

## How to Qualify for Social Security Disability Benefits and VA Benefits at the Same Time

If you've served this country and are receiving VA benefits did you know that you may be able to receive Social Security Disability Insurance ([SSDI](#)) at the same time? The Social Security Administration ([SSA](#)) gives out monthly benefits to those who can no longer work full time due to a disability. If you're a veteran who is already receiving VA benefits, there are numerous ways in which you can be approved for SSDI benefits at the same time.

### Difference Between Qualifying for VA and SSDI Benefits

*Qualifying for VA Benefits:* In order to qualify for VA benefits, you must have an injury or disability that is related to your military service. You won't be able to qualify for VA Benefits if you became sick after you left the military.

*Qualifying for SSDI Benefits:* In order to qualify for SSDI benefits, you must have a disability deemed by the SSA that will force you to be out of work for at least 12 months. You must also have a sufficient amount of [work credits](#). Work credits are calculated by your age and the number of years you have worked. It's quite easy to get work credits. If you've earned more than \$5,000 or more in taxable income per year, you'll have more than enough work credits to qualify.

### Difference Between How the VA and SSA Determine a Disability

*VA Disability Ratings:* The VA hands out disability ratings based on the severity of the injury or disability suffered while on active duty. Even if your disability rating is as low as 10%, you still may be able to qualify for VA Benefits.

*How the SSA Determines a Disability:* In order to qualify for SSDI benefits, you must have a disability listed in the [Blue Book](#), which is the colloquial name for the medical guide in which the SSA determines a disability. Common conditions listed in the Blue Book that veterans may be able to qualify for are PTSD, [amputations](#), and spinal cord injuries. You must also be deemed "totally and permanently" disabled by the SSA in order to qualify for SSDI Benefits. So even if you even if you have a VA disability of 40%, it's not a guarantee that you will qualify for Social Security disability benefits

### The Role Doctors Play in Applying for VA and SSDI Benefits

*VA Benefits:* VA disability is determined by doctors from the VA disability program. Your primary care physician cannot administer your medical exam when applying for VA benefits.

*SSDI Benefits:* Your primary care physician can administer and send over any medical tests related to your disability to the SSA when applying for SSDI benefits. In fact,

your primary care's opinion goes a long way and is a big factor on whether or not an applicant is approved or denied SSDI benefits.

### The SSA Can Expedite Claims for Veterans

While the actual process for applying for Social Security disability benefits can be quite long for some, in certain cases the SSA can expedite some veterans' claims. The SSA will expedite your claim if:

- Your VA P&T disability rating is [100%](#)

Or

- You were injured on active duty on or after October 2, 2001

If one or both is the case, then your claim for SSDI benefits could be approved in as little as 10 days. You should be aware that being expedited means that your claim will be handled more quickly than other claims that are not considered as expedited. It may still take some time to actually begin receiving your monthly payments.

### How to Start Your Claim

It's actually easier than you might think in order to apply for Social Security disability benefits. You can [apply online](#) at any time you want. You can also apply at your [local SSA office](#), if you wish to do so. The SSA has a toll-free hotline if you wish to speak with a representative with any questions regarding your case. The number to reach them is 1-800-772-1213.

### Resources Found Via:

- <https://www.ssa.gov/disability/>
- <https://www.ssa.gov/>
- <https://www.disability-benefits-help.org/glossary/work-credits>
- <https://www.disability-benefits-help.org/glossary/social-security-blue-book>
- [https://www.ssa.gov/disability/professionals/bluebook/1.00-Musculoskeletal-Adult.htm#1\\_05](https://www.ssa.gov/disability/professionals/bluebook/1.00-Musculoskeletal-Adult.htm#1_05)
- <https://www.ssa.gov/people/veterans/100pt.html>
- <https://www.ssa.gov/applyfordisability/>
- <https://secure.ssa.gov/ICON/main.jsp>