

LAW OFFICE OF SHARON A. CHRISTIE, P.A.
Your Social Security Disability Law Firm

How to Apply for Social Security Disability Benefits

By Sharon A. Christie, Esq.

You can submit an application for disability by any one of three different methods: in person at a Social Security office, via phone, or online.

If you call SSA at 1-800-772-1213, you can set up an in-person appointment date, get directions to the office, and find out what paperwork you should bring with you.

The second method is to call to arrange for someone from the Social Security office to call you on a specific date. The person who calls will help you to fill out your application which will be sent to you for a signature. Remember, though, that while the date of your phone appointment is exact, the time is approximate. If you do not receive a phone call on the day of your appointment, make sure that you call back the next day to reschedule. The local Social Security offices are too busy to call you to reschedule.

In my opinion, the best way to apply is online. You can do it from the comfort of your own home and at your own pace. The application is long and you should be prepared to spend several hours on it. You will want to have information about your work history for the last 15 years, contact information for your treating doctors and hospitals and a list of the medicines that you take. The application can be found at www.socialsecurity.gov/applyfordisability/adult.htm. The application for Supplemental Security Income, Social Security's other disability program, is not available online, though supporting forms for it are.

No matter which method you use to apply, make sure that your answers are truthful. This is especially important on the Disability Report, the form where you explain why your condition is a disability that prevents you from being employed. Focus your responses on your limitations; that is, the problems that keep you from going to work.

If you have already submitted an application for benefits and have been denied, contact me, Sharon Christie, for help by filling out the contact form on my website: www.SharonChristieLaw.com. I'll be happy to help!

I also suggest that you request my booklet, *The Unofficial Guide to Social Security Disability Claims*, by clicking on the image in the sidebar of any page on my site. The booklet is FREE, so please don't hesitate to request a copy.