- Be currently unable to earn over SGA due to your disability;
- Have the same or related disability as when you applied initially; and,
- Request reinstatement within 5 years from the month in which Social Security terminated the previous benefits.

If you qualify for Expedited Reinstatement of Benefits, you may be eligible for a new Trial Work Period (TWP) and a new Extended Period of Eligibility (EPE) after you receive 24 months of payments. (See the TWP and EPE fact sheets if you need a refresher on these work incentive provisions).

If the Social Security Administration determines that you do not qualify, the six months of provisional benefits will not be considered an overpayment.

In some circumstances, it may be more advantageous to file a new application for benefits rather than apply for EXR. A Community Work Incentives Coordinator (CWIC) from MaineHealth Vocational Services can help you understand more about the EXR provision to make that decision.



Vocational Services

Benefits Counseling Services • 1-888-208-8700 • benefitsandworkinme.org