

## **INFORMATION RE: dLCV'S SOCIAL SECURITY WEB RESOURCES & COMMUNITY-BASED RESOURCES FOR SOCIAL SECURITY ASSISTANCE**

Thank you for contacting the disAbility Law Center of Virginia (dLCV) about Social Security disability. Currently, dLCV cannot provide personal help around obtaining or maintaining Social Security disability benefits, SSI resource issues, benefits ending unexpectedly, or overpayments unrelated to work.

However, our website ([www.dlcV.org/socialsecurity](http://www.dlcV.org/socialsecurity)) remains available. Self-help guides can answer many of your questions and help you manage your claim at each stage. If you do not use the Internet, you may ask our receptionist to mail you a hard copy.

### **dLCV's self-help guides (note some in Spanish, Vietnamese, Arabic, Chinese):**

#### **Under "All about applying for social security disability benefits"**

- Social Security's medical and financial eligibility rules so you understand what qualifies you and what you have to prove to be approved
- How to apply for SSI and/or SSDI and how to understand the difference between these programs (including separate links to apply for each)
- The Disabled Adult Child benefit and the SSI age-18 re-determination

#### **Under "All about Appealing a Decision made by the Social Security Administration" (SSA)**

- How to appeal a decision and how and when to obtain representation, including two referral organizations and a link to Social Security to appeal a decision

#### **Under "All about keeping a benefit once you have it"**

- Continuing Disability Reviews and how to keep your proof of disability current to keep your benefit

#### **Under "All about benefit overpayments"**

- How to avoid or dispute an overpayment (when SSA says they paid you too much and want you to pay it back), including major SSA changes that favor overpaid beneficiaries

Under **“All about having or being a representative payee”**

- Social Security’s publications for payees and beneficiaries including how to become your own payee. For specific concerns, call dLCV at 800-552-3962.

Under **“All about social security benefits when in state hospitals or jails/prisons”**

- What happens to your benefit when you enter a state hospital or jail/prison, and how to get your benefit re-instated after release

dLCV’s Social Security page also includes links to Social Security forms and publications and instructions on setting up your SSA MyAccount to check work credits, payment amounts for SSDI, and to track your claim.

**For more direct assistance, you may find the following resources helpful:**

For help with applying for yourself or others:

- Social Security’s page on “Information for People Helping Others”  
<https://www.ssa.gov/thirdparty/>
- Case managers at community service boards (CSB) who serve individuals with developmental disabilities and/or mental health conditions. To find a CSB:  
<https://vacsb.org/csb-bha-directory/>. If you already receive services at a CSB and are homeless or at risk of homelessness, ask for a SOAR case worker who can help manage and speed up your claim.
- Check out this helpful SOAR toolkit that walks applicants through submitting an SSI/SSDI application when they cannot access a SOAR-trained provider. This self-help guide is also available in Spanish.  
<https://soarworks.samhsa.gov/article/applicant-self-help-guide>
- Brain injury case managers located at 8 regional service providers listed under “State Supported Brain Injury Services Providers” at [www.dlcw.org/tbi](http://www.dlcw.org/tbi)

For help with appealing a decision (the last two organizations refer to representatives in your community who usually take cases after the second denial/hearing stage):

- Legal aid organizations:  
[https://www.vba.org/page/pro\\_bono\\_legalaid](https://www.vba.org/page/pro_bono_legalaid) or 1-866-534-5243
- Social Security attorneys:  
<https://nosscr.org/referral-service/> or 1-845-682-1881
- Social Security non-attorneys:  
<https://nadr.org> or 1-800-747-6131

For help with case delays:

- US Congressional offices  
<https://www.congress.gov/members/find-your-member>

For help when your claim or first appeal is under review:

- Contact Disability Determination Services (not the Social Security office) to ask about the status of your case determination or to submit new evidence
- <https://www.vadds.virginia.gov/>
- 1-800-552-5019

For help with Social Security fraud or identity theft:

- Office of Inspector General (OIG) fraud hotline
- <https://www.ssa.gov/fraud/>
- 1-800-269-0271

Social Security Administration Resources:

- Contact the Social Security Administration
- Social Security Forms
- Social Security Publications
- Social Security MyAccount

We hope our guides and these resources will help you access Social Security disability benefits.