



Shasta County Health & Human Services Agency

Able-Bodied Adults Without Dependent (ABAWD)

An ABAWD is an individual who is 18 through 49 years of age who does not have a child in their home. Shasta County is currently in an ABAWD waiver however, this waiver could end at any time.

Without the waiver, individuals who are determined ABAWD will only receive CalFresh benefits 3 months out of 36 months unless they are eligible to an exemption.

Exemptions include:

- Under 18 or over 49 years of age
- Residing in a CalFresh household with a household member under age 18
- Pregnant
- You are mentally or physically unfit for employment
 - You are in a domestic violence situation
- Participating in an Office of Refugee Resettlement Training Program at least half-time
- Exempt from Work Registration
 - Under 16 or over 59 years of age
 - A 16 or 17 year old who is not the head of household who is attending school or enrolled in an employment training program half-time
 - Complying with Title IV of the Social Security Act including California Work Opportunity and Responsibility to Kids (CalWORKs) program
 - You are helping to care for a child under the age of 6
 - You are helping to care for an incapacitated or disabled individual
 - You receive or applied for unemployment benefits
 - You participate in a drug or alcohol dependency treatment program
 - You work 30 or more hours each week
 - You work and earn at least \$217.50 each week
 - Enrolled in a school, training program, or institution of higher education on at least a half-time basis (students enrolled at least half time in an institution of higher education must meet student eligibility rules)

****If one of these situations applies to you, please let us know right away.***

Shasta County Customer Service Center 1-877-652-0731