



# New: Federal ABAWD Work Requirements

(Effective March 1, 2026)



ABAWD stands for  
**Able-Bodied Adult  
Without Dependents.**

In SNAP, it refers to adults ages 18–64 who are not working and do not have an exemption to the work requirements.

## DHS Community Outreach Support

DHS will be offering in-person support at the DLT offices listed below:

DLT Career Center  
**50 Sims Ave., Providence**  
Every Tuesday, 2 - 3:30 PM  
January - May

DLT Career Center  
**1330 Main St., West Warwick**  
Every Thursday, 2 - 4 PM  
January - May

- Exemptions are eliminated for veterans, people experiencing homelessness, and people under the age of 24 aging out of foster care.
- The age has changed from 54 and older to those 64 and older to qualify for an exemption.
- The age of children in the household exempting parents from ABAWD work requirements has changed from 18 to 14; parents whose youngest child is 14-18 are no longer exempt from ABAWD requirements.
- Indians, Urban Indians, or California Indians as defined by federal law, are now exempt from the work requirement.

## Who is exempt from the work requirements?

- Individuals under age 18 or age 65 or older.
- Those already working, volunteering and/or in a work program at least 80 hours a month.
- Anyone unable to work due to physical or mental health limitation who has proper documentation from a health care provider.\*
- Individuals who are pregnant or have a child under the age of 14 in the household.
- Any individuals who are Indian, Urban Indian or California Indian.

\*Community partners can help establish an exemption for disability. Community workers can fill out a Community Partner Exemption form for guests who cannot work. This form will be supplied to the community by DHS very soon.



Scan QR code for more information.

