

Anxiety and Social Security Disability: The Top Things You Should Know

1. Anxiety is addressed by the Social Security Administration (SSA) under Section 12.00 Mental Disorders. Section 12.06 Anxiety-Related Disorders lists the criteria that applicants must meet.
2. Your anxiety disorder must be severe enough to prevent you from performing any “substantial, gainful activity” as defined by the SSA in order to gain benefits.
3. The SSA requires that your anxiety must be the main disturbance of your disorder or results from you attempting to master symptoms such as confronting a anxiety-inducing situation or resisting compulsions.
4. There are five types of anxiety disorders recognized by the SSA for benefits:
 - Generalized Anxiety Disorder
 - Must have three out of the four symptoms: motor tension, autonomic hyperactivity, apprehensive expectation, or vigilance and scanning
 - Panic Disorder
 - Obsessive-Compulsive Disorder

- Post-Traumatic Stress Disorder
- Specific Phobias

5. Your anxiety disorder must also result in two of the following:

- Severe limitation of daily living activities
- Difficulty maintaining social functioning
- Trouble maintaining concentration, persistence or pace
- Repeated, extended periods of decomposition

OR

You cannot function independently outside of your home.

Average Monthly Social Security Benefits for 2015

\$1165.18

Disabled worker

\$1831.77

Disabled worker with a spouse and child

Chronic Fatigue Syndrome (CFS) and Social Security Disability: The Top Things You Should Know

1. Your CFS must be severe enough to prevent you from performing any “substantial, gainful activity” as defined by the SSA in order to gain benefits.

2. Medical documentation is key to winning your case. There must be a record of medical diagnosis of CFS and consistent treatment for your condition.

3. You should keep a log of how the condition affects you. Include information such as how many breaks a day you take, how long the breaks are, how many naps you take and how long you rest.

4. You should ask your doctor for the following in order to help your Social Security case:

- A thorough medical history
- Clinical and laboratory findings
- Copies of laboratory results
- Results of mental status exams and cognitive function testing if any
- His or her opinion about any work-related activities you can do despite

your CFS

- A statement about your functional limitation

Chronic Fatigue Syndrome can be misdiagnosed because its symptoms are similar to a lot of other conditions.

Average Monthly Social Security Benefits for 2015



Depression and Social Security Disability: The Top Things You Should Know

Major Depressive Disorder affects over 3 million Americans over 18

1. Depression is addressed by the Social Security Administration (SSA) under Section 12.00 Mental Disorders. Section 12.04 Affective Disorders lists the criteria that applicants must meet.
2. Your depression must be severe enough to prevent you from performing any “substantial, gainful activity” as defined by the SSA in order to gain benefits.
3. One of the ways the SSA can determine if you qualify for disability is:
*If you have a medically documented presences of four of the following:
 - loss of interest in activities
 - change in appetite with a change in weight
 - trouble sleeping
 - difficulty concentrating or thinking
 - decreased energy
 - lack of physical movement
 - paranoia, delusions or hallucinations
 - thoughts of suicide**AND**

*Whether your depression causes two of the following: severe difficulty in daily living activities, social functioning, focusing, or repeated, expended episodes of decompensation.

4. The other way the SSA can determine your eligibility is:
*If you’ve had a medically documented history of depression for at least two years that has caused severe limitations to your ability to do basic work activities, with symptoms that are not improved by medication or psychosocial support and one of the following:
 - extended periods of repeated decompensation
 - a residual disease process that an increase in mental demands or change in environment is predicted to cause you to decompensate
 - a history of a year or more in which you’ve been unable to function outside of a highly supportive living arrangement, and that will continue
5. Medical documentation is key to winning your case. There must be a record of medical diagnosis of your depression and consistent treatment for your condition.

Average Monthly Social Security Benefits for 2015



Heart Disease and Social Security Disability: The Top Things You Should Know

1. Heart disease is addressed by the Social Security Administration (SSA) under Section 4.00 Cardiovascular System, which lists the criteria that applicants must meet.
2. Your heart disease must be severe enough to prevent you from performing any “substantial, gainful activity” as defined by the SSA in order to gain benefits.
3. There are many forms of heart disease with varying symptoms that the SSA recognizes and has special qualifications. Some types include:
 - Heart arrhythmia
 - Congenital heart defects
 - Heart infections
 - Cardiomyopathy
 - Valvular heart disease
 - Heart disease in the blood vessels

4. Medical documentation is key to winning your case. There must be a record of a medical diagnosis of your heart disease and consistent treatment for your condition.

5. The SSA will want to see evidence of physical examinations, laboratory results, and prescribed treatments and medications with details of their effects. The medical documentation of your heart disease must be a longitudinal one that covers at least a period of three months.

***Every year approximately
735,000 americans have a
heart attack.***

Average Monthly Social Security Benefits for 2015

\$1165.18

*Disabled
worker*

\$1831.77

*Disabled
worker
with a
spouse
and child*

Average Monthly Social Security Benefits for 2015

