

## What is Benefits Counseling Services?

A statewide service to help you understand how working affects Social Security disability and other benefits, such as MaineCare, Medicare, food stamps, and subsidized housing. There is no cost for this service due to federal and state funding.

## Who can receive Benefits Counseling Services?

Anyone 14 or older who is receiving Social Security disability benefits, SSI State Supplement from DHHS or a Home and Community Based Services waiver from DHHS, is considering or currently working, and has questions about how working impacts benefits.

## How to request services

Call 1-888-208-8700 or visit [www.benefitsandworkinme.org](http://www.benefitsandworkinme.org) to get a referral packet. Completed referral packets can be faxed to (207) 662-6789 or mailed to MaineHealth Vocational Services, 22 Bramhall Street, Portland ME 04102. We will call to schedule a meeting once the referral packet and benefits verification is received.

## Myths vs. Facts

People receiving Social Security disability benefits...

Myths	Facts
Don't want to work	Often want to work but are afraid of losing cash and medical benefits
Will lose their benefits if they work	Make decisions about work based on myths and misconceptions
Can't work more than 20 hours/week	Can work full-time while keeping some benefits, including MaineCare
Will have less total income if they work	In most cases, will have more total income when they work
Want to keep their benefits	May wish to work and stop receiving benefits in the future