"I have had to struggle to find someone who could help me make sense of the steps I had to follow to begin to be independent from social security disability. There is a lot to consider, but I feel like a new person. I now have a better understanding of my future goals. Thank you."

JC, Wassaic, New York.

**Mid-Hudson & Lower Hudson Valley**

Orange, Dutchess, Ulster, Rockland, Westchester and Putnam Counties

**Independent Living, Inc.**

5 Washington Terrace
Newburgh, NY 12550

Phone: (845) 561-4061
Phone: (845) 565-1162
Fax: (845) 565-0567
Videophone: (845) 764-8384
www.MyIndependentLiving.org

**Our Mission**

Independent Living, Inc. is a consumer-directed, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for persons with disabilities. Our vision is a barrier-free society with opportunities for all people to achieve their maximum potential.

**Serving individuals with disabilities in the Mid Hudson Region since 1987**

**Capital District**

Albany, Columbia & Greene Counties

Independent Living Center of the Hudson Valley

15-17 Third Street
Troy, New York 12180

Phone: (518) 274-0701
Fax: (518) 274-7944
TTY: (518) 274-7256

802 Columbia Street
Hudson, New York 12534

Phone: (518) 828-4886
Fax: (518) 828-2592
TTY: (518) 828-6293
Questions you may have...

• How can I work and keep my benefits?
• What are work incentives?
• Do SSDI and SSI work incentives differ?
• Is self-employment included?
• How long will my Social Security benefits be protected?
• Will my Medicare or Medicaid be protected?

Together we can...

• Explore work incentives that could increase your income.
• Learn how earning money affects your SSDI and/or SSI benefits.
• Create a benefits plan.

Visit the Independent Living Center listed in this brochure nearest you.