

WE ARE YOUR DOL



Department  
of Labor

# SELF-EMPLOYMENT ASSISTANCE PROGRAM

## Your Eligibility for SEAP

### APPLYING FOR THE SELF-EMPLOYMENT ASSISTANCE PROGRAM (SEAP)

The SEAP is open to people who are out of work and meet certain requirements.

You must be:

- Eligible for at least 13 more weeks of unemployment insurance (UI) benefits
- Identified by the State's profiling system as likely to exhaust benefits
- Willing to work full time to start a business in New York State

You must receive written acceptance into the SEAP before you can start your own business while collecting benefits.

You don't have to live in New York State to take part in the SEAP. However, you must be eligible for benefits and willing to establish your business in New York State.

### YOU ARE NOT ELIGIBLE TO PARTICIPATE IN THE SEAP:

- If you have participated in the past; the law allows you to participate in the SEAP only once
- If you already have a business you would not qualify for UI benefits because you would not be totally unemployed; you must first qualify for UI benefits before you can participate in the SEAP
- If you have previously owned the type of business you wish to start; the purpose of the SEAP is to help those who want to be entrepreneurs and who have not owned a similar business
- If you are already in a full-time training program; the SEAP requires that you devote full-time efforts towards starting a business

### ACCEPTING A JOB WHILE IN THE PROGRAM

You are not required to accept a job offer once you are in the program. However, you may accept a part-time job, if you wish. All of your full-time work activities must be related to starting your business. Therefore, any job you accept must be part time. If you work part time for another employer, your weekly SEAP benefits will be reduced based on your total hours of work for the week. See [on.ny.gov/partialui](https://on.ny.gov/partialui) for details about partial unemployment insurance benefits.

If you accept a full-time job offer, you will no longer qualify for SEAP benefits. If it is a temporary job that ends during your benefit year, you may reopen your claim and continue with the program when the job ends.

To learn more about the SEAP and view an orientation, go to [labor.ny.gov/seap](https://labor.ny.gov/seap).