

What is Benefits Counseling Services?

A free statewide service to help you understand how working affects Social Security disability and other benefits, such as MaineCare, Medicare, food stamps, and subsidized housing

Who can receive Benefits Counseling Services?

Anyone 14 or older who is receiving *Social Security disability benefits*, 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 to get a referral packet. Completed referral packets can be faxed to (207) 662-6789 or mailed to MMC Department of Vocational Services, 22 Bramhall St, 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