



# News of Jobs

## Working From Home With Ticket To Work

(NAPS)—If you receive Social Security disability benefits and are interested in working from home, Social Security's Ticket to Work (Ticket) Program may be able to help!

The Ticket Program supports career development for people ages 18 through 64 who receive Social Security disability benefits (SSDI/SSI) and want to work. Through this free and voluntary program, eligible participants can work with service providers to receive the supports and services they need to find and maintain employment.

Ticket program service providers can help you determine if working from home would be a good fit for you. They can help identify work from home opportunities and polish your resume for those positions.

If you're already working with a service provider, and you've started a remote position, here are 4 tips that can help you succeed when working from home:

**1. Work from your home office.** If you can, designate one room where you'll do your work. Try not to do anything else in that room. If you don't have the extra space, set up a desk or table that's dedicated to work.

**2. Create a morning routine.** A morning routine will help you prepare for work and set you on the path to a productive day.

**3. Keep a schedule.** It's important to maintain boundaries between your work and home life. If you have a home office, shut that door at the end of the day. Decompressing after work can be difficult when you're at home, but setting a schedule helps you maintain that boundary so you



**A whole team of people is ready to help you get the services you need to transition to financial independence, even if you're getting disability benefits right now.**

can switch your attention from work to home.

**4. Stay connected.** Take advantage of videoconferencing to stay connected with your co-workers. It may take some practice to learn how to interact with your colleagues this way. Studies show that people learn better through video, they retain more from meetings and co-workers feel more energized and connected with each other.

### **How can the Ticket to Work program help?**

To learn how the Ticket program can help you explore working from home, visit [choosework.ssa.gov](https://choosework.ssa.gov) or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET. Ask a representative to send you a list of service providers or find providers on your own with the Ticket program Find Help tool.