

# I have a disability and I lost my job because of the COVID-19 Pandemic. What do I do now?

Workers with disabilities who lost their jobs because of the COVID-19 pandemic have a lot of questions. The Minnesota Disability Law Center (MDLC) helps people with disabilities facing issues at work. Call us at 612-334-5970 or 1-800-292-4150 or visit <https://mylegalaid.org/our-work/disability-law>.

Common Issues	Steps to Take
If you had a job coach or other job supports, and you stopped getting them because your service provider closed.	Call the Minnesota Disability Law Center for help. Our intake number is 612-334-5970 or 1-800-292-4150.
If you lost your job because of COVID-19.	<p>Apply for Unemployment Insurance (UI) benefits right away. See our fact sheet <a href="#">COVID-19: Changes in Unemployment Benefits During the Pandemic</a>.</p> <p>(navigation: go to <a href="http://www.LawHelpMN.org">www.LawHelpMN.org</a> – click on ‘See our COVID-19 Section’ in the banner – click on ‘Unemployment and Work’ – click on the fact sheet title)</p>
If you think you lost your job because of discrimination.	Contact the Minnesota Department of Human Rights at 1-833-454-0148 or <a href="https://mn.gov/mdhr/">https://mn.gov/mdhr/</a> .
If you get Social Security disability benefits (for example SSI or SSDI) and you need an accommodation at work.	Call the Minnesota Disability Law Center for help. Our intake number is 1-800-292-4150. Learn more about accommodations from the Job Accommodations Network at <a href="https://askjan.org/">https://askjan.org/</a> .
If you got Supplemental Security Income (SSI) benefits for the last 16 months and you lost your job.	<p>Apply for unemployment. To get unemployment, you must be able to work, with the same restrictions you had before you lost your job.</p> <p>Tell the Social Security Administration that you stopped working. If you get unemployment, you might not get your SSI benefits at the same time. But your unemployment may be more than your SSI benefits. Tell your case manager if you have one.</p>

## The Minnesota Disability Law Center

Common Issues	Steps to Take
If you got Social Security Disability Insurance (SSDI) benefits for the last 16 months and you lost your job.	Apply for unemployment. To get it, you must be able to work, with the same restrictions you had before you lost your job. Tell the Social Security Administration that you stopped working. Tell your case manager if you have one.
If you got SSI or SSDI for 15 months or less and you lost your job.	Talk to your case manager or a benefits advocate at your local Legal Aid before applying for Unemployment. Find your local Legal Aid office at <a href="https://www.lawhelpmn.org/providers-and-clinics">https://www.lawhelpmn.org/providers-and-clinics</a> .
If you lost your job and your employer was a Day Training and Habilitation Program (DT&H) provider, or you were a participant in the Extended Employment (EE) program through the Department of Employment and Economic Development (DEED).	You probably are not eligible for unemployment unless you also had another job. Tell the Social Security Administration that you stopped working. You might get more Social Security disability benefits. Tell your case manager if you have one.
If you need to report a change in income to the Social Security Administration.	Contact the Social Security Administration online or by phone. All local offices are closed right now but they are taking phone calls. Find the phone number for your local Social Security Administration office at: <a href="https://secure.ssa.gov/ICON/main.jsp">https://secure.ssa.gov/ICON/main.jsp</a> .
If you need help finding another job.	Apply for help from Vocational Rehabilitation Services or State Services for the Blind. Learn more at <a href="https://www.lawhelpmn.org/self-help-library/disability/vocational-rehabilitation-services-vrs">https://www.lawhelpmn.org/self-help-library/disability/vocational-rehabilitation-services-vrs</a> .  If you get SSI or SSDI, you may be able to get help from an Employment Network as part of the Social Security Administration's Ticket to Work program. Learn more at <a href="https://www.ssa.gov/work/">https://www.ssa.gov/work/</a> .  You can also contact your local CareerForce office. Learn more at <a href="https://www.careerforcemn.com/">https://www.careerforcemn.com/</a>
If you have a Representative Payee (Rep Payee) for your SSI or SSDI benefits.	Let your Rep Payee know if you are not working or if you are getting unemployment.

**NOTE:** If you get unemployment it could affect your other benefits. Talk to your case manager or contact your local Legal Aid office.

*MDLC helps Social Security disability beneficiaries with work issues through our Protection and Advocacy for Beneficiaries of Social Security (PABSS) program.*

*SSA has reviewed this publication for technical accuracy only. It is not an official SSA document. This brochure is printed and distributed at US Taxpayer expense.*

**Minnesota Disability Law Center: 612-334-5970 or 1-800-292-4150**

**For more information on disability issues and other topics go to  
[www.LaHelpMN.org](http://www.LaHelpMN.org)**

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