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## **Social Security Disability Tip of the Month**

### **Why You Don't Need to be Afraid of a Continuing Disability Review**

When Social Security finds you disabled, it is not a finding of permanency. They have the right to **review** your case to determine if you are still disabled and entitled to ongoing benefits.

This review is known as a **Continuing Disability Review** or a **CDR**.

Not everyone receives a CDR and if it does occur, it usually happens three or more years after your claim has been approved. In some cases, a judge will put in his decision that a currently disabled claimant is expected to improve and will direct a CDR be done at a specific time. It is more likely that your case will be reviewed if you are under 50 or if you have a psychiatric impairment; regardless of age.

If you receive a CDR notice, don't panic. 90 % of the people reviewed keep their benefits. Social Security will ask you for medical evidence and a list of your doctors so they can get up to date information on your condition. They may even send you to one of their doctors. If it has been more than 6 months since you have seen your doctor you should schedule a visit.

You won't need to retain an attorney unless you're notified at this point that your disability has ended and your benefits will be suspended. Even then, you can elect to continue your payments while you appeal the suspension. However, if you lose the appeal you will have to pay back the benefits from the suspension date.

Our best advice is to stay current with your doctors so you are always prepared if a **CDR** takes place. If you do that, a CDR should not make you uneasy.

Visit [www.nymetrodisability.com](http://www.nymetrodisability.com)  
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Social Security Disability Tips.

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