

Applying for Social Security Disability Insurance & the 5-Step Sequential Evaluation Process

When [applying for Social Security Disability Insurance benefits](#), it's important to know how the Social Security Administration (SSA) will qualify you, so you know what evidence and documentation you should provide.

While some circumstances will require different or more documentation than others, all adult applicants must pass the 5-Step Sequential Evaluation Process to get Social Security Disability Insurance (SSDI) benefits. Generally speaking, winning SSDI benefits is a matter of proving that your disability prevents you from performing any gainful work for a continuous period of at least one year.

When Applying for Social Security Disability Insurance, Know Whether Your Case Passes this 5-Step Sequential Evaluation Process:

Here is the 5-Step Sequential Evaluation Process you must pass before winning SSDI benefits:

Step One — Are you involved in Substantial Gainful Activity?

If you are, then you are not disabled and don't qualify for SSDI.

If you are NOT, proceed to Step 2.

Step Two — Do you have a severe impairment, one that significantly limits your ability to do basic work activities?

If you do, proceed to Step 3.

If NOT, you are not disabled.

Step Three — Do you have one or more of the Social Security Administration's "[Listings of Impairments](#)" or is your impairment equivalent to one or more of them?

If you meet these criteria, you are presumed disabled by the SSA and are able to get Social Security Disability Insurance benefits.

If NOT, you'll need to further prove you are impaired. Proceed to Step 4.

Step Four — Are you able to perform your Past Relevant Work, that is, any work you've done in the past 15 years?

If you are unable to perform any past relevant work because of a lack of residual functional capacity, then the SSA must establish Step 5 in order to deny you benefits.

Step Five — Can you perform any other jobs given your age, education, past work experience and Residual Functional Capacity (RFC)?

If you can perform any other jobs given all of the laws applying to Social Security Disability claims, then you are not disabled.

If you are unable to perform your past relevant work, or any other work, then you will be found disabled and will get Social Security Disability Insurance benefits.

Keep the 5-Step Sequential Evaluation Process for adults in mind when applying for Social Security Disability Insurance, and you'll have a good idea as to whether you will qualify. If you think you can do other work at Step 5, then applying for Social Security Disability Insurance still may be an option for you because of the laws applying to these federal cases. It is best to let an experienced attorney review your case to know for sure. Our office will review your case for free.

The Law Offices of Richard I. Feingold & Associates, P.C. are highly experienced in winning SSDI benefits for disabled individuals.

If you are considering applying for Social Security Disability Insurance you can receive a [Free Consultation](#) from our office by completing our [online form](#) or by calling us directly at (773) 989-9899 or toll free at (888) 701-8222.

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