

A Practical Guide to Social Security Disability Benefits

Step-by-step instructions for
completing your

**Social Security
Disability
Application**



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TABLE OF CONTENTS

<u>Introduction</u>	4
<u>Are You Eligible For Social Security Disability Benefits? What Happens Once you Apply?</u>	7
<u>15 STEPS to Successfully Acquiring Social Security Disability</u>	17
<u>STEP 1 - Get a Front Man and What You Need to Know if You Don't Have a Front Man</u>	18
<u>STEP 2 – Getting Organized: What You Need to Do to Get Started</u>	23
<u>STEP 3 - Applying for Disability: First Steps</u>	25
<u>STEP 4 - Got Doctor?</u>	31
<u>STEP 5 - Requesting Your Medical Records</u>	35
<u>STEP 6 - Research, Research, Research</u>	39
<u>STEP 7- Document, Document, Document: Forms That Will Help You</u>	41
<u>STEP 8- Who Were You Before Your Disability?</u>	51
<u>STEP 9- Don't Do It Alone! Get Letters of Support</u>	53
<u>STEP 10- Keep the Lines of Communication Open</u>	55
<u>STEP 11- Diminishing Your Symptoms: Do Not Play Down, Devalue, Make Light of or Detract From Your Symptoms</u>	57
<u>STEP 12- How to Fill Out Your Social Security Disability Application</u>	60
<u>STEP 13- How to Pull it All Together</u>	96
<u>STEP 14- Copies, Copies, Copies</u>	100
<u>STEP 15- Mail IT!</u>	101
<u>What's Next? Don't Get Discouraged, You Have Options</u>	102
Appendix	
<u>A. Resource Pages</u>	
• <u>Information & Assistance: Social Security Disability</u>	108
• <u>General Assistance & Support with Living Expenses</u>	109
<u>B. Tools for Dealing with a Chronic Illness</u>	111
<u>C. Sample Letters and Documents</u>	
• <u>Symptoms List</u>	121
• <u>Resume</u>	123
• <u>List of Physicians</u>	126
• <u>Medication List</u>	128
• <u>Description of Disorder</u>	131
• <u>Cover Sheet, Medical Records</u>	135
• <u>Letter Advocate Release of Information</u>	136
• <u>Letter from your Doctor to Social Security Administration</u>	137
• <u>Letter of Support from Friend or Family Member</u>	139

• Letter Release of Medical Records	140
D. Forms	
• Checklist for Success	142
• Medication List	146
• Lab Tests	147
• Doctor(s) Visit(s)	148
• Hospital/ E.R. Visit(s)	149
• Daily Living Activities Form	150
• Daily Living Activities Worksheet	155
• Social Security Administration Contact Sheet...	156
• Social Security Disability Application Checklist	157
E. My Journey with Social Security	159

INTRODUCTION



The purpose of this book is to provide you with the right tools that will help you obtain Social Security disability benefits on your first try. You see, it is not the job of Social Security to help you get Disability Benefits. They are there to review your claim and to determine if you have a disability, that's it. With Social Security, you are guilty of NOT having a disability and it is YOUR JOB to prove that you do! Sad, but true!

Applying for disability is like playing a game of chess with a blindfold on! Your opponent can see everything and has a strategy while you, on the other hand, are completely blind and most likely are assuming your opponent is playing the same game as you. Not true! But remember that it is the system that can be unfair, not the people that work for the system.

The system is set up to challenge what you are telling them. The Social Security employees will question and challenge everything you are saying and doing and will track your every statement looking for inconsistencies. That is their job, and they do it well. In their effort to elicit specific answers, they might appear curt and unfriendly, but don't let that intimidate or frustrate you!

That is how the system is set up and getting angry, discouraged and frustrated doesn't take you anywhere. Instead, empower yourself with the information and tools you will find here so you, too, can successfully acquire Social Security Disability Benefits.

It is important that you understand that you have every right to collect Social Security Disability Benefits. It is not a handout, it is your right. For years you have paid into the system and, now that you need the assistance, it is time for them to provide it when you need it! You should not feel like you are begging for your money or feel like you have to go through a gauntlet of humiliating and belittling meetings and tests to prove you need help!

And, believe me, unless you go in there armed with the right information and tools, you are going in ready to fail. I know this personally because I had to go through the whole process myself and I would have failed had it not been for the support I was able to get from my parents who acted as my advocates. Two of the smartest people I know!

In 2000, I developed a neurological disorder that altered my entire life. I ended up bed bound and unable to care for myself, much less work. I resisted the whole Social Security disability process because I was embarrassed, but thank goodness for my parents, my advocates, because if they hadn't stepped in to help, we would have lost the house, cars, everything!

If you are interested in learning more about my story, read [My Journey with Social Security](#) in the *Appendix Section E* or visit my website [Healthy Holistic Living](#).

But, with the help of my parents acting as my advocates, we completed the whole process successfully in less than 6 months. Everybody said it was impossible that I would get disability on the first try, much less one year after first getting sick. But my parents happen to be rather good at maneuvering through problems and are used to working with bureaucratic systems. So, they knew exactly what to do. And that is what I am going to share with you. I will walk you through the same process I went through and I will provide you with the right tools so you can set a goal of doing what we did: WIN SOCIAL SECURITY DISABILITY BENEFITS THE FIRST TIME WE APPLIED.

The best way to use this book is to take each step one at a time and not to try to digest all the information at once. Even though the information and guidelines I outline are not that complicated, it is a lot of information to try to assimilate at one time. You may choose to read the entire book first and then take each chapter and each step individually, following the instructions in the sequence I present them.



Important things to remember:

- In the eyes of Social Security, you are guilty of NOT having a disability and it is YOUR JOB to prove that you do.
- The system is set up to challenge what you are letting them know.
- You have every right to collect the Social Security Disability Benefits you deserve. Benefits are NOT a handout.
- It is not impossible to get your disability benefits the first time you apply.
- Don't try to assimilate all of the information in this book at once. Follow each chapter, each step, and each guideline in sequence.