

Qualifying for Disability Benefits at the Same Time As VA Disability

If you are already receiving [VA disability benefits](#) for a service-related medical condition you can still apply for Social Security disability benefits. Receiving VA disability benefits doesn't disqualify you from applying for Social Security disability benefits. In order to file a claim for [Social Security disability benefits](#), you must expect your medical condition to make it impossible for you to work for at least a year.

Medically Qualifying For Social Security Disability Benefits

In order to receive Social Security disability benefits you must have a medical impairment that is listed in the Social Security Administration's [Blue Book](#). The Blue Book is a complete listing of all the medical conditions that qualify for disability benefits. As long as you meet the criteria that are listed for a condition in the Blue Book you may be able to qualify for benefits due to that condition. Veterans often have injuries and conditions that qualify them for disability benefits like:

- Hearing loss
- Vision loss
- Breathing problems or lung disease
- Heart disease
- Stress related illnesses
- PTSD
- Traumatic Brain Injury
- Amputations

For a veteran to qualify for Social Security disability benefits because of PTSD, for example, the veteran would need to have a diagnosis of PTSD and their medical records would need to prove that you have at least one impairment from this [list](#):

- You must recall a traumatic experience; and/or
- You must have recurring obsessions or compulsions; and/or
- You must exhibit an irrational fear of a situation, object, or activity that is persistent enough that it causes a compulsion in you to avoid the situation, object, or activity; and/or
- You must have severe panic attacks, with symptoms of fear, intense apprehension, and feelings of impending doom and terror, on an average of at least once a week; and/or
- You must experience generalized persistent anxiety accompanied by at least three of the following symptoms: autonomic hyperactivity (shortness of breath, rapid heart rate, dry mouth, cold hands, and dizziness), apprehensive expectation (anxiety, fear, worry, and persistent thoughts of potential misfortune), motor tension (fatigability,

trembling, restlessness, and muscle tension), or vigilance and scanning behavior (feeling keyed up, increased startling, and impaired concentration).

If you can prove you meet the first requirement you must also have medical records that prove you meet these conditions:

- You are markedly restricted in your normal daily activities, and/or
- You have marked difficulties in maintaining social functioning, and/or
- You have marked difficulty in maintaining your concentration, persistence, or pace, and/or
- You have repeated episodes of decompensation (worsening psychiatric symptoms), that are of extended duration.

Or your [medical records](#) must prove that your PTSD results in your complete inability to function on your own outside your house. Medical records can include everything from doctor's notes and test results to statements from counselors and caseworkers and even your VA disability findings.

Applying For Social Security Disability

You can apply for Social Security disability benefits [online](#). Or, if you have trouble filling out paperwork or are confused by the application you can make an appointment at your local SSA office to apply in person. A loved one or family member can also fill out the application for you. When filling out the application, if you have a VA rating of 100% P&T, be sure to make this on your application for an expedited claim.

Resources:

VA Disability: <https://www.va.gov/disability/>

Social Security Disability: <https://www.disabilitybenefitscenter.org/faq/how-ssa-determines-disability>

SSA's Blue Book: <https://www.ssa.gov/disability/professionals/bluebook/AdultListings.htm>

PTSD Listing: <https://www.ssa.gov/disability/professionals/bluebook/12.00-MentalDisorders-Adult.htm> - 12 15

Medical Records: <https://www.disabilitybenefitscenter.org/blog/importance-medical-records>

Online Application: <https://secure.ssa.gov/iClaim/dib>