How It Helps You:

The Trial Work Period allows you nine months during which you can initially test 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 benefit check no matter how much you earn.

How It Works:

The Trial Work Period months (also called Service Months) are nine months not necessarily in a row, during a 60-month (5 year) rolling period. In 2020, each month you earn gross wages of $910, you have used a Trial Work Period Month. The amount of earnings for Trial Work Period changes each year. Prior to 2020 the amount was less.

It is important to consult with a Community Work Incentives Coordinator and the Social Security Administration to understand if you are using Trial Work Period months, or may have used them in the past few years. After the nine months of Trial Work Period are used, the Social Security Administration will also contact you to review your work activity. This is called a Continuing Disability Review. When you have used all of the Trial Work Period months an Extended Period of Eligibility begins and there are other work incentives available during the Extended Period of Eligibility.

A Community Work Incentives Coordinator 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.