Determining the optimal design of social safety net programs requires balancing benefits, such as improvements in consumption and well-being, with costs, such as perverse incentives. In this presentation, I will discuss three questions on the optimal design of disability programs and present evidence from my research. First, what are the long-term effects of disability programs on children and young adults? Second, how do we target disability programs to make sure they reach those and only those whom we want to help? And third, what is the optimal generosity of disability programs, as determined by weighing costs and benefits?