

How to Qualify for SSDI Benefits at the Same Time As VA Disability

Veterans who are receiving disability pay from the VA for a service related illness or injury may also qualify for Social Security disability benefits. There is no rule against receiving both VA disability pay and [Social Security disability benefits](#). Veterans who are disabled and can't work can receive both benefits to help pay for their living expenses because they are unable to work. Many veterans think that they have to choose one type of benefit or the other so they never bother to apply for disability benefits. If you are an injured veteran you should apply for Social Security disability benefits.

How To Qualify For Social Security Disability Benefits

If you have a medical condition that is listed in the [SSA's Blue Book](#) and you expect that condition will make it impossible for you to work for at least a year then you can qualify for Social Security disability benefits. Common ailments and conditions that affect servicemembers and are listed in the Blue Book include things like:

- Hearing loss
- Vision loss
- Back problems
- Inflammatory Arthritis
- Anxiety
- Depression
- PTSD
- Traumatic Brain Injury
- COPD and lung disorders
- Cancer
- Amputation

It's important to gather as much medical evidence as you can to prove your condition meets the Blue Book listing requirements. If your symptoms make it impossible to work but you don't meet the strict Blue Book listing requirement you can ask for a Residual Functional Capacity evaluation.

Residual Functional Capacity

A [residual functional capacity](#) evaluation is an evaluation done by the SSA to see if there any type of gainful work that a person can do with the symptoms that they have and the skill set they already have. If the SSA determines that someone can't work at a meaningful full-time job because of the symptoms or injuries that they have that person is eligible for SSA benefits even if they don't meet the [Blue Book requirements](#).

How Veterans Status Affects Disability Benefits

Veterans who have a Permanent and Total 100% disability rating are often given special consideration by the SSA and may have their claim processing expedited so that they can start receiving benefits faster. Additionally, veteran who have a 70% VA disability rating or higher have a greater chance of being approved for disability benefits right away.

Getting Started

You or a loved one can file a claim for Social Security disability benefits online. If you need help with your claim or if you have questions about filing a claim for disability benefits as a veteran the best thing to do is make an appointment at your [local SSA office](#). Make sure that you bring copies of all of your medical records to the appointment. A specialist at the SSA can help you file your claim for disability benefits and submit all of your medical documentation.

There is no statute of limitations on filing for Social Security disability benefits. As long as you have the work credits necessary to file a claim for benefits you can and should file for benefits. Most veterans will need at least 40 work credits with at least 20 of those earned within the past 10 years to be eligible. However, younger veterans may need fewer than that. You should file as quickly as possible so that the medical evidence you have to support your claim is recent. The sooner you file a claim the sooner you can start receiving benefits to help support yourself and your family.

Additional Reading:

<https://www.ssa.gov/planners/disability/>

<https://www.ssa.gov/disability/professionals/bluebook/AdultListings.htm>

<https://www.disabilitybenefitscenter.org/blog/residual-functional-capacity-what-is-rfc>

<https://www.disabilitybenefitscenter.org/glossary/blue-book/more-information>

<https://secure.ssa.gov/ICON/main.jsp>