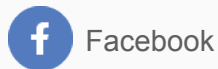


Jan Dils February Social Security Newsletter

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It's hard to believe that we are nearly two months into 2017 already! I'm happy to report that the Jan Dils team has made some great progress already this year in helping our clients. We are particularly focused on making sure each client is aware of *all* the benefits they may be eligible for in addition to Social Security Disability. Supplemental Security Income, or SSI, is one additional benefit that we always look at. We have included an article here with some of the basic facts about SSI and, of course, we will be happy to answer any other questions you may have about the program.

We've also taken a lot of questions lately about the difference between Chronic Pain And Fibromyalgia. The two conditions share a lot of the same symptoms, but Social Security views each condition separately. We have included an article this month to help you distinguish between the two conditions.

In closing, I'll just take a moment to remind you that we are always happy to hear from you, and welcome the opportunity to answer your questions, provide advice, and fight in your corner for the benefits you deserve. We look forward to working with you!



[How to document migraine headaches for your doctor](#)

[Presumptive Disability](#)

[What happens when I apply for Disability Benefits?](#)

[Can I Speed Up the Social Security Process?](#)

[How Long Does it Take to Process My Initial Claim?](#)

[When You're Pursuing Social Security Disability,](#)

Sincerely,



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WHAT YOU SHOULD KNOW ABOUT THE SSI PROGRAM



The Supplemental Security Income (SSI) program provides cash assistance to people with limited income and few resources. But how much do you really know about this program?

SSI provides monthly payments to people who are age 65 or older, completely or partially blind, or considered disabled under Social Security's strict definition of disability. Social Security pays benefits to people who aren't able to work due to a medical condition that's expected to last at least one year or result in death. Blind or disabled children of parents with limited income and resources can also be eligible for the program.

To qualify for SSI, you'll need to meet strict income and resources requirements. Income is money you earn, such as wages, disability

[the Waiting is the Hardest Part](#)

[What is Taking my Social Security Claim So Long?](#)

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benefits, and pensions. Income can also include the value of items you get from someone else, like food and shelter. Social Security doesn't count Supplemental Nutrition Assistance Program (SNAP) benefits. Different states also have different rules on how much income you can bring in each month and still get SSI.

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Resources include the things you own, although Social Security Administration doesn't count everything. For instance, they don't count a house you own and live in, and usually don't count your car. They do count income from rental property, bank accounts, cash, stocks, and bonds. Also, to receive SSI, you must meet other program rules about residency and citizenship. You can find more information about income and resources and eligibility requirements on our website at www.jandils.com.

SSI payments are the same amount nationwide. Currently, the basic monthly SSI payment was \$735 for an individual and \$1,103 for a couple. However, the amount you get may be different, depending upon your income and living arrangements. Some states also add money to the basic benefit.

Source: <http://blog.ssa.gov/what-you-should-know-about-the-ssi-program/#more-2271>



While Chronic Pain and Fibromyalgia are two distinct conditions, they share some of the same symptoms, so it can be difficult to distinguish between the two.

Social Security may find that a person is disabled due to Fibromyalgia if

they meet all three of these criteria:

1. A history of widespread pain.
2. Repeated occurrences of six or more Fibromyalgia symptoms, signs, or conditions that occur along with Fibromyalgia. In particular, fatigue, cognitive or memory problems (known as “fibro fog”), waking unrefreshed, depression, anxiety disorder, or irritable bowel syndrome. The patient must have one of the following:
 - **Tender points** in at least 11 of 18 tender point areas of the body, with tender points occurring on both sides of the body and both above and below the waist. You can see a list of the tender points in the SSA's recent ruling on fibromyalgia.
 - **Repeated occurrences of six or more fibromyalgia symptoms**, particularly fatigue, cognitive or memory problems (“fibro fog”), non-restorative sleep, [depression](#), [anxiety](#), or [irritable bowel syndrome](#) (IBS). Other possible symptoms include headache, muscle weakness, abdominal pain, Raynaud's phenomenon, seizures, and dizziness.
3. Evidence that other disorders that could cause these repeated occurrences of symptoms, signs, or conditions were excluded.

While someone suffering from Chronic Pain may experience some or all of the same symptoms as Fibromyalgia, Chronic Pain most often results from an injury or another medical condition. For instance, a car accident or a condition such as diabetes could cause Chronic Pain. Of course, Social Security will require documentation from a licensed physician to help determine a diagnosis of either Fibromyalgia or Chronic Pain, and to decide whether or not to approve a disability claim for either condition.

If you have questions about Social Security benefits for Fibromyalgia or Chronic Pain, or you would like an experienced, professional legal team to help you through the process of applying for disability benefits, contact Jan Dils, Attorneys at Law today—we'll be happy to help.

Source: <http://www.jandils.com/blog/>

Jan Dils keeps you updated on Social Security disability benefits news and important issues that matter the most. We not only focus on Social Security Disability, we also provide legal assistance for Veterans Disability Benefits . We understand the claims process and specialize in making sure Veterans receive the proper representation needed for receiving benefits. For more information on our Veterans Disability services, please visit www.fight4vets.com

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Jan Dils, Attorneys at Law, handles Personal Injury Claims, Social Security and Veterans Disability for clients throughout West Virginia with offices located in Parkersburg-Beckley-Charleston-Huntington-Logan as well as one additional office located in Charlotte, North Carolina. But regardless of where you are located we are able to serve you or a family member Nationwide.

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