



Securing today  
and tomorrow

# Apply Online for Disability Benefits

The most convenient way to apply  
for disability

[SocialSecurity.gov](https://www.SocialSecurity.gov) |   

## Why should I apply online for Social Security disability benefits?

Applying online for disability benefits offers several advantages:

- You can start your disability claim immediately. There is no need to wait for an appointment;
- You can apply from the convenience of your home, or on any computer; and
- You can avoid trips to a Social Security office, saving you time and money.

Disabled adults with limited income and resources may qualify for payments from the Supplemental Security Income (SSI) program. When filing for disability insurance benefits online, you can file for SSI at the same time if you:

- Are between the ages of 18 and 65;
- Have never been married;
- Aren't blind;
- Are a U.S. citizen residing in one of the 50 states, District of Columbia, or the Northern Mariana Islands; and
- Haven't applied for or received SSI benefits in the past.

Once you finish the online process, a Social Security representative will contact you for any additional information needed for the applications.

## How secure is my personal information?

We use the most secure technology on the Internet to keep your information private.

## How do I apply online?

Follow these simple steps:

**Step 1** — Go to [www.socialsecurity.gov/benefits/disability](http://www.socialsecurity.gov/benefits/disability) and select “Apply for Disability.”

**Step 2** — Fill out the *Disability Benefit Application*.

**Step 3** — Answer the disability questions.

**Step 4** — Mail or take the documents we ask for to your Social Security office.

## Is the process easy to follow?

Yes. We ask only the questions that pertain to your situation, and we provide links to more information. Also, there are examples to help you. You can print or save a copy of the information you enter.

## What information should I gather before I get started?

For the *Online Adult Disability Benefit Application*, you should have:

- Your Social Security number;
- If you were born outside the United States or its territories, the name of your birth country at the time of your birth (it may have a different name now), Permanent Resident Card number (if you are not a U.S. citizen);
- If you were in the military service, the type of duty and branch, and also your service period;
- Your W-2 Form from last year or, if you were self-employed, your federal income tax return (IRS 1040 and Schedules C and SE);

- Direct deposit numbers (from a check, or ask your financial institution for the numbers) to have your monthly benefits deposited automatically;
- Information about any workers' compensation claim you have filed, including date of injury, claim number, and proof of any payments made to you;
- The name, address, and phone number of someone who knows about your condition and can help with your claim;
- Information about your illnesses, injuries, and conditions, including dates of treatment, and patient ID numbers; and the names, addresses, and phone numbers of the medical providers who treated you;
- Names and dates of medical tests you have had and who requested the tests;
- Names of medicines you are taking and who prescribed them;
- Medical records that you already have; and
- A list of up to five jobs and dates you worked during the last 15 years.

## Do I have to finish all the questions in one session?

No. If you need more time, you can save the information you entered and then stop. We will give you a re-entry number that you can enter when you want to return to answer the rest of the questions.

## What if I can't answer everything?

Even if you are unable to answer all of the Disability questions, you may still submit it to us. We will help you get the missing information.

However, make sure you select the “Submit Now” button.

## What happens next?

We will ask you to sign a medical release form (SSA-827) that allows us to get information from your doctors. You can do this electronically as part of the online Disability application, or you can print, sign, and send the form to your Social Security office.

You will be able to print a cover sheet that you can use to send us the signed medical release and any medical records you already have in your possession.

We will contact you if we need more information about your claim.

Once we have all the information we need to make a decision about your disability claim, we will send you a letter.

## Availability

The online forms are available to you seven days a week during the following hours (Eastern time):

Monday – Friday: 5 a.m. until 1 a.m.

Saturday: 5 a.m. until 11 p.m.

Sunday: 8 a.m. until 11:30 p.m.

Holidays: 5 a.m. until 1 a.m.

# Contacting Social Security

The most convenient way to contact us anytime, anywhere is to visit **[www.socialsecurity.gov](http://www.socialsecurity.gov)**. There, you can: apply for benefits; open a *my* Social Security account, which you can use to review your *Social Security Statement*, verify your earnings, print a benefit verification letter, change your direct deposit information, request a replacement Medicare card, and get a replacement SSA-1099/1042S; obtain valuable information; find publications; get answers to frequently asked questions; and much more.

If you don't have access to the internet, we offer many automated services by telephone, 24 hours a day, 7 days a week. Call us toll-free at **1-800-772-1213** or at our TTY number, **1-800-325-0778**, if you're deaf or hard of hearing.

If you need to speak to a person, we can answer your calls from 7 a.m. to 7 p.m., Monday through Friday. We ask for your patience during busy periods since you may experience a higher than usual rate of busy signals and longer hold times to speak to us. We look forward to serving you.

## **Social Security Administration**

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