



Checklist For Online Adult Disability Application

This checklist will help you gather the information you may need to complete the online adult Disability application process. We recommend you print this page to use while you gather your information. We hope you find our online application easy and convenient.

Birth and Citizenship Information If you were born outside the United States or its territories: <ul style="list-style-type: none"> Name of your birth country at the time of your birth (it may have a different name now) Permanent Resident Card number (if you are not a U.S. Citizen) 	
Marriage and Divorce <ul style="list-style-type: none"> Name of current spouse and prior spouse (if the marriage lasted more than 10 years or ended in death) Spouse(s) date of birth and SSN (optional) Beginning and ending dates of marriage(s) Place of marriage(s) (city, state or country, if married outside the U.S.) 	
Names and Birth Dates of Children Who <ul style="list-style-type: none"> Became disabled prior to age 22, or Are under age 18 and are unmarried, or Are aged 18 to 19 and still attending secondary school full time 	
U.S. Military Service <ul style="list-style-type: none"> Type of duty and branch Service period dates 	
Employer Details for Current Year and Prior 2 Years (not self-employment) <ul style="list-style-type: none"> View your Social Security Statement online at: www.ssa.gov/myaccount Employer name Employment start and end dates Total earnings (wages, tips, etc.) 	
Self-Employment Details for Current Year and Prior 2 Years <ul style="list-style-type: none"> View your Social Security Statement online at: www.ssa.gov/myaccount Business type and total net income 	
Direct Deposit Domestic bank (USA) <ul style="list-style-type: none"> Account type and number Bank routing number 	International Bank (Non-USA) <ul style="list-style-type: none"> International Direct Deposit (IDD) bank country Bank name, bank code, and currency Account type and number Branch/transit number
Name, address and phone number of someone we can contact who knows about your medical condition(s) and can help you with your claim	
List of your medical conditions	
Information about Doctors, Healthcare Professionals, Hospitals and Clinics <ul style="list-style-type: none"> Names, addresses, phone numbers, patient ID numbers, and dates of examinations and treatments Names and dates of medical tests you have had and who sent you for them Names of medications (prescriptions and non-prescriptions), reason for medication and who prescribed them 	
Information about other medical records that may be available from vocational rehabilitation services, workers compensation, public welfare, prison or jail, an attorney or lawyer, or another place	
Job History <ul style="list-style-type: none"> Date your medical condition began to affect your ability to work Type of jobs (up to 5) that you had in the 15 years before you became unable to work because of your medical condition Dates you worked at those jobs, if available Type of duties you did on the longest job you had 	
Education and Training <ul style="list-style-type: none"> Highest grade in school completed and date you completed it Name of special job training, trade school or vocational school and date completed Special education school name, city and state, and date completed 	

We may contact you for additional information after you submit your online application.



Disability Benefits

Learn about Disability Benefits

Social Security pays disability benefits to people who can't work because they have a medical condition that's expected to last at least one year or result in death. Find out if you qualify and how Social Security can help you.

USE OUR DISABILITY PLANNER

Already Receiving Benefits

If you receive Social Security disability benefits, you can get information and services for managing your benefits online.

MANAGE YOUR BENEFITS

If you prefer to complete your application in a language other than English, the online application will give you the option to schedule an appointment to apply for benefits in your preferred language. The online application is currently only available in English.

[Apply for Disability](#) [Return to a Saved Application](#)

[Check Application or Appeal Status](#)

Who can apply for adult disability benefits online?

You can use the online application to apply for disability benefits if you:

- Are age 18 or older;

- Are not currently receiving benefits on your own Social Security record;
- Are unable to work because of a medical condition that is expected to last at least 12 months or result in death; and
- Have not been denied disability benefits in the last 60 days. If your application was recently denied, our Internet Appeal application is a starting point to request a review of the determination we made.

You can now also file for Supplemental Security Income (SSI) online but only if you meet certain requirements. You are eligible to file online for SSI if you:

- Are between the ages of 18 and 65;
- Have never been married;
- Aren't blind;
- Are a U.S. citizen residing in one of the fifty states, District of Columbia, or the Northern Mariana Islands;
- Haven't applied for or received SSI benefits in the past; and
- Are applying for Social Security Disability Insurance at the same time as your SSI claim. Find out if you are eligible to receive Social Security Disability Benefits.

Once you finish the online process, a Social Security representative will contact you for any additional information needed for the applications.

You can also schedule an appointment with a local Social Security office to file an application. Call **1-800-772-1213** (TTY **1-800-325-0778**) from 7 a.m. to 7 p.m., Monday through Friday or contact your local Social Security office.

How do I apply for benefits?

Here is what you need to do to apply for benefits online:

- Print and review the Adult Disability Checklist
It will help you gather the information you need to complete the application.
- Complete the Disability Benefit Application.

What information do I need to apply for benefits?

We suggest that you have the following information at hand. It will make completing the application much easier.

Information About You

- Your date and place of birth and Social Security number
- The name, Social Security number and date of birth or age of your current spouse and any former spouse. You should also know the dates and places of marriage and dates of divorce or death (if appropriate)
- Names and dates of birth of your minor children
- Your bank or other financial institution's Routing Transit Number [[more info](#)] and the account number, if you want the benefits electronically deposited

Information About Your Medical Condition

- Name, address and phone number of someone we can contact who knows about your medical conditions and can help with your application
- Detailed information about your medical illnesses, injuries or conditions:
 - Names, addresses, phone numbers, patient ID numbers and dates of treatment for all doctors, hospitals and clinics;
 - Names of medicines you are taking and who prescribed them; and
 - Names and dates of medical tests you have had and who sent you for them.

Information About Your Work

- The amount of money earned last year and this year
- The name and address of your employer(s) for this year and last year
- A copy of your Social Security Statement
- The beginning and ending dates of any active U.S. military service you had before 1968
- A list of the jobs (up to 5) that you had in the 15 years before you became unable to work and the dates you worked at those jobs

- Information about any workers' compensation, black lung, and/or similar benefits you filed, or intend to file for. These benefits can:
 - Be temporary or permanent in nature;
 - Include annuities and lump sum payments that you received in the past;
 - Be paid by your employer or your employer's insurance carrier, private agencies, or Federal, State or other government or public agencies; and
 - Be referred to as:
 1. Workers' Compensation;
 2. Black Lung Benefits;
 3. Longshore and Harbor Workers' Compensation;
 4. Civil Service (Disability) Retirement;
 5. Federal Employees' Retirement;
 6. Federal Employees' Compensation;
 7. State or local government disability insurance benefits; or
 8. Disability benefits from the military (This includes military retirement pensions based on disability but not Veterans' Administration (VA) benefits.)

What documents do I need to provide?

We may ask you to provide documents to show that you are eligible, such as:

- Birth certificate or other proof of birth;
- Proof of U.S. citizenship or lawful alien status if you were not born in the United States [\[more Info\]](#);
- U.S. military discharge paper(s) if you had military service before 1968;
- W-2 forms(s) and/or self-employment tax returns for last year;
- Medical evidence already in your possession [\[more info\]](#). This includes medical records, doctors' reports, and recent test results; and
- Award letters, pay stubs, settlement agreements or other proof of any temporary or permanent workers' compensation-type benefits you received [\[more info\]](#).

We accept photocopies of W-2 forms, self-employment tax returns or medical documents, but we must see the original of most other documents, such as your birth certificate. (We will return them to you.)

Do not delay applying for benefits because you do not have all the documents. We will help you get them.

Mailing Your Documents

If you mail any documents to us, you must include the Social Security number so that we can match them with the correct application. Do not write anything on the original documents. Please write the Social Security number on a separate sheet of paper and include it in the mailing envelope along with the documents.

If you do not want to mail these documents, you may bring them to a Social Security office. Do not mail foreign birth records or any documents from the Department of Homeland Security (DHS), formerly the Immigration and Naturalization Service (INS), especially those you are required to keep with you at all times. These documents are extremely difficult, time-consuming and expensive to replace if lost. Some cannot be replaced. Instead, bring them to a Social Security office where we will examine them and return them to you.

What are the advantages of applying using our online disability application process?

Our online disability application process offers several advantages. You can:

- Start your disability claim immediately. There is no need to wait for an appointment.
- Apply from the convenience of your own home or on any computer.
- Stop and return to your saved application before submission.
- Avoid trips to a Social Security office.
- Complete the process online even if you live outside the United States.

What happens after I apply?

After we receive your online application, we will:

- Provide confirmation of your application- either electronically or by mail.
- Review the application.
- Contact you if we need more information or documentation.
- Inform you if other family members may be able to receive benefits on your record, or if you may be able to receive benefits on another person's record, such as your spouse or your parent.
- Process your application.
- Mail our decision to you.

What other ways can I apply?

You can also apply:

- By phone - Call us at **1-800-772-1213** from 7 a.m. to 7 p.m. Monday through Friday. If you are deaf or hard of hearing, you can call us at TTY **1-800-325-0778**.
- In person - Visit your local Social Security office. (Call first to make an appointment.)

If you do not live in the U.S. or one of its territories you can also contact the nearest U.S. Social Security office, U.S. Embassy or consulate.

Publications

- Disability Benefits
- Nutrition Assistance Programs
- Other Disability Publications

Related Information

- The Faces and Facts of Disability

- [Benefits for People with Disabilities](#)
- [Information for Representatives](#)
- [Helping Someone Apply Online](#)
- [What You Need to Know About The Online Disability Application](#)
- [Adults Disabled Before Age 22](#)
- [Social Security Disability Claims Process](#)
- [Research](#)
- [Appeal a Decision](#)

Healthcare Information

- [Health Information from Department of Health and Human Services](#)
- [Prescription Drug Assistance Programs](#)
- [Health Benefits Under COBRA](#)

What about SSI?

Supplemental Security Income (SSI) pays benefits to disabled adults and children with limited income and resources.

[Learn More...](#)



External Site Disclaimer

You are exiting the Social Security Administration's website.

About External Websites

The Social Security Administration (SSA) website contains links to certain websites that are not affiliated with the United States government. These may include State and Local governmental agencies, international agencies, and private entities.

SSA cannot attest to the accuracy of information provided by such websites. If we provide a link to such a website, this does not constitute an endorsement by SSA or any of its employees of the information or products presented on the non-SSA website.

Also, such websites are not within our control and may not follow the same privacy, security or accessibility policies. Once you visit such a website, you are subject to the policies of that site.

Cancel

Continue

Click continue to see a
Ytube presentation
on the application
process.



Benefits Planner

Helping Someone Apply Online

We welcome those who wish to help another person apply for disability, retirement, spouse's, or Medicare benefits. You may be a friend, relative, attorney, paralegal, employer, or member of an advocacy group or organization.

When you fill out the application, we may ask for information about you (the form completer), your relationship to the person you are applying for and, if applicable, the organization you work for.

If the person you are helping is, or will be immediately available to sign the completed application on his or her own behalf, please answer the questions as that person would answer them.

Whenever we say "you" or "your" in the application, we are referring to the person you are helping to apply.

Authorized Representatives

You do not need to be appointed as the representative of the person you are helping in order to help him or her apply for benefits. But if the person you are helping wants to officially appoint you as the authorized representative to do business with Social Security, you must submit Form SSA-1696-U4 (*Appointment of Representative*).

Visit our [Representing Social Security Claimants](#) website to get a copy of the form and an explanation of the representative process.

Who Can "Sign" the Application

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It is important that the person you are helping signs the application - not you.

If the person you are helping is, or will be with you and able to sign the completed application, he or she must be the one to sign it (i.e., electronically apply). The application will then be automatically forwarded to us and we will begin processing.

However, if the person is not with you or not able to sign the application, we will mail it to him or her for verification and signature.



Appeal A Decision

Recent Decisions

If you were recently denied Social Security benefits or Supplemental Security Income (SSI) for medical or non-medical reasons, you may request an appeal online and provide documents electronically to support your appeal. You can file an appeal online even if you live outside of the United States.

To successfully submit your appeal, you will need to select the submit button before ending your online session. Submission of your appeals and necessary documents online will save time and can help return a faster decision.

If your disability claim was recently denied for medical reasons:

Appeal Medical Decision

If you started a disability medical appeal and did not complete it:

(For example: took a break, stopped to look up documents, timed out)

Continue A Medical Appeal You Already Started

If you received a non-medical decision letter from us that you disagree with or were denied for a reason that is not disability related:

(For example: income, resources, overpayments, living arrangements)

Appeal Other Decision

You can also call our toll-free number, **1-800-772-1213** (TTY **1-800-325-0778**) or contact your [local Social Security office](#).

[New] Check the Status of Your Appeal

Whether you applied online, by phone, or in an office, you can check the status of

your disability and SSI appeals using your personal my Social Security account.

Check the Status of Your Appeal

Publications

- The Appeals Process
- Your Guide to Social Security Disability Video Hearings
- Your Right To Question The Decision Made On Your Claim
- Your Right To Question A Decision Made On Your Supplemental Security Income (SSI) Claim
- Your Right To An Administrative Law Judge Hearing And Appeals Council Review Of Your Social Security Case
- Your Right To Representation



Benefits Planner: Retirement

Benefits For Your Family

When you start receiving Social Security retirement benefits, some members of your family may also qualify to receive benefits on your record.

If they qualify, your spouse or child may receive a monthly payment of up to one-half of your full retirement benefit amount. These payments will not decrease your retirement benefit. In fact, the value of the benefits your family may receive, added to your own, may help you decide if taking your benefits sooner may be more advantageous.

Benefits paid to your spouse will not decrease your retirement benefit. In fact, the value of the benefits they may receive, added to your own, may help you decide if taking your benefits sooner may be more advantageous.

Maximum Family Benefits

If one of your children **also qualifies** for benefits, there is a limit to the amount we can pay your family. The total depends on your benefit amount and the number of family members who also qualify on your record.

The total varies, but generally the total amount you and your family can receive is about 150 to 180 percent of your full retirement benefit.

If you have a divorced spouse who qualifies for benefits, it will not affect the amount of benefits you or your family may receive.

If any of your qualified family members apply for benefits with you, we will ask you for their Social Security numbers and their birth certificates.

Benefits For Your Spouse

Even if they have never worked under Social Security, your spouse may be able to get benefits if they are at least 62 years of age and you are receiving or eligible for retirement or disability benefits. Your spouse can also qualify for Medicare at age 65.

How Much Will My Spouse Receive?

If your spouse qualifies on their own record, we will pay that amount first. If the benefit on your record is higher, they will get an additional amount on your record so that the combination of benefits equals that higher amount.

The benefits for your spouse do not include any delayed retirement credits you may receive.

If they begin receiving benefits:

- **between age 62 and their full retirement age**, the amount will be permanently reduced by a percentage based on the number of months up to their full retirement age.

If your spouse is under full retirement age and:

- works while receiving benefits, their benefits may be affected by the retirement earnings test.
 - also qualifies on their own record, their application will include both benefits.
- **at their full retirement age**, the spouse's benefit cannot exceed one-half of your full retirement amount.

If your spouse was born before January 2, 1954 and has already reached full retirement age they can choose to receive only the spouse's benefit and delay receiving their own retirement benefit until a later date. If your spouse's birthday is January 2, 1954 or later, the option to take only one benefit at full retirement age no longer exists. If your spouse files for one benefit, they will be effectively filing for all retirement or spousal benefits.

If your spouse will receive a pension for work not covered by Social Security such as government employment, the amount of their Social Security benefits on your record may be reduced.

Your husband or wife can also receive just the spouse's benefit **at any age** if they are caring for your child who is also receiving benefits.

Your spouse would receive these benefits until your child reaches age 16. At that time, the child's benefits continue, but your spouse's benefits stop unless they are old enough to receive benefits based on age.

Benefits paid to your spouse will not decrease your retirement benefit. In fact, the value of the benefits they may receive, added to your own, may help you decide if taking your benefits sooner may be more advantageous.

If your spouse is not already receiving benefits, they can apply online for benefits based on age.

If you and your spouse apply online for retirement benefits at the same time, or if your spouse applies online after you start receiving benefits, we will check their eligibility for benefits as a spouse. If they are qualified, the online application will automatically include a request for spousal benefits on your record.

If your spouse applies for benefits, they need to be ready to supply the information we need to approve their application for these benefits:

- Information You Need To Apply For Retirement Benefits Or Medicare
- Information You Need to Apply for Spouse's or Divorced Spouse's Benefits

Benefits For Your Children

When you qualify for Social Security retirement benefits, your children may also qualify to receive benefits on your record. Your eligible child can be your biological child, adopted child or stepchild. A dependent grandchild may also qualify.

To receive benefits, the child must:

- be unmarried; and

- be under age 18; or
- be 18-19 years old and a full-time student (no higher than grade 12); or
- be 18 or older and disabled from a disability that started before age 22.

Normally, benefits stop when children reach age 18 unless they are disabled. However, if the child is still a full-time student at a secondary (or elementary) school at age 18, benefits will continue until the child graduates or until two months after the child becomes age 19, whichever is first.

Benefits paid for your child will not decrease your retirement benefit. In fact, the value of the benefits they may receive, added to your own, may help you decide if taking your benefits sooner may be more advantageous.

If Your Child Works — do not confuse with adult children benefits (disabled adult children guidelines are the same as SSD beneficiaries)

If a child on your record works while receiving benefits, the same earnings limits apply to them as apply to you.

If your child is eligible for benefits this year and is also working, you can use our Retirement Earnings Test Calculator to see how those earnings would affect the child's benefit payments.

Your child's earnings affect only their own benefits. They do not affect your benefits or those of any other beneficiaries on your record.

Benefits For Your Divorced Spouse

If you are divorced, your ex-spouse can receive benefits based on your record (even if you have remarried) if:

- Your marriage lasted 10 years or longer;
- Your ex-spouse is unmarried;
- Your ex-spouse is age 62 or older;
- The benefit that your ex-spouse is entitled to receive based on their own work is less than the benefit they would receive based on your work; and

- You are entitled to Social Security retirement or disability benefits.

If you have not applied for retirement benefits, but can qualify for them, your ex-spouse can receive benefits on your record if you have been divorced for at least two years.

If your ex-spouse is eligible for retirement benefits on their own record, we will pay that amount first. If the benefit on your record is higher, they will get an additional amount on your record so that the combination of benefits equals that higher amount.

If your ex-spouse was born before January 2, 1954 and has already reached full retirement age, they can choose to receive only the divorced spouse's benefit and delay receiving their own retirement benefit until a later date. If your ex-spouse's birthday is January 2, 1954 or later, the option to take only one benefit at full retirement age no longer exists. If your ex-spouse files for one benefit, they will be effectively filing for all retirement or spousal benefits.

If your ex-spouse continues to work while receiving benefits, the same earnings limits apply to them as apply to you. If your ex-spouse is eligible for benefits this year and is also working, you can use our retirement earnings test calculator to see how those earnings would affect those benefit payments.

If your ex-spouse will also receive a pension based on work not covered by Social Security, such as government work, their Social Security benefit on your record may be affected.

The amount of benefits your divorced spouse gets has no effect on the amount of benefits you or your current spouse may receive.