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### NY Metro Disability Bulletin January 2016

#### Important Reminders for Filing and Maintaining Your SSD Benefits in 2016

The Social Security Administration has announced that more resources have been allocated in 2016 to investigate false claims. As an offshoot of that allocation, SSA is also initiating more and more Continuing Disability Reviews (CDR).

#### **Warning**

While we are prepared to help our former and new clients through the Continuing Disability Review process, it is critical to have complete and thorough medical records to document your disability. **Comprehensive records are the cornerstone of helping you receive and maintain the Social Security Disability Benefits you deserve.**

#### **Involve your doctor**

While it is not generally necessary to regularly collect copies of your medical treatment records, once you receive a CDR notice, it is in your best interest to start collecting your records and have them available to provide to the SSA. You can never rely on the decision makers at SSA to have all critical and relevant records, regardless of how many times you might have made the reviewers aware of those records. We also suggest that, if possible, you ask your treating physician for a letter or statement detailing how your medical conditions limit your ability to perform daily activities or engage in activities that would normally be expected for workers.

SSA has the right to review your case to determine if you are still disabled and entitled to ongoing benefits. We can help you prepare the paper work to file your claim or to assist in a Continuing Disability Review (CDR). Because a finding of Disability by Social Security is not permanent, your claim can be reviewed. However, SSA decision makers must do a much more thorough job of proving "medical improvement" than they need when finding someone is not disabled and thus, as long as you remain unable to work and document it properly by remaining current and active with your treatment, the CDR process should go smoothly.

**Keep careful records**

- Dedicate a notebook/journal to your disability
- Record all of your medical appointments
- Keep all of your medical receipts
- Track all of your medical treatments
- List all of your medications and prescriptions and note how successful each has been
- Log side effects of your medication (if applicable)

**Start a chronic pain diary****Document ALL of your disabling symptoms and conditions**

Every symptom, whether physical or psychological, may impact on your ability to engage in Substantial Gainful Activity and may therefore be relevant to your claim. We understand that many medical disabilities result in psychological strain. Remember to consistently document your health and mental state in a dedicated disability notebook

**Stay current and active with your medical treatment so we are always well prepared regardless of the hurdles Social Security places in our way.**

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