

**WAC 388-444-0035 Who is exempt from ABAWD time limits and minimum work requirements?** Some people who receive basic food are exempt from able-bodied adult without dependents (ABAWD) time limits and minimum work requirements. You are exempt from ABAWD time limits and work requirements under WAC 388-444-0030 if you meet any one or more of the following:

- (1) You are exempt from work requirements under WAC 388-444-0010;
- (2) You are under age 18 or are age:
  - (a) 51 or older from September 1, 2023, to September 30, 2023;
  - (b) 53 or older beginning October 1, 2023, through September 30, 2024; and
  - (c) 55 or older beginning October 1, 2024.
- (3) You receive temporary or permanent disability benefits issued by a governmental or private source;
- (4) You are obviously mentally or physically unfit for employment as determined by the department; however, if the unfitness is not obvious, you must provide a statement that you are physically or mentally unfit for employment from a physician, physician's assistant, nurse, nurse practitioner, designated representative of the physician's office, licensed or certified psychologist, social worker, or any other medical personnel the department determines appropriate;
- (5) You are an adult in a basic food assistance unit that has a family member who is under the age of 18;
- (6) You are pregnant;
- (7) You are homeless;
- (8) You are a veteran as defined under the James M. Inhofe National Defense Authorization Act of 2023;
- (9) You are 24 or younger, and were:
  - (a) In foster care as defined in RCW 74.13.020 at the time of your 18th birthday; or
  - (b) Under extended foster care services as defined in RCW 74.13.336;
- (10) You live in an area approved as exempt by U.S. Department of Agriculture (USDA); or
- (11) You are eligible for one of the approved exemption slots under the USDA discretionary exemptions rule.

[Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057, 74.04.510, and 74.08.090. WSR 24-05-071, § 388-444-0035, filed 2/20/24, effective 3/22/24. Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057, 74.04.500, 74.04.510, 74.08.090, 74.08A.120 and 7 C.F.R. 273.7, 7 C.F.R. 273.24. WSR 21-07-132, § 388-444-0035, filed 3/23/21, effective 4/23/21. Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057, 74.04.510, 74.08.090, 74.08A.120, 7 C.F.R. 273.7, and SNAP. WSR 16-22-002, § 388-444-0035, filed 10/19/16, effective 11/19/16. Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057, 74.04.510, 74.08.090, 74.08A.120, 7 C.F.R. 273.7 and 273.24. WSR 16-04-046, § 388-444-0035, filed 1/27/16, effective 2/27/16. Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057, 74.04.500, 74.04.515, 74.08.090, 74.08A.120, 74.08A.903, and 7 C.F.R. §§ 273.7 and 273.24. WSR 10-23-112, § 388-444-0035, filed 11/17/10, effective 12/18/10. Statutory Authority: RCW 74.04.050 and 74.04.510. WSR 03-05-031, § 388-444-0035, filed 2/10/03, effective 4/1/03; WSR 00-04-006, § 388-444-0035, filed 1/20/00, effective 3/1/00. Statutory Authority: RCW 74.04.510. WSR 99-07-024, § 388-444-0035, filed 3/10/99, effective 4/10/99. Statutory Authority: RCW 74.04.050, 74.04.055, 74.04.057 and

74.08.090. WSR 98-16-044, § 388-444-0035, filed 7/31/98, effective 9/1/98.]