

Disability Benefits 101

New Jersey

See how work and benefits go together

Understand the programs that can help you.

[Find the right health coverage for you](#)

[Learn about Supplemental Security Income \(SSI\)](#)

[Learn about Social Security Disability Insurance \(SSDI\)](#)

ALL PROGRAMS

Benefits Planning Estimators

Check the numbers to see how work can improve your situation.

[Benefits and Work Estimator](#)

Got a work plan? See how it would help your situation.

[TRY IT](#)

[School & Work Estimator](#)

Are you a young person? See how working and staying in school can help you.

[TRY IT](#)

[GET A SAVED SESSION](#)

Get more details for your situation

You can make work a part of your plan.

[Discover ways to save up money while working](#)

[See which programs can help you live in your own place](#)

[Find out how benefits support young people who work](#)

ALL WORK & LIFE



Welcome to New Jersey DB101

See how you can use Disability Benefits 101 to learn more about benefits and about how work can help you live your best life.

In the news

DB101 stays up-to-date on work and benefits. Follow DB101 New Jersey on Mastodon.



DB101 National

@DB101_US@mastodon.social

Social Security is lowering the default overpayment withholding rate for Social Security beneficiaries to 10% from 100%, significantly reducing financial hardship on people with overpayments.

Learn more: blog.ssa.gov/social-security-e...



SSA

Social Security Eliminates Overpayment Burden for Social Security Beneficiaries - Automatic Overpayment Recovery Rate Reduced to 10 Percent | SSA

Social Security announced it will decrease the default o...

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