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California State Disability Insurance

California is one of only five states that offers disability insurance (the others are New York, New Jersey, Rhode Island, and Hawaii. Puerto Rico has disability benefits, too).

These are short-term benefits due to non work-related illness or injury or pregnancy or childbirth.

There is a seven (7) day waiting period; you must be sick for seven days before you can file a claim.

The system pays up to 52 weeks of benefits

“Disability” means “any mental or physical illness or injury which prevents you from performing your regular or customary work, including elective surgery, illness, or injury resulting from pregnancy or childbirth.”

If you are self-employed, you can elect coverage under the State Disability Insurance plan.

There is a six month waiting period for the self-employed.

Maximum benefit is \$917 per week for up to 39 weeks

There are special rules for state employees

Paid Family Leave

In addition to the FMLA and the state law called California Family Rights Act that is identical to the FMLA, California residents also can get unemployment compensation disability insurance if you take time off from work to care for a seriously ill family member (child, spouse, parent, domestic partner) or to bond with a new minor child.

You may receive up to 6 weeks of benefits over a 12 month period.

[For more info, Employment Development Department 1-800-480-3287](http://www.edd.ca.gov/Unemployment/Unemployment_Compensation_Disability_Insurance/Paid_Family_Leave/Paid_Family_Leave.htm)