

# Information on the SNAP ABAWD Time Limit

The federal Able-Bodied Adults without Dependents (ABAWD) time limit rule puts a limit on how long individuals are eligible to receive SNAP. People that are considered ABAWDs can only receive SNAP for 3 months in a 3-year period unless they are meeting the work requirements or meet an exemption.

## Who is an ABAWD?

SNAP recipients who:

- are between 18 and 49 years old,
- are not disabled
- do not have children under 18 or any dependents, and
- are not working at least 20 hours/week or 80 hours/month

## Who is exempt?

### People who are under 18 or over 50 years of age

**Client Action: None. DHS should already have this information in their system. If you are over 50 and they have made a mistake, contact your local office to correct this information.**

### Pregnant

**Client Action: Inform your DHS office that you are pregnant and your expected due date.**

### Living with a child under 18 who is part of your SNAP household

Your SNAP household is everyone that is listed on your SNAP application. If you are buying and preparing meals together, you should apply for SNAP together. If the child is your own, you are exempt. If there is a child in your SNAP household that is not your own, your whole household will be exempt. If you are pregnant, your household is also exempt.

**Client Action: Make sure your SNAP case information is accurate**

### Eligible Students

High school students who are 18 or over are exempt from the work requirement.

College students enrolled half-time or more are exempt if:

- they are working 20 hours/week or more
- they are responsible for the care of someone under 6, or a child over 6 and they don't have access to child care
- they are enrolled in an employment training program under the Carl D Perkins Career and Technical Education Improvement Program

Other exemptions for students may apply, please call your DHS office for more information.



## People who are physically or mentally unable to work 20 hours a week.

Not all “Adults without Dependents” are “able-bodied.” Those who are mentally or physically unable to meet the work requirement may be exempt from the limit. This can be caused by temporary or chronic illness.

### Client Action:

**If you are receiving disability benefits, make sure that information is accurate in your case.**

**If you are not receiving disability and your medical condition prevents you from working, you must provide proof in the form of a written statement or have your health provider fill out a Determination form to verify you are unable to work.**

### This can be signed by:

- **A doctor, doctor’s assistant, nurse or a designated representative from the doctor’s office**
- **A nurse practitioner**
- **A psychologist**
- **Social Worker**
- **Mental health counselor**
- **A counselor, or staff person at a drug and alcohol program**
- **A social worker or staff person at a homeless or domestic violence services program or shelter**

## People who are chronically homeless

A person who is experiencing chronic homelessness and is determined unfit to work may qualify to be exempt from the work requirement.

**Client Action: To verify your exemption, have your case worker, or a social worker, counselor, or staff person at a homeless service provider or shelter complete the Determination form, which can be found on the DHS website.**

## People in a drug or alcohol treatment program

People who regularly participate in an inpatient or outpatient drug or alcohol program may be exempt from the work requirement.

**Client Action: To verify your exemption, have a counselor or staff person at the substance abuse program complete the Determination form.**

## People receiving domestic violence services

**Client Action: To verify your exemption, have a social worker or staff person at a domestic violence services program or shelter complete the Determination form.**



## People responsible for the care of an incapacitated person

If you care for an elderly or disabled person this can exempt you of the work requirement. The individual you are for DOES NOT have to live in your household.

**Client Action: If you care for an elderly or disabled person who can't look after themselves, call your DHS office to make sure they are aware of this. Additional proof may be required.**

## What can I do if I'm not exempt?

You must meet the work requirement in order to keep your SNAP benefits for more than 3 months in a 3-year period. Options to fulfill the work requirement include:

### Working at least 20 hours per week or 80 hours per month

If you are already working 20 hours per week (or 80 hours per month if your hours vary), you are meeting the work requirement

**Client Action: Make sure your case has information on the accurate number of hours you are working. Then, send in proof of your hours to your local DHS office. You will need to send in proof every month in order to keep meeting the work requirement. Options of proof include:**

- The last 4 weeks of pay stubs
- A signed and dated statement from your employer about your weekly hours
- Proof of self-employment (if applicable), such as tax returns

### Participate in an eligible work training program for at least 20 hours per week

**Client Action: Call your DHS office (DuPage office is 630-328-1000) to find an accredited work training program or verify that you are enrolled in one. You may need to submit proof of participation if you are already enrolled**

### Do volunteer work or community service for at least 20 hours a week

**Client Action: You can choose a location to volunteer at or see if your DHS office has any recommendations. You will need to submit the Community Work Information Form to prove your volunteer hours and have it signed by someone who works at the volunteer site.**



## Additional Resources

### Illinois Department of Human Services (IDHS):

[www.dhs.state.il.us](http://www.dhs.state.il.us) (Search ABAWD)

Statewide Customer Service Hotline: 1-800-843-6154

#### DuPage County DHS Office:

1717 Park St, Suite 105  
Naperville, IL 60563  
Phone: (630) 328-1000

### Northern Illinois Food Bank:

[www.solvehungertoday.org](http://www.solvehungertoday.org)

SNAP Outreach Team: 844-600-7627

If you are hoping to meet the work requirement by volunteering, go to our Volunteer tab and register for a shift (or multiple!)

If you are looking for places to get food, click on the Get Help tab and type in your zip code to find food pantries near you.

### People's Resource Center

[www.peoplesrc.org](http://www.peoplesrc.org)

630-682-5402

Multiple services are offered at PRC, including:

- Food pantry and clothes closet
- Adult classes (ESL, computer literacy, etc)
- Job assistance

### Illinois WorkNet Centers

[www.worknetdupage.org](http://www.worknetdupage.org)

630-955-2030

Job search & training services. If you participate, you can count 20 hours/week as your work requirement.

### Family Shelter Services

Domestic violence hotline: 630-469-5650

### DuPage County Psychological Services

Psychological and substance abuse treatment: 630-407-6400

### DuPage Federation

Find more information on ABAWD's on their site: [www.dupagefederation.org](http://www.dupagefederation.org)

