

**سوف تتمتع بمزاياك لفترة زمنية محدودة إذا كنت لا تعمل**

نحن نعتبرك شخصًا بالغًا قادرًا جسديًا بدون معالين مستحقًا لإعانة (ABAWD) الغذاء الأساسية لأنك قادر على العمل وليس لديك أطفال في أسرتك،

يمكنك استلام مزايا إعانة الغذاء الأساسية عن ثلاثة شهور من أصل كل 36 شهرًا إذا كنت لا تستوفي متطلبات العمل

**كيف تحافظ على مزايا إعانة الغذاء الأساسية الخاصة بك**

يجب عليك القيام بواحد أو أكثر من الأنشطة التالية للحفاظ على مزاياك لأكثر من ثلاثة شهور:

- إتمام العمل التطوعي من خلال برنامج الخدمة المجتمعية كل شهر. يحدد مبلغ المزايا الشخصية الخاص بك عدد الساعات التي يجب عليك التطوع خلالها للحفاظ على مزايا برنامج إعانة الغذاء الخاصة بك.
- العمل 20 ساعة على الأقل أسبوعيًا أو 80 ساعة شهريًا في المتوسط.
- المشاركة في برامج العمل أو التدريب المعتمدة من الولاية، مثل:
  - التغذية الأساسية والتوظيف والتدريب؛ [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet) للمزيد من المعلومات، يُرجى الذهاب إلى (BFET).
  - البرامج المُدرجة في قانون الإبداع والفرص لقوى العمل للمزيد من (WIOA). المعلومات، يُرجى الذهاب إلى <https://www.dshs.wa.gov/esa/community-services-offices/wioa>؛
  - AmeriCorps VISTA.

**الموانع التي تحول دون المشاركة**

اتصل بنا إذا كنت غير قادرًا على المشاركة لمدة لا تقل عن 80 ساعة شهريًا لأنك:

- غير قادر من الناحية البدنية أو العقلية؛
- تحصل على مزايا من إدارة العمل والصناعات وإدارة المحاربين (L&I) القدامى أو تأمين الإعاقة الخاص؛
- تعيش في ظروف معيشية تمنعك من العمل؛
- ترعى أشخاصًا لا يستطيعون رعاية أنفسهم بسبب كبر السن أو الإعاقة؛
- تتلقى علاجات تعتمد على المواد الكيميائية أو مشاركا في برنامج إعادة التأهيل؛
- تقدمت بطلب للحصول على أو تلقي إعانات البطالة؛
- كنت مسجلا في مدرسة لنصف الوقت على الأقل؛ أو
- تتلقى مخصصات معونة نقدية للاجئين أو المنح المرصودة لأغراض مناظرة؛ أو
- تشارك في مسار مهارة محدودة في اللغة الإنجليزية وبرنامج كليفر.

**أشياء يجب الإبلاغ عنها:**

يجب أن نخبرنا إذا:

- لم تكن قادرًا على إتمام عدد ساعات المشاركة المطلوبة شهريًا .
- قلت ساعات عملك عن 20 ساعة أسبوعيًا.
- تجاوز دخل WAC 388-478-0060 أسرتك الحد المنصوص عليه بموجب
- تحصل أنت أو أحد أفراد أسرتك على أرباح كثيرة من اليانصيب أو لعب القمار في لعبة واحدة تساوي أو تزيد عن الحد في WAC 388-470-0006(8)(a).

على [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd) يمكنك الحصول على المزيد من المعلومات حول متطلبات

إذا كان لديك أي أسئلة أو كنت تحتاج إلى المساعدة في الاتصال ببرنامج التدريب أو تحتاج للإبلاغ عن التغييرات، اتصل بنا على الرقم 1-877-501-2233.

يمكنك زيارتنا على الرابط التالي [www.washingtonconnection.org](http://www.washingtonconnection.org) للتقدم بطلب للحصول على المزايا أو تقديم مراجعة أو الإبلاغ عن تغييرات.



# Economic Services Administration

[About ESA](#) | [Find an ESA Office](#) | [Frequently Asked Questions](#)

**Alert:** Updated information on COVID-19 [Learn More](#)



Home > **Economic Services Administration** > [Employment and Training Programs](#) > [Able Bodied Adults without Dependents - ABAWD](#)

## ESA

Employment and Training Programs

▼ **Able Bodied Adults without Dependents (ABAWD)**

- State Approved Programs
- Workfare

► **Basic Food Employment & Training (BFET)**

[Division of Child Support](#)

[Community Partnership Program](#)

[Community Services Office](#)

[Manuals](#)

[Office of Refugee and Immigrant Assistance](#)

[Reports and Publications](#)

[Contact ESA](#)

# Able Bodied Adults without Dependents - ABAWD

## Latest News

**ALERT:**

**We are delaying the roll out of ABAWD requirements across the state- this means the rule that would have imposed ABAWD requirements in other counties is not going into effect until further notice.**

**We are granting Good Cause to mandatory ABAWDs in King County where ABAWD requirements have been in place.**

**We will not penalize clients who are not able to meet their 80-hour work requirement due to the impact of the pandemic.**

[Updates from the Governor](#) related to closures and gatherings.

## ABAWD Work Requirements in Washington State.

Welcome to the DSHS ABAWD Work Requirements site. This page outlines general information regarding Washington’s work requirements including information for individuals identified as ABAWDS and what the participation requirements are in order to maintain eligibility for Basic Food Assistance (BFA).

[Disability Determination Services](#)

[Careers](#)

Important information is outlined as follows:

- Federal Work Requirements
- Who is an ABAWD?
- What are the ABAWD requirements?
- What areas in Washington State must meet these requirements?
- Can individuals be exempted from this requirement?
- What do I do if my Basic Food ends because of the ABAWD rules?
- Current ABAWD Focused Events

## Federal Work Requirements

Federal regulations require certain individuals receiving BFA to meet work requirements in order to continue receiving benefits. These requirements affect individuals identified as **ABAWDs (Able Bodied Adults without Dependents)**. In Washington, ABAWDs living in non-exempt counties must work or participate in work related activities if they are not working or have approved exemptions.

## Who is an ABAWD?

As outlined in WAC 388-444-0030, ABAWDs are a subpopulation of Work Registrants who:

1. Are ages 18 through 49;
2. Not receiving any food benefits for minor children in their household;
3. Reporting no exemptions and not identified as an exempt work registrant (more information under exemptions below); and
4. Able to work and have no physical or mental disabilities, injuries, or health issues that prevent them from working.

## What are the ABAWD requirements?

If you are an ABAWD living in a non-exempt area (see map below), you will only receive 3 months of Basic Food benefits unless you do one or more of the following:

- Work at least 20 hours per week averaged monthly (80 hours per month);
- Volunteer in the community through Workfare monthly. Please see a list of [Workfare sites](#). The number of volunteer hours is determined based on the benefit amount divided by state or local city minimum wage; or
- Participate in state approved employment or training programs. Please see a

list of [approved programs](#). This page will be updated as new programs are added. For more information, please [click here](#) to see the list of approved programs.

## What areas in Washington are required to participate?

Effective **January 1, 2021 through December 2021**, ABAWDs who live in King County are considered non-exempt. However, individuals who reside on the MUCKLESHOOT RESERVATION are exempt.



## Can individuals be exempted from this requirement?

Some people on Basic Food are exempt from ABAWD work requirements. The exemption rules can be found in [WAC 388-444-0035](#) and [388-444-0010](#). In general, you are exempt from the ABAWD requirements if you are:

- Living in an exempt area;
- Under eighteen or over forty-nine years old;
- Determined to be physically or mentally unable to work;
  - Unable to work at least twenty hours a week on average
  - Receiving L&I, Veterans, or private disability insurance
- Caring for a person who is incapacitated;
- Receiving food benefits in the same assistance unit as a minor child;





# Economic Services Administration

[About ESA](#) | [Find an ESA Office](#) | [Frequently Asked Questions](#)

**Alert:** Updated information on COVID-19 [Learn More](#)

Home > **Economic Services Administration** > [Employment and Training Programs](#) > [Able Bodied Adults without Dependents - ABAWD](#)

## ESA

Employment and Training Programs

▼ **Able Bodied Adults without Dependents (ABAWD)**

- State Approved Programs
- Workfare

► **Basic Food Employment & Training (BFET)**

[Division of Child Support](#)

[Community Partnership Program](#)

[Community Services Office](#)

[Manuals](#)

[Office of Refugee and Immigrant Assistance](#)

[Reports and Publications](#)

[Contact ESA](#)

# Able Bodied Adults without Dependents - ABAWD

## Latest News

**ALERT:**

**We are delaying the roll out of ABAWD requirements across the state- this means the rule that would have imposed ABAWD requirements in other counties is not going into effect until further notice.**

**We are granting Good Cause to mandatory ABAWDs in King County where ABAWD requirements have been in place.**

**We will not penalize clients who are not able to meet their 80-hour work requirement due to the impact of the pandemic.**

[Updates from the Governor](#) related to closures and gatherings.

## ABAWD Work Requirements in Washington State.

Welcome to the DSHS ABAWD Work Requirements site. This page outlines general information regarding Washington’s work requirements including information for individuals identified as ABAWDS and what the participation requirements are in order to maintain eligibility for Basic Food Assistance (BFA).

[Disability Determination Services](#)

[Careers](#)

Important information is outlined as follows:

- Federal Work Requirements
- Who is an ABAWD?
- What are the ABAWD requirements?
- What areas in Washington State must meet these requirements?
- Can individuals be exempted from this requirement?
- What do I do if my Basic Food ends because of the ABAWD rules?
- Current ABAWD Focused Events

## Federal Work Requirements

Federal regulations require certain individuals receiving BFA to meet work requirements in order to continue receiving benefits. These requirements affect individuals identified as **ABAWDs (Able Bodied Adults without Dependents)**. In Washington, ABAWDs living in non-exempt counties must work or participate in work related activities if they are not working or have approved exemptions.

## Who is an ABAWD?

As outlined in WAC 388-444-0030, ABAWDs are a subpopulation of Work Registrants who:

1. Are ages 18 through 49;
2. Not receiving any food benefits for minor children in their household;
3. Reporting no exemptions and not identified as an exempt work registrant (more information under exemptions below); and
4. Able to work and have no physical or mental disabilities, injuries, or health issues that prevent them from working.

## What are the ABAWD requirements?

If you are an ABAWD living in a non-exempt area (see map below), you will only receive 3 months of Basic Food benefits unless you do one or more of the following:

- Work at least 20 hours per week averaged monthly (80 hours per month);
- Volunteer in the community through Workfare monthly. Please see a list of [Workfare sites](#). The number of volunteer hours is determined based on the benefit amount divided by state or local city minimum wage; or
- Participate in state approved employment or training programs. Please see a

list of [approved programs](#). This page will be updated as new programs are added. For more information, please [click here](#) to see the list of approved programs.

## What areas in Washington are required to participate?

Effective **January 1, 2021 through December 2021**, ABAWDs who live in King County are considered non-exempt. However, individuals who reside on the MUCKLESHOOT RESERVATION are exempt.



## Can individuals be exempted from this requirement?

Some people on Basic Food are exempt from ABAWD work requirements. The exemption rules can be found in [WAC 388-444-0035](#) and [388-444-0010](#). In general, you are exempt from the ABAWD requirements if you are:

- Living in an exempt area;
- Under eighteen or over forty-nine years old;
- Determined to be physically or mentally unable to work;
  - Unable to work at least twenty hours a week on average
  - Receiving L&I, Veterans, or private disability insurance
- Caring for a person who is incapacitated;
- Receiving food benefits in the same assistance unit as a minor child;

