



5 Tips for Winning Your Social Security Disability Benefits Claim

1. Make sure you have all of your records in order. Your case will go much more smoothly if you are able to provide all medical records that substantiate your condition and its limitations, including all tests and procedures that you have gone through, in a neat and accessible way.

Do not forget about the Residual Capacity Form. This form is usually overlooked or forgotten and it can be beneficial to your case. You can find this form at the Social Security Office. Your current doctor will fill this form out for you and will list any limitations that your doctor has placed upon you limiting your ability to work.

2. Keep a daily journal. Keep a record of your daily progress and current condition. Usually an individual won't even realize the full effects of his or her disability. Once you have it documented day after day it becomes very difficult to refute how much it actually affects you each and every day.

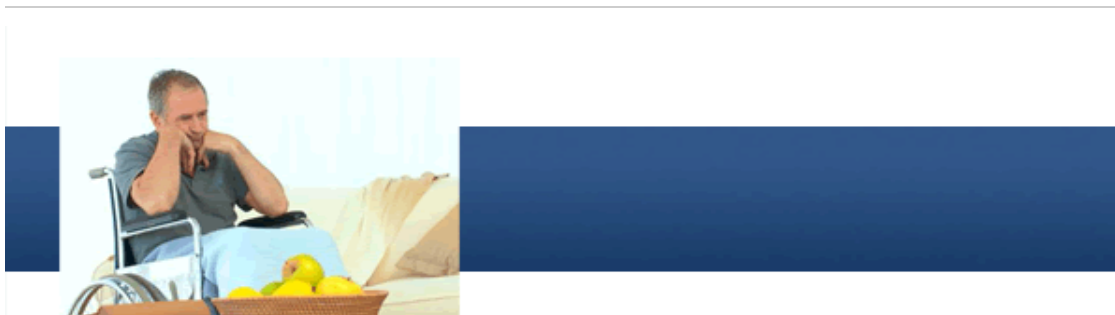
Basic observations you need to record include how your disability is limiting you, any medications you are relying on and how often you have to take them, and how long you are sleeping each day. You'll also want to document if you experience any pain.

3. Be honest. Make sure that you tell your doctor everything. Consider jotting down some notes ahead of time so that you do not get into the doctor's office and inadvertently forget to discuss any of your problems. While you should tell your doctor everything, make sure that you do not over-exaggerate your condition. Many people feel that they have to over exaggerate their disability in order to look more injured or more disabled so that they will qualify. Remember, the doctor is trained in such situations and will pick up on any inconsistencies. Once a doctor discovers these inconsistencies you actually can lose credibility and the doctor may suspect that you are exaggerating the entire situation. It is best to be honest from the beginning and not lose that credibility with the doctor.
4. Do Not Give Up. Statistically, most claims are initially denied. You can improve your chances of recovery if you are persistent. Do not give up if your claim is initially denied

and make sure that you file a timely appeal. The Social Security appeals process is subject to strict deadlines. If you do not appeal within the required time frame, you will be forced to start the disability process over again with a new claim.

Retaining the help and guidance of an experienced attorney will give you the best shot at success the first time you apply for disability. If your Social Security disability claim has been denied, don't give up. Your best course of action will be to file an appeal.

5. Consider hiring a Social Security Disability Attorney. Claimants who employ an attorney to represent them are much more likely to win than those who go without representation. This is because lawyers know what limitations need to be established to help you qualify and can help you make sure that your medical record reflects your medical condition and corresponding limitations.



Filing for Social Security Disability Benefits

In Social Security disability cases, attorneys' fees are regulated by federal statute and are paid when you get paid. Furthermore, the Social Security Administration (SSA) must approve your attorney's fees. The Strom Law Firm files our fee agreement with SSA in every case. Attorney's fees are usually 25 percent of the past-due benefit or \$6,000 whichever is less. Our law firm will also pay out-of-pocket expenses related to your representation, such as charges for photocopying and the cost incurred for retrieving your medical records and reports. These costs will also be deducted from the past-due benefit amount. If you are awarded Social Security benefits, the Strom Law Firm will make sure that the Social Security Administration (SSA) correctly calculates your past-due benefits. If you lose, we can appeal and continue to seek benefits on your behalf by requesting a review of the hearing decision. Our disability attorneys will see your case through to the end.

If you have questions about filing for Social Security Disability Benefits, our Social Security Disability Benefits Attorney offers a free consultation to discuss your legal rights. Contact us today.



About Pete Strom

Joseph Preston "Pete" Strom, Jr., the managing partner at Strom Law Firm, L.L.C., has been fighting for justice since 1984 when he graduated from the USC School of Law. A native of Columbia, South Carolina, Pete founded the Strom Law Firm, L.L.C. in 1996. Over the past 15 years, Pete and his team have dedicated their lives to protecting the rights of individuals and small businesses. Pete's experience

includes three years of service as the U.S. Attorney for the District of South Carolina, service as an Assistant Solicitor, and over 20 years of experience in private practice.

Pete is recognized as an AV peer review rated attorney by Martindale Hubbell, the highest rating for very high to preeminent legal ability and ethical standards.

Whether your case involves a car, boat, ATV or four wheeler, tractor trailer, motorcycle, or bicycle, Pete and his team will fight to protect your legal rights and secure fair compensation for your injuries while you focus on getting better.



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