Applying for SSI disability after diagnostic testing

For adults age 18 and older. A diagnosis or test result can support a claim, but Social Security decides based on the full record, sustained ability to work, and, for SSI, financial eligibility.

1 Ask which disability program fits

SSI is for people with a qualifying disability and limited income and resources. SSDI depends on your own Social Security work history. Some people qualify for both; ask Social Security to evaluate both.

2 Gather information and describe daily limitations

Bring your completed testing report. List treatment providers, dates, medication, other conditions, and requested work history. For SSI, prepare information about income, resources, and living arrangements. Explain specific difficulty with memory, concentration, pace, interaction, change, and reliable task completion, including help you need.

3 Apply promptly through Social Security

Start at ssa.gov/apply/ssi or call 1-800-772-1213 (TTY 1-800-325-0778). Use ssa.gov/locator to find the office serving your ZIP code, whether you live in Fort Worth, Arlington, Burleson, or nearby. Do not wait for every record: SSI generally cannot pay for months before the effective application date. Keep your confirmation.

4 Follow requests and appeal a denial

Read each SSA or state disability agency letter. Respond to forms or examination requests, keep contact information current, and report new treatment. If denied, request reconsideration within 60 days after receiving the decision notice. Follow that notice's appeal instructions; a hearing may follow reconsideration.

Support beyond the SSI application

Treatment and daily needs: Explore Medicaid, SNAP, and support services at YourTexasBenefits.com/Learn/Home; call 2-1-1 for local food, housing, and utility help. MHMR Tarrant (817-335-3022) and Pecan Valley for Johnson County (866-948-7198) can assess local behavioral health or disability services.

Work and appeals: Texas Workforce Commission vocational rehabilitation can help with employment goals. Legal Aid of NorthWest Texas may assist eligible people with disability appeals. See the companion Resource Guide for links and housing contacts.

SSA starter kit: ssa.gov/disability/disability_starter_kits.htm • Appeals: ssa.gov/disabilityssi/appeal.html. General information; no diagnosis guarantees benefits.