Trial Work Period

Quick Look: If you are an SSDI beneficiary, a range of sequential work incentives can provide you with continued benefits while you test your ability to work and earn wages. The first of those incentives, the Trial Work Period, allows you to test your ability to work while still receiving your full SSDI benefit.

The Trial Work Period gives you nine months to test out your ability to work to your fullest potential without restrictions on how much you can earn. During these nine months, you can work and receive your full Social Security Disability Insurance (SSDI) benefit check no matter how much you earn.

How It Works

This work incentive is designed to let you test stamina and ability as you return to work. The Trial Work Period is nine months, not necessarily in a row, during a 60-month (5-year) rolling period. In 2025, each month you earn

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gross wages of $1,160 or more, you will use a Trial Work Period month.

After the nine months of Trial Work Period are used, the Social Security Administration will contact you to review your work activity. This is called a Continuing Disability Review. Once it has been determined you have used all of the Trial Work Period months, the next work incentive is the Extended Period of Eligibility, which begins whether or not you are working. There are other work incentives available during the Extended Period of Eligibility.

A Community Work Incentives Coordinator or an Indiana Benefits Information Network (BIN) Liaison can help you understand the Trial Work Period, how to track your Trial Work Period months, and other work incentives that are applicable to you.

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Source: www.ssa.gov. Reviewed by the Center on Community Living and Careers.

**For more information, contact the
Indiana Benefits Information Network**
812-855-6508 | www.iidc.indiana.edu/cclc

Indiana's Work Incentive Planning and Assistance Program
North/Central: 855-641-8382 | Southern: 502-548-4492