

Adult SSI/SSDI Starter Guide

A simple first step before you begin an adult SSI/SSDI application

Start with the basics

An adult SSI/SSDI claim asks how your health limits your ability to work. Your answers should be clear, honest, and consistent.

- Write down every health condition that limits you - physical and mental.
- List the dates, addresses, and phone numbers for your doctors, clinics, and hospitals.
- Gather the names of your medicines, who prescribed them, and why you take them.
- Make a simple list of your jobs from the past 15 years and what you did at each job.

Describe limits, not just diagnoses

A diagnosis tells what you have. Your day-to-day limits show how the condition affects you.

- Think about sitting, standing, walking, lifting, reaching, remembering, and staying focused.
- Use real examples. Explain what happened, how often it happens, and how long it lasts.
- Do not guess. If you do not know an exact date, say that it is your best estimate.
- Do not leave out hard days, but do not make every day sound the same if it is not.

Keep a claim folder

Use one paper folder or one digital folder for your claim.

- Save copies of forms, letters, medical records, and appointment notes.
- Write down dates of calls and the name of the person you spoke with.
- Open mail right away. Some notices have short deadlines.
- Tell Social Security if your address or phone number changes.

Your next step

Use this guide to gather your basic facts. The full application asks for more detail. A guided system can help you keep your answers organized and reduce missed steps.

Need help staying organized? Visit **DisabilityCommandCenter.com** for guided tools, reminders, and step-by-step support.