

Trial Work Period

The Trial Work Period (TWP) allows you to test your ability to work for at least 9 months. During your TWP, you will receive full Social Security Disability Insurance (SSDI) benefits. You will receive them regardless of how high your earnings might be if you report your work activity, and you have a disabling impairment.

“Enter your monthly gross earnings below. If your earnings for a month are greater than the 2025 Trial Work Level (TWL) of \$1,160 enter that date and your earnings in the next available TWM box below. Please see chart below for TWL by year.”

Trial Work Monthly Gross Earnings		
Trial Work Month Number	Month/Year	Gross Earnings
TWM 1		
TWM 2		
TWM 3		
TWM 4		
TWM 5		
TWM 6		
TWM 7		
TWM 8		
TWM 9		

Trial Work Level by Year	
Year	TWL
2019	\$880
2020	\$910
2021	\$940
2022	\$970
2023	\$1,050
2024	\$1,110
2025	\$1,160

After you complete your TWP, you begin your Extended Period of Eligibility (EPE) which can be calculated using the following tables.

Extended Period of Eligibility

The EPE begins the month after the Trial Work Period (TWP) ends, even if you are not working that month . The first 36 months of the EPE is the re-entitlement period.

During the 36-month re-entitlement period, you get benefits for all months your earnings or work activities are below the substantial gainful activity (SGA) level.

“Enter your earnings for each month in the next available EPE box below.

If your earnings for the month are greater then the 2025 SGA of \$1,620 you are not eligible for your cash benefit. If your earnings for the month are less than SGA of \$1,620 you are eligible for cash benefit. Please see chart below for SGA by year.

The first time that you work above SGA in the EPE, you no longer meet the requirements for disability due to work, and Social Security (SS) considers your disability “”ceased”. SS will pay benefits for the month your disability ceased and the following 2 months. This is called the grace period. If your earnings fall below SGA and you are still in the 36-month re-entitlement period, we can restart your benefits without a new application.”

EPE Monthly Earnings 1-12			EPE Monthly Earnings 13-24			EPE Monthly Earnings 25-36			SGA Level by Year		
EPE Month	Earnings	Are Earnings Above SGA?	EPE Month	Earnings	Are Earnings Above SGA?	EPE Month	Earnings	Are Earnings Above SGA?	Year	SGA - Blind	SGA - Non-Blind
EPE - 1			EPE - 13			EPE - 25			2019	\$2,040	\$1,220
EPE - 2			EPE - 14			EPE - 26			2020	\$2,110	\$1,260
EPE - 3			EPE - 15			EPE - 27			2021	\$2,190	\$1,310
EPE - 4			EPE - 16			EPE - 28			2022	\$2,260	\$1,350
EPE - 5			EPE - 17			EPE - 29			2023	\$2,460	\$1,470
EPE - 6			EPE - 18			EPE - 30			2024	\$2,590	\$1,550
EPE - 7			EPE - 19			EPE - 31			2025	\$2,700	\$1,620
EPE - 8			EPE - 20			EPE - 32					
EPE - 9			EPE - 21			EPE - 33					
EPE - 10			EPE - 22			EPE - 34					
EPE - 11			EPE - 23			EPE - 35					
EPE - 12			EPE - 24			EPE - 36					

Your benefits will end if you work above SGA after the 36-month re-entitlement period. However, you may be able to start your benefits again if you stop work within the next five 5 years.