

ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD) متطلبات استحقاق **برنامج إعانة الغذاء الأساسية**:

Transforming lives

ما تحتاج **إلى معرفته للحفاظ على مزاياك** Basic Food Eligibility Requirements: What You Need to Know to Keep Your Benefits

سوف تتمتع بمزاياك لفترة زمنية محدودة إذا كنت لا تعمل

نحن نعتبر لـمشخصًا بالغًا قادرًا جسديًا بدون معالين مستحقًا لإعانة (ABAWD) الغذاء الأساسية لأنك قادر على العمل وليس لديك أطفال في أسرتك،

يمكنك استلام مزايا إعانة الغذاء الأساسية عن ثلاثة شهور من أصل كل 36 شهرًا إذا كنت لا تستوفي متطلبات العمل

كيف تحافظ على مزايا إعانة الغذاء الأساسية الخاصة بك

يجب عليك القيام بواحد أو أكثر من الأنشطة التالية للحفاظ على مزاياك لأكثر من ثلاثة شهور:

- إتمام العمل التطوعي من خلال برنامج الخدمة المجتمعية كل شهر . يحدد مبلغ المزايا الشخصية الخاص بك عدد الساعات التي يجب عليك التطوع خلالها للحفاظ على مزايا برنامج إعانة الغذاء الخاصة بك.
 - العمل 20 ساعة على الأقل أسبو عيًا أو 80 ساعة شهريًا في المتوسط.
 - المشاركة في برامج العمل أو التدريب المعتمدة من الولاية، مثل:
 - التغذية الأساسيةوالتوظيف والتدريب؛www.dshs.wa.gov/bfet للمزيد من المعلومات، يُرجى الذهاب إلى (BFET).
 - البرامج المُدرجةفي قانون الإبداع والفرص لقوى العمل للمزيد من (WIOA). المعلومات، يُرجى الذهاب إلى
 <u>https://www.dshs.wa.gov/esa/community-services-offices/wioa</u>!

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الموانع التي تحول دون المشاركة

اتصل بناإذا كنت غير قادرًا على المشاركة لمدة لا تقل عن 80 ساعة شهريًا لأنك:

- غير قادرمن الناحية البدنية أو العقلية؛
- تحصل علىمزايا من إدارة العمل والصناعات وإدارة المحاربين (L&l) القدامي أو تأمين الإعاقة الخاص؛
 - تعيش فيظروف معيشية تمنعك من العمل؛
 - ترعى أشخاصًا لا يستطيعون رعاية أنفسهم بسبب كبر السن أو الإعاقة؛
 - تتلقى علاجًايعتمد على المواد الكيميائية أو مشاركًا في برنامج إعادة التأهيل؛
 - تقدمت بطلب للحصول على أو تلقى إعانات البطالة؛
 - كنت مسجلًافي مدرسة لنصف الوقت على الأقل؛ أو
 - تتلقى مخصصات معونة نقدية للاجئين أو المنح المرصودة لأغراض مناظرة؛ أو
 - تشارك في مسار مهارة محدودة في اللغة الإنجليزية وبرنامج كليفر.

أشياء يجب الإبلاغ عنها:

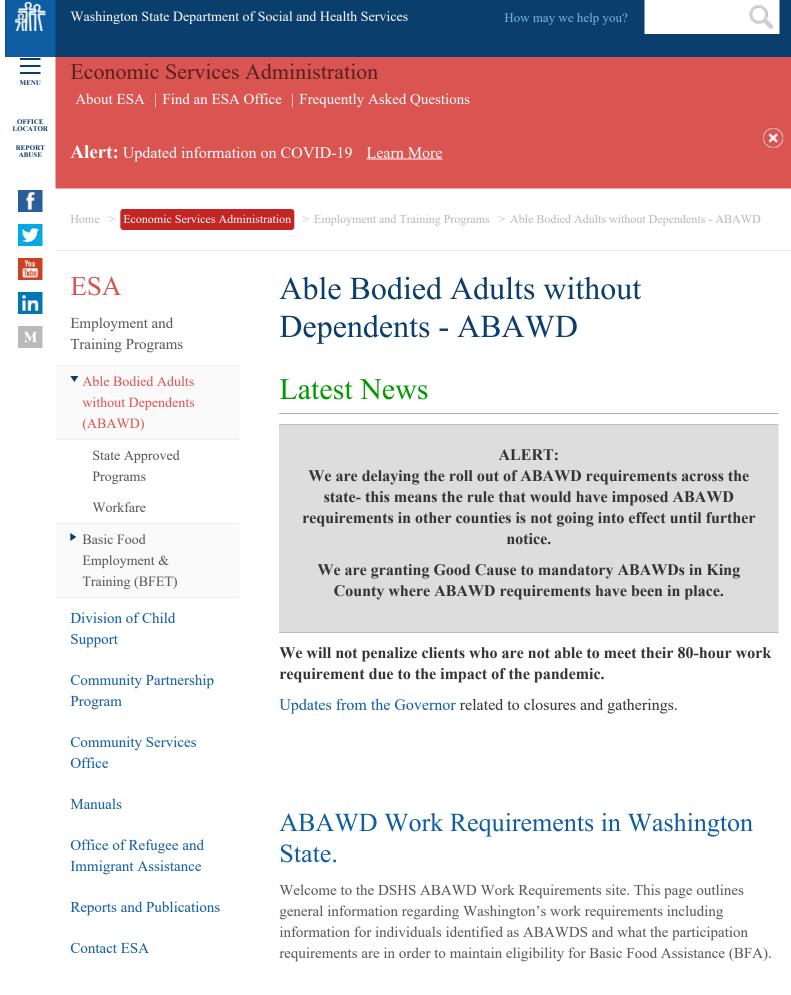
يجب أن تخبرنا إذا:

- لم تكن قادرًا على إتمام عدد ساعات المشاركة المطلوبة شهريًا
 - قلت ساعاتعملك عن 20 ساعة أسبوعيًا.
- تجاوزدخل 0060-478-388 WAC أسرتك الحد المنصوص عليه بموجب
- تحصل أنت أو أحد أفراد أسرتك على أرباح كثيرة من اليانصيب أو لعب القمار في لعبة واحدة تساوي أو تزيد عن الحد في
 (a)(8)600-470-388 WAC

www.dshs.wa.gov/abawd على ABAWD يمكنك الحصول على المزيد من المعلومات حول متطلبات

إذا كان لديك أي أسئلة أو كنت تحتاج إلى المساعدة في الاتصال ببرنامج التدريب أو تحتاج للإبلاغ عن التغييرات، اتصل بنا على الرقم .877-501-2233

يمكنك زيارتنا على الرابط التالي <u>www.washingtonconnection.org</u> للتقدم بطلب للحصول على المزايا أو تقديم مراجعة أو الإبلاغ عن تغييرات.



Disability Determination Services

Careers

Important information is outlined as follows:

- Federal Work Requirements
- Who is an ABAWD?
- What are the ABAWD requirements?
- What areas in Washington State must meet these requirements?
- Can individuals be exempted from this requirement?
- What do I do if my Basic Food ends because of the ABAWD rules?
- Current ABAWD Focused Events

Federal Work Requirements

Federal regulations require certain individuals receiving BFA to meet work requirements in order to continue receiving benefits. These requirements affect individuals identified as **ABAWDs (Able Bodied Adults without Dependents).** In Washington, ABAWDs living in non-exempt counties must work or participate in work related activities if they are not working or have approved exemptions.

Who is an ABAWD?

As outlined in WAC 388-444-0030, ABAWDs are a subpopulation of Work Registrants who:

- 1. Are ages 18 through 49;
- 2. Not receiving any food benefits for minor children in their household;
- 3. Reporting no exemptions and not identified as an exempt work registrant (more information under exemptions below); and
- 4. Able to work and have no physical or mental disabilities, injuries, or health issues that prevent them from working.

What are the ABAWD requirements?

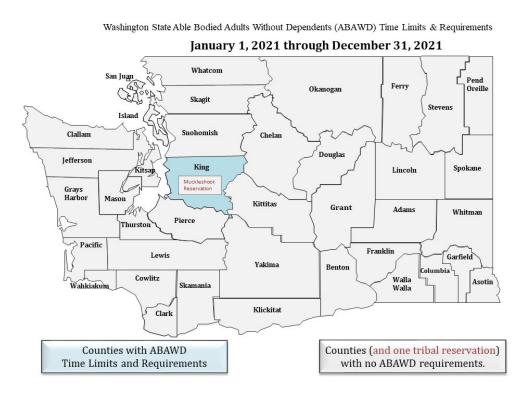
If you are an ABAWD living in a non-exempt area (see map below), you will only receive 3 months of Basic Food benefits unless you do one or more of the following:

- Work at least 20 hours per week averaged monthly (80 hours per month);
- Volunteer in the community through Workfare monthly. Please see a list of Workfare sites. The number of volunteer hours is determined based on the benefit amount divided by state or local city minimum wage; or
- Participate in state approved employment or training programs. Please see a

list of approved programs. This page will be updated as new programs are added. For more information, please click here to see the list of approved programs.

What areas in Washington are required to participate?

Effective **January 1, 2021 through December 2021,** ABAWDs who live in King County are considered non-exempt. However, individuals who reside on the MUCKLESHOOT RESERVATION are exempt.



Can individuals be exempted from this requirement?

Some people on Basic Food are exempt from ABAWD work requirements. The exemption rules can be found in WAC 388-444-0035 and 388-444-0010. In general, you are exempt from the ABAWD requirements if you are:

- Living in an exempt area;
- Under eighteen or over forty-nine years old;
- Determined to be physically or mentally unable to work;
 Unable to work at least twenty hours a week on average
 - Receiving L&I, Veterans, or private disability insurance
- Caring for a person who is incapacitated;
- Receiving food benefits in the same assistance unit as a minor child;

- Applying for or receiving unemployment benefits;
- A student* in school at least half time;
- Participating in a chemical dependency treatment and rehabilitation program; or

*A student enrolled in higher education must meet the requirements under WAC 388-482-0005 in order to be eligible for Basic Food.

More information on ABAWDs can be found in the Eligibility A-Z Manual under Basic Food Work Requirements- ABAWD.

For further questions regarding ABAWD Requirements, BFET, or Workfare

- For information regarding the ABAWD and Work Requirements Policy in Washington State, options for participation outside of Workfare such as community programs, and or if you are an agency interested in becoming a Workfare Site please email ABAWD@dshs.wa.gov;
- Visit your local Community Services Office; or
- Contact the Customer Contact Service Center at 1-877-501-2233

Washington State Department of Social & Health Services Transforming lives

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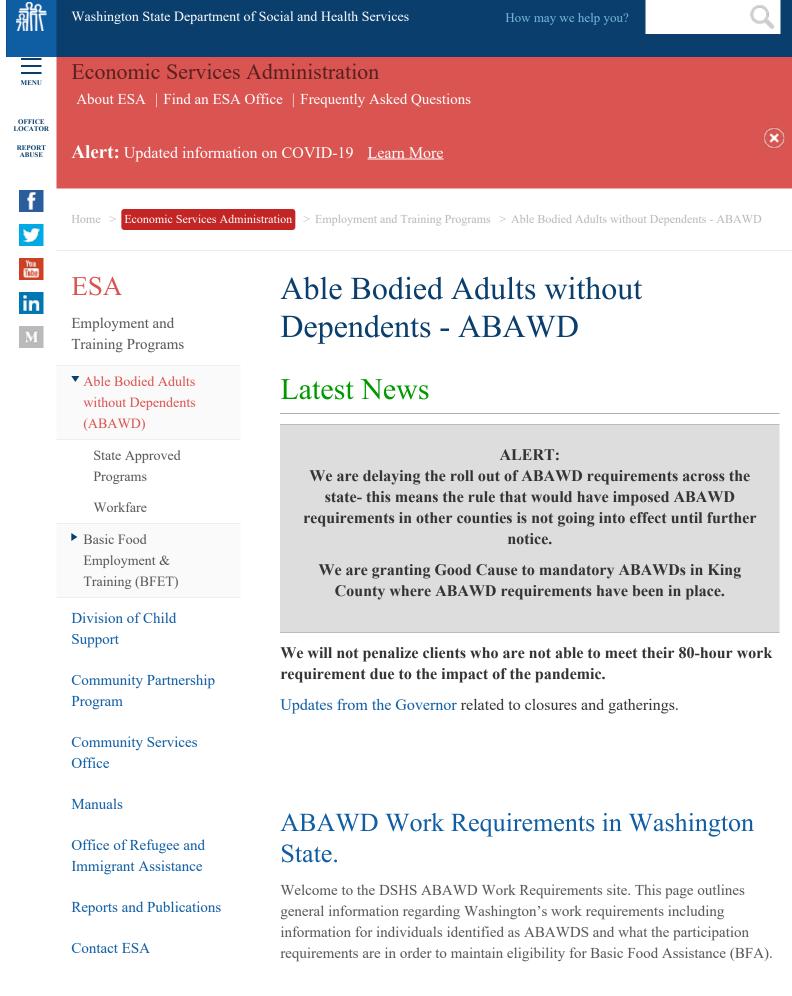
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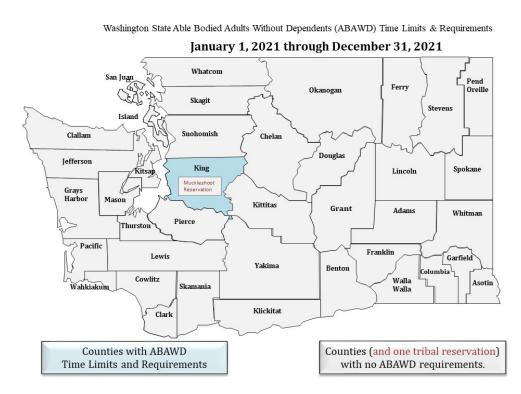
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