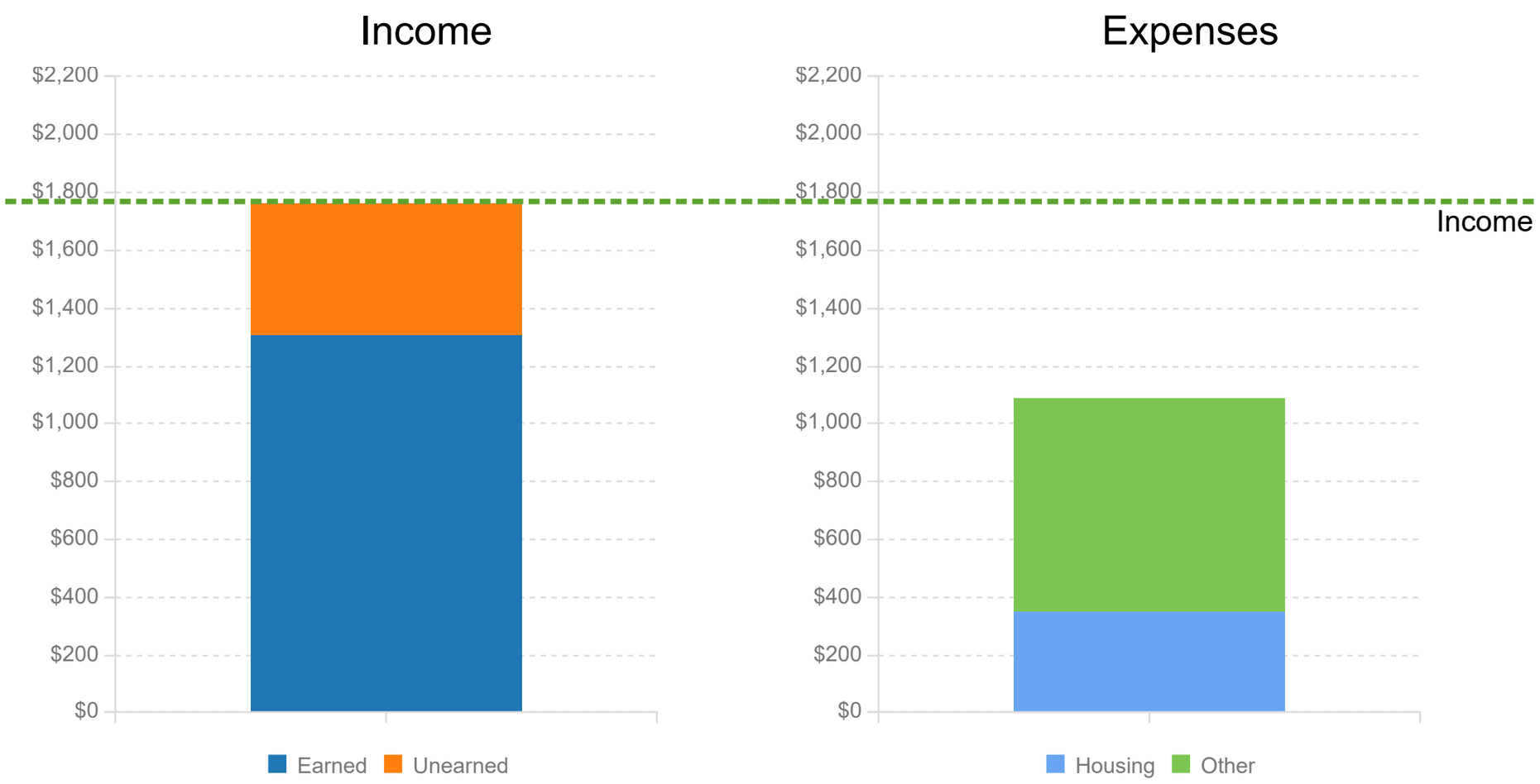
Disability Benefits 101
work • benefits • you

Prepared for: Sam Sample | September 18, 2026

Report: Your Quick Budget

Congratulations! Your income is $674 more than your expenses.



This plan works!

These numbers are only estimates.

You made these changes:

- **Work 20 hr/wk at $15/hr**: Getting a job is the biggest way you can increase your income. Try the DB101 Benefits and Work Estimator to see how your work might affect the benefits you get and read DB101's Finding the Right Job for You article.

Monthly Income	Today	Your Plan
General		
Work	$0	$1,305
Benefits		
Supplemental Security Income (SSI)	$994	$374
MSA (Minnesota Supplemental Aid)	$81	$81
Total Income	$1075	$1760

What You Spend Each Month	Today	Your Plan
Housing and transportation		
Rent, mortgage, or room and board	$300	$300
Social Security and Medicare taxes	$0	$99
Utilities (electricity, heating, water)	$50	$50
Bus, light rail, taxis, paratransit, or other transportation	$40	$40
Medical and disability		
Medical premiums or spenddowns	$25	$25
Other important expenses		

What You Spend Each Month	Today	Your Plan
Food	$300	$300
Phone	$22	$22
Extras		
Internet and cable TV	$10	$10
Other entertainment: movies, sports, music, etc.	$40	$40
Other personal spending	$200	$200
Total Expenses	$987	$1086

Learn More

- Create a work plan so that you can get a more complete idea of how much you could earn by working.
- This Quick Budget doesn't estimate changes to all benefits. Use DB101's Benefits and Work Estimator to get more details on how work might increase your total income.
- Update your Manage Benefits checklist so that you know what you need to report to benefits agencies each month when your income or living situation changes.
- Find ways to spend less: Check out Housing Benefits 101's tips about saving money on housing-related expenses and look at Minnesota State University Mankato's personal financial management resources.

Generated using Disability Benefits 101's "Do a Quick Budget" activity