

## ALL ABOUT ABAWDS

An **Able-Bodied Adult Without Dependents** (ABAWD) is a person who is:

- 18 to 49 years old, **and**
- is not disabled, **and**
- is not living with a dependent child under the age of 18.

An ABAWD is allowed to receive SNAP benefits for only 3 months during a 36-month period. This is called the ABAWD time limit. The ABAWD time limit **does not apply** if the ABAWD:

- meets the ABAWD work requirements, **or**
- is exempt from the ABAWD time limit (described below).

An ABAWD can meet the ABAWD work requirements by:

- Working at least 80 hours a month; **or**
- Participating in a work program at least 80 hours a month; **or**
- Working and participating in a work program for a combination of at least 80 hours a month; **or**
- Participating in a workfare program.

An ABAWD is exempt from the ABAWD time limit and the ABAWD work requirements if he or she is:

- Under 18 years old; **or**
- Age 50 or older; **or**
- Living in a SNAP household with a child under 18 years old; **or**
- Physically or mentally unfit for employment; **or**
- Pregnant; **or**
- Exempt from general SNAP work requirements. This includes people who are: physically or mentally disabled; complying with the work requirements of another program; already working more than 30 hours a week; participating in a drug or alcoholic rehab program; applying for or receiving unemployment compensation benefits or enrolled as a student at least half time; **or**
- Living in an exempt town (certain Connecticut towns that have high unemployment rates)

For a list of which towns are exempt and which towns are not, please visit: [www.ct.gov/snap/abawd](http://www.ct.gov/snap/abawd)

If you have questions about this notice, call Infoline at 2-1-1 or the DSS Benefit Center at 1-855-626-6632.

If you need help finding a job, call or go to your local American Job Center or your local community action agency. American Job Center locations are available at <https://www.ctdol.state.ct.us/ajc/FactSheets.htm>.

*Persons who are deaf or hard of hearing and have a TTD/TTY device can contact DSS at 1-800-842-4524.  
Persons who are blind or visually impaired can contact DSS at 1-860-424-5040.*