

SOCIAL SECURITY BENEFITS

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STEP 1: FIND OUT IF YOU MAY QUALIFY FOR SOCIAL SECURITY DISABILITY BENEFITS

- Are you age 18 or older?
- Do you have a health condition that has lasted, or is expected to last, at least one year, or is life-threatening?
- Does your condition make it hard or impossible to work?

If **yes** to all three questions, go to Step 2.

If **no** to any question, you may not qualify for disability benefits right now. Go to Step 4 to learn about other options and next steps.

STEP 2: FIND OUT WHICH BENEFIT PROGRAM MAY FIT YOUR SITUATION

- Have you worked and earned enough work credits for Social Security Disability Insurance (SSDI)?
- Do you have a low income and limited resources for Supplemental Security Income (SSI)?
- Are you a U.S. citizen or a qualified non-citizen?

If **yes** to all three questions, go to Step 3. You may qualify for SSDI, SSI, or both.

If **no** to any question, you may still have options. Go to Step 4.

STEP 3: GATHER THE INFORMATION YOU NEED TO APPLY

- Do you have proof of your identity and age, such as a birth certificate, or ID?
- Do you have medical records from you doctors, clinics, or hospitals?
- Do you have a list of medicines?

If **yes** to all three questions, you may be ready to apply. Go to Step 4.

If **no** to any question, gather the missing information, then go to Step 4.

STEP 4: GET SERVICES & PLAN AHEAD

If you answered yes to the questions that apply to you, you may be ready to apply for Social Security disability benefits. **Next Steps:**

- Apply online at www.ssa.gov/benefits/disability.
- Apply by phone at 1-800-772-1213 or TTY: 1-800-325-0778
- Apply in person at your local Social Security office.
- If you need help applying, contact ND Disability Determination Services at 701-328-8700 or www.hhs.nd.gov/dds.
- Create a Social Security account to track your application status.
- If your application is denied, you have the right to appeal.