

## How to Qualify for Social Security Disability Benefits at the same time as VA Disability

Veterans who receive VA disability payments for a service-related injury or health condition can also receive [Social Security disability benefits](#). If you have a medical condition that you expect will make it impossible to work for a year or more and you have worked and paid taxes in the past you can file a claim for Social Security disability benefits. Receiving VA benefits doesn't preclude you from receiving disability benefits as well. In fact, if you have a disability rating of 100% from the VA your application for benefits from the Social Security Administration will be fast tracked so that you can start receiving your benefits sooner.

### Qualifying For Social Security Disability Benefits

[The Social Security Administration's Blue Book](#) lists hundreds of physical and mental health conditions that qualify for SSA benefits. In order to qualify for disability benefits from the SSA you will need to provide medical documentation showing that you meet the requirements that are listed in the Blue Book for whatever condition you have that is making it impossible to work.

For example, if you can't work because you have COPD when you file a claim for disability benefits you will also have to provide copies of medical documentation showing that you have a diagnosis of COPD and showing that you have had at least one of these tests done:

A spirometry test documenting your FEV<sub>1</sub> value or (FVC) forced vital capacity

A DLCO test (which measures how much oxygen passes into the blood)

An ABG test (which measures the partial pressure of oxygen, *PaO2*, and carbon dioxide, *PaCO2*, in the blood), or

An oxygen saturation test (*SpO2*)

The results of the test along with doctor's notes, MRI scans, X-rays, PET scans, and any other medical evidence that you have should all be submitted with your claim for disability benefits. You can also submit your VA medical records if your medical records are relevant.

### Residual Functional Capacity And Medical Vocational Allowance

If you are too sick to work but you don't meet the strict requirements that are listed in the Blue Book you can still be eligible for disability benefits through a Medical Vocational Allowance. To qualify that way you will need to have your doctor fill out a [Residual Functional Capacity evaluation](#). The form is available on the SSA website. The Residual Functional Capacity evaluation is a document where your doctor answers specific questions about your health and your limitations due to your medical condition.

When the SSA has the RFC evaluation they will examine the RFC, the types of work that you have done in the past, your skill set, and the limitations that you have now because of your health. They will search for some kind of work that you can do. If they can't find any type of work that you are suited for that you can physically do then you will be eligible to receive disability benefits even if you are already getting VA disability benefits.

### Getting Started

You can start the claim process for disability benefits right now. The claim forms are available on the SSA website. If you have questions about the process or if you need answers to questions about your specific case then the best thing to do is apply in person at [your local SSA office](#). A staff member there can answer your questions and help you with the claim process.

Differences Between VA Disability and SSDI

<https://www.disabilitybenefitscenter.org/blog/differences-between-va-disability-and-ssdi>

SSA Blue Book

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

Residual Functional Capacity

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

SSA Office Locator

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