

# **SOCIAL SECURITY DISABILITY AND SSI**

**Applying for Social Security  
Disability and SSI**

**Disability Hearings**

**Overpayments**



**Legal Aid Services of Oregon**  
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Throughout this booklet we will refer to the Social Security Administration as SSA or Social Security.

**IMPORTANT!** This booklet is for general educational use only. *It is not a substitute for the advice of an attorney.* If you have a specific legal question, you should contact an attorney. The information in this booklet is accurate as of March, 2002. Please remember that the law is always changing through the actions of the courts, the legislature and agencies.

# APPLYING FOR SOCIAL SECURITY

## Who can get Social Security Disability (SSD) benefits?

SSD is for any disabled person who can no longer work, but who has the required history of working. The disabled person's spouse, dependent children and parents, and even a divorced spouse might also be able to get SSD. This program is an insurance program: while a person works s/he pays money to Social Security and is eligible to get this money if s/he becomes disabled and can no longer work.

## Who can get Supplemental Security Income (SSI)?

SSI is for any person who is blind, disabled or elderly (65 or over) and who meets certain income and resource rules. You do not need to have a work history. The income rules depend on your living arrangements and whether you apply as a single person or couple. Resources include cash, savings, investments and valuables. But they do not include a needed car, your home, ordinary belongings, or some life insurance policies.

## Do I have to be a citizen to get SSI?

Certain non-citizens may be eligible to receive SSI. People who were receiving SSI on August 22, 1996, may continue to receive SSI. People who were lawfully residing in the U.S. on August 22, 1996 and who became disabled later, or who were at least 65 on August 22, 1996, can receive SSI if they are:

- Legal permanent residents
- Refugees
- Asylees

- Persons granted withholding of deportation
- People paroled into the U.S. for at least one year
- Certain battered spouses
- Cuban and Haitian entrants
- Individuals admitted as Amerasian immigrants
- Certain conditional entrants

The following non-citizens who immigrated to the U.S. before or after August 22, 1996 can get SSI:

- People who are lawfully admitted for permanent residence and have 40 qualifying quarters of work. The spouse and minor children may also qualify under that individual's work record.
- Active duty members of the U.S. armed Forces and veterans, and their spouses and dependent children, as long as they were lawfully admitted to the U.S. under one of the above categories.
- American Indians born in Canada, and members of an Indian tribe.

The following non-citizens who immigrated to the U.S. after August 22, 1996 can get SSI for only 7 years after entry unless they fit into one of the other categories listed above:

- Refugees
- Asylees
- Aliens for whom deportation has been withheld
- Cuban and Haitian entrants
- Amerasian immigrants

- American Indians born in Canada, and members of an Indian tribe.

The rules are different for non-citizens who are not disabled but apply for SSI after August 22, 1996 because they turn 65. Those individuals can only get SSI for 7 years after they are admitted into the U.S. and they must be:

- Refugees
- Asylees
- Persons for whom deportation is withheld
- Cuban and Haitian entrants
- Amerasian immigrants

There is an exception for lawful permanent residents who can be credited with 40 qualifying quarters of Social Security coverage, and for veterans and active duty service members and their spouses. Those individuals will be eligible for SSI on the basis of age without the time limits.

Individuals who are 65 and disabled may use the more favorable laws for disabled people in order to qualify.

### **How can I get SSI if I'm aged or blind?**

If you are applying for SSI as *aged*, you must show that you are 65 or over. If you are applying for SSI as *blind*, you must give evidence that you have corrected vision of 20/200 or worse in your better eye.

### **How can I get benefits for a disability?**

To get benefits from the SSD or SSI disability programs you must show you are "disabled." "Disabled" means that a physical and/or mental handicap keeps you from having gainful employment. Your disability must have lasted or be expected to last for at least 12 months, or be expected to result in death. It is not enough to show that you

cannot do your old job. You must show that you cannot do any kind of full-time work, taking into consideration your age, education and experience. You cannot get benefits if you are able to work, even if you cannot get a job.

### **When should I apply for the SSD and SSI programs?**

Apply as soon as possible after disability occurs.

An application for SSD may also be filed after the death of a disabled worker. You must apply within three months of the worker's death. If the claim is approved, back payments may be made for some months before the worker died.

### **Where do I apply for Social Security programs?**

You must make an appointment to apply. You can make this appointment at your local Social Security office or by calling 1-800-772-1213.

### **What evidence should I include with my application?**

To get SSI or SSD, you must have medical evidence that shows you have some physical or mental problem(s) that makes you unable to work at any job. Medical evidence includes doctor or hospital reports, chart notes, test results, and letters. The more medical evidence you have, the better chance you will have of winning benefits. You should try to get your doctor to write a specific letter that describes your condition(s) and how that condition(s) keeps you from being able to do any kind of work. (*See the chart on this page for information about medical letters.*) Include all the medical evidence that you have when you apply. But don't delay your application. You can send

in additional medical evidence later.

**Are there special rules if my disability is based on alcoholism or drug addiction?**

Individuals are ineligible to receive Supplemental Security Income (SSI) or Social Security Disability benefits if drug addiction or alcoholism is a contributing factor material to the determination of disability. Individuals who abused drugs or alcohol in the past, but who no longer do, may still be eligible if they have other physical and/or mental impairments that are disabling. People who currently use drugs or alcohol may be eligible for benefits if they can prove that they are disabled, based on other physical and/or mental impairments, without considering the substance abuse problem,.

**What happens after I apply?**

Your application will be sent to the Oregon Disability Determination Service (DDS) in Salem for review. They will contact your doctors. They also may send you to another doctor. They will send you their decision in about 4 months (sometimes longer).

**Can I get other help while waiting for Social Security benefits?**

While you are waiting for a decision by SSA you may be able to get General Assistance from the State of Oregon. You will have to meet welfare's eligibility requirements. You must have medical evidence showing that you will be disabled at least twelve months. You will also be asked to sign a statement saying you will pay back welfare for your General Assistance if you get SSI benefits. If you do not get those benefits, you do not have to repay welfare.

**MEDICAL LETTERS FOR DISABILITY CLAIMS**

A helpful medical letter will give the following information:

**A diagnosis and description of the condition(s).** This should be detailed and include any condition for which the doctor has treated you.

**Medical findings.** Ask your doctor to attach any materials from your medical file (such as test results, x-rays, progress notes) that would support the opinions given in the letter.

**The condition's effect upon you.** A specific statement as to how each condition limits your ability to do various work and non-work activities. Does the doctor think you can return to any previous jobs, or do any other type of full-time work?

**Medication and treatment.** List medications, their side effects and a statement as to whether the medication itself might affect your ability to work. What kind of treatment are you undergoing (surgery, physical therapy, etc.)?

**Prognosis.** Will you get better? Stay the same? Get worse? How long will the condition last? (Only individuals who have been or will be unable to work for at least 12 months are eligible for disability benefits.)

**Consultant.** Does your doctor believe you have any problem which should be evaluated by a specialist.

**SHOW THIS LIST TO YOUR DOCTOR TO EXPLAIN WHAT YOU NEED.**

## What happens if I'm found to be eligible for benefits?

*If you are eligible for SSD*, you will get benefits back to five months after you became disabled, but only for a maximum of 12 months before you applied for benefits.

*If you are eligible for SSI* you will get benefits back to the first day of the month following the date you applied, or later if Social Security believes your disability began after you applied. If you were getting General Assistance you may have to pay back welfare out of your retroactive SSI check (if any).

# IF YOU ARE DENIED BENEFITS

## What can I do if I am denied benefits?

Many people do not get benefits when they first apply, but don't be discouraged. You can often get benefits by appealing and having a Social Security hearing.

Most people are denied benefits because the SSA thinks:

- The evidence does not show a serious medical problem;
- The disability won't last 12 months; or
- The person can do work other than his or her usual job.

If you think Social Security was wrong in denying you SSD or SSI benefits you can fight the decision by: (1) asking for a *reconsideration* and (if you still don't get benefits) (2) *then* asking for a *hearing*. (You have to go through a reconsideration before you can ask for a hearing.)

## How do I ask for reconsideration?

To get the SSA to reconsider your claim, you must call, visit or write the local Social Security Office within 60 days of the date of denial of benefits. Sign and give to SSA a form entitled "Request for Reconsideration."

Your case will be reviewed again and you will be notified by mail of the decision in about 4 months.

Do not be discouraged if your claim is denied at first or on reconsideration. Denials at these stages are common. Many people win their cases at hearings.

## How do I ask for a hearing?

If your request for reconsideration is denied, you can appeal the decision by asking for a hearing. The hearing is your chance to explain your situation face-to-face to someone who can grant you benefits. You can have a lawyer, paralegal, or other advocate represent you at the hearing. Many people win benefits after the hearing, so it is worth trying. If you don't appeal your case you can apply again later, but you might no longer be eligible for benefits or you might get a smaller amount of benefits.

*You must ask for a hearing within 60 days of the date of denial of reconsideration.* Forms for appeals are available from any Social Security office. On the form for requesting a hearing, be sure to mark the box saying that "you want to appear" at a hearing before a judge.

# DISABILITY HEARINGS

## When and where will the hearing be?

Usually (but not always) it takes Social Security several months to set a hearing date.

Social Security will tell you the date and place at least 20 days in advance. The hearing will usually be held within 75 miles of your home. If the hearing will be held more than 75 miles from your home, you can ask the Social Security Administration to change the location. If the hearing still is held more than 75 miles from your home, you and your witnesses will be paid back for reasonable travel expenses.

## What happens at the hearing?

An administrative law judge will run the hearing. The judge's job is to make an independent decision based on the evidence in your case. This evidence includes medical records, other documents, and testimony you and others give at the hearing.

The judge will question you about your disability. You can testify and question witnesses. The hearing is private and is held in a small conference room. You do not have to dress up for the hearing. The only people at the hearing will be the judge, the judge's assistant, you, your representative (if you have one), any witness you want to testify, and, maybe, a "vocational expert" and/or a "medical advisor." (See Page 9). The hearing will be tape recorded.

## Can I be represented at the hearing?

You can go to the hearing with anyone you wish, including a lawyer, paralegal, or

other advocate. You do not have to have a lawyer, but if you can get a lawyer to represent you, you have a better chance of winning.

If you would like an attorney to represent you, you may look for a legal services attorney or for an attorney in private practice. Some legal services attorneys handle Social Security cases for low-income clients. Legal services may also refer you to a private attorney who will take your case. See the listing at the end of this booklet for legal assistance information.

An attorney will usually expect a fee for representing you. The fee must be approved by the Social Security Administration. Most attorneys will charge you a fee only if you win your case and the fee is paid out of your back benefits. But some attorneys charge fees even if you don't win. Talk to the lawyer about the fees when you first contact the attorney. Make sure you understand and agree to any fee agreement you sign.

## Preparing for a Disability Hearing

### Should I prepare for the hearing?

It is usually *very important* to prepare for a Social Security hearing. Your chances of winning the hearing are much better if you take time long before the hearing to:

- Get the medical evidence you need;
- Think about the testimony you'll give;

- Get witnesses who can give information about your disability.

The chart on this page has a checklist of things for you to do to get ready for your hearing. ***Begin preparing as soon as you've asked for a hearing!***

**Evidence at the Hearing**

**What evidence do I present at the hearing?**

You need to prove that you have a serious medical problem that has lasted or that will last for at least 12 months and that keeps you from working. You do this with:

- Medical evidence
- Your testimony
- Testimony of witnesses

**What kind of medical evidence do I need?**

The most important medical evidence will probably be a written statement or letter from all doctors who have seen you on a regular basis. This letter should describe your medical problem(s) and explain how your disability makes you unable to work. It may be helpful to ask your doctor to go with you to the hearing to testify about your medical problems. (The doctor will probably charge you for the time spent at your hearing.) Doctors usually do not appear at disability hearings. If you are not sure that your doctor wants to testify in your case, it is probably better to try to get the best letter you can from the doctor instead. (See the chart on Page 3.)

You should also get medical information from any *medical specialists* who have examined you. Information from them can be helpful because of their expertise at treating the conditions you have. A specialist may be

**Social Security Hearings Preparation Checklist (Disability Claims)**

**Read all letters and forms** from the Social Security Office carefully and follow the instructions in them.

**Review your file** at the SSA office to see what medical evidence is in it and copy important documents if needed. Be sure to ask for your file far in advance of your hearing, since your file is not always kept in the local SSA office.

**Make a list of all the evidence you need** to prove your claim including letters from doctors, medical records, and testimony from relatives, friends or neighbors who can support your claim that you are disabled and cannot work.

**Get the evidence** you need.

**Have witnesses come to the hearing.** Beforehand, talk about what they will say at the hearing.

**Make a list for the hearing** of all the things you want to say. Write down the things you used to do but can no longer do such as sports, or other hobbies and spare time activities. If you can, it is a good idea to keep a daily diary for a few weeks before the hearing. Record how well you sleep, how many times you wake up during the night. Keep track of the things you do during the day to accommodate your disability such as naps, rest periods, what you do to relieve pain, and requests for help from relatives and friends. Note all medications taken. Describe everything you do during the day. A detailed description of your daily life can help show the judge the seriousness of your disability and can support your testimony about your medical symptoms.

**Bring all medications** you are taking to the hearing.

**Plan for your transportation** to the hearing so you can get there early.

willing to write a letter about your medical problems or at least give you chart notes, the results of any medical tests, and any reports he or she wrote about your case. You should also get a copy of the *records from any hospital* where you were evaluated or treated for your disabilities.

If you have never seen a doctor for the problems you are having, you can ask SSA to set up an appointment for you to see one. But it is usually much better to get a letter on your own from your own doctor who knows about your medical problem and who feels you are unable to work.

SSA helps you gather medical information for your case, but sometimes they do not have all the medical information that is available. ***Make sure that your SSA file has all of the medical information in your case*** (from your treating doctor, medical specialists who have seen you, any hospital records, etc.). If you think there is anything else the judge should see before making a decision in your case, ask the judge if you can add that information after the hearing. (The judge may not let you add evidence after the hearing, so it is better if you can get all the information you can by the hearing date.)

(See Page 3 of this booklet for information about disabilities based on drug or alcohol addiction.)

### **What should medical letters say?**

Medical letters are *very* important for your case and they must have the right kinds of information so that you can prove you're disabled. The chart on Page 3 of this booklet has a list of the information your letter should have. ***Show this list to your doctor when you ask for a medical letter.***

Some medical reports may already be in

your file. If they don't cover all the necessary information, try to get additional letters. You should ask your doctor to send the letter to you rather than to Social Security. You can then decide if the letter covers all the things on the chart on Page 3 and, if not, you can ask the doctor for more information. Many doctors will charge a fee for writing this letter.

## **Your Testimony**

### **What will I testify about at the hearing?**

#### **1. Medical Condition**

The judge will ask how your medical condition makes you *feel*. You should tell the judge the symptoms you experience such as pain, dizziness, numbness, nausea or paralysis as well as you can.

For example, if your case involves pain, you might be asked:

- Is the pain burning, stabbing, crushing, sharp, throbbing, radiating or aching?
- Does the pain make it hard to concentrate?
- What medicine do you take for pain?
- How well does the medication work?
- Are there any side effects from the pain medication?
- How does the pain interfere with your daily activities?

Before the hearing, you should make notes to yourself about what conditions you have and how they affect you. Don't leave anything out.

## 2. Medical History

The judge may ask you *how often* you see your doctor, what *sort of treatment* your doctor provides, what *medication* you are presently taking, how often you take each medication and whether there are any *side effects*. You may also be asked to describe the symptoms and treatment of your medical condition *since it began*.

You should explain what your doctor has told you about your problem, but the judge won't ask you medical questions about your disability.

## 3. Physical Abilities

If you have a physical disability, the judge will ask you a lot of questions about what you are able to do. For example:

- How far you can walk before resting;
- How long you can sit and stand at one time during an eight-hour day;
- How much you can lift;
- If you can twist, bend, squat, crawl, climb and reach.
- If you have problems handling objects.

## 4. Mental Abilities

You should tell the judge about your ability to understand, carry out and remember instructions, to use good judgment, to respond appropriately to supervision, co-workers, usual work situations, and changes in your work setting.

## 5. Education and Training

You should tell the judge how far you went in school, if you finished high school or

earned a G.E.D., if you have had any training in the military, if you can read and write, and if you have had any job training.

## 6. Work Experience

The judge will ask you to talk about job duties on your last job and on jobs you have had during the past 15 years. The judge will want to know how much of the time you spent sitting, standing and walking and how much weight you had to lift on each job. The judge will ask you why you left each job. If your condition caused you to miss a lot of work or caused you to stop working, you should explain this.

## 7. Daily Activities

The judge will ask you a lot of questions to find out how your disability affects you. For example:

- How do you spend your time during the whole day;
- How well you usually sleep and if you take naps during the day;
- What things you do around the house, such as cooking, housework, or gardening, hobbies and other activities, and how long you can keep doing each activity;
- If you go shopping;
- If you go to church;
- If you drive a car or use public transportation;

You should also explain how your daily routine has changed since you became disabled. For example, what kinds of activities did you do before you became disabled that you can't do now? Tell the

judge if you have problems doing any of these activities.

**Important Note:** If you do not have a lawyer and the judge does not ask you about facts that you think are important, especially if it is one of the items listed above, make sure to talk about those facts yourself.

## Witnesses

### Can I have witnesses at the hearing?

You can bring relatives or friends to the hearing as witnesses. Good witnesses are persons who see you regularly and see how your medical condition affects you and how it has changed over time. Your spouse can

be an especially good witness. Witnesses should talk about the activities that you are not able to do.

### What is a "Vocational Expert" ?

Usually the judge will ask a vocational expert to testify at the hearing. A "vocational expert" will testify whether your disabilities make a job too hard for you to do.

### What is a "Medical Advisor" ?

Sometimes the judge will ask a doctor or psychologist to testify at the hearing or prepare a written report about your medical condition. The medical advisor is paid by SSA to help the judge decide if you have a serious medical problem that keeps you from being able to work.

## AFTER THE HEARING

### When will I get the results of the hearing?

You should receive a decision within 90 days of the hearing but this deadline is not always met by Social Security.

### What happens if I win the hearing?

If you win benefits, you will get SSD benefits retroactively depending on the date that you applied and on the date the judge says you became disabled. For SSI, you can only get benefits as far back as the date of your application.

Once in a while, the Social Security Appeals Council reverses favorable

decisions. Be sure to read all mail you get from SSA.

### What happens if I lose the hearing?

If you lose your hearing you can ask that your case be reviewed by the Social Security Appeals Council in Washington D.C. ***You must make this request within 60 days of your unfavorable hearing decision.*** To ask for a review of your case, get a form called "Request for Review" from the local Social Security office.

If the Council refuses to review your case or decides against you, you have another 60 days to appeal to the U.S. District Court in your area. You will need a lawyer to appeal your case in court.

## Once I'm on SSD or SSI, what can I do if Social Security tries to stop or reduce my benefits?

If you are getting SSI or SSD, Social Security will probably review your case at some time to see if your medical condition has changed and if you are now able to work.

If SSA reviews your case, and if you are still disabled, try to get medical evidence from your doctor that shows that your condition has stayed the same or is now worse. It is also very important to get a lawyer to represent you if you can.

If Social Security decides to terminate your benefits, you can appeal the decision. The appeal has two parts: a face-to-face meeting for reconsideration; and a hearing. (See Pages 5 through 9 for information about hearings).

You will have 60 days to make a written request for an appeal. **But, if you make a request within 10 days, your benefits will stay the same until you have a hearing and the Administrative Law Judge has made a decision on your case. If you receive an unfavorable notice, appeal immediately!** But, if you lose the appeal you may be asked to pay back the benefits as an overpayment. (See below).

## OVERPAYMENTS

### What should I do if I get a notice of overpayment?

You will get a notice of overpayment if the SSA thinks they paid you more money than you should have received. If this happens, you can:

- 1) **File for a waiver of repayment** if you think the overpayment was not your fault and you cannot repay the money. A request for a waiver asks SSA to free you from having to pay back the overpayment.
- 2) **File for reconsideration** if you think the amount of the overpayment is wrong or that there was no overpayment.

**If you do not want your checks reduced** while you are contesting the overpayment, SSA should stop trying to collect the overpayment if you:

- a) ask for **reconsideration or waiver** within 30 days of the date of the overpayment notice, or
- b) ask for **waiver** at a later time. (If your request is more than 30 days after the date of the overpayment notice, SSA probably will have started to try to collect the overpayment. But they should stop when you make your request.)

### Waiver of Repayment

### How can I get a waiver of repayment?

To get an overpayment waived you must show:

- 1) You were not at fault; and
- 2) You either receive SSI or you cannot repay the money and, based based on the

facts in your case, it would be unfair for SSA to require you to repay the money.

You can ask for a waiver at any time. You can get the form you need at your local Social Security office.

### **How can I show that I was not at fault?**

The most important part of the request for waiver is the **“Without Fault Statement”** (Part I of the form). SSA will look at this statement very carefully. Your statement should explain:

- Whether or not you knew about the events causing the overpayment,
- Any problems you had remembering or understanding things,
- Any physical/mental problems that kept you from reporting information to SSA, and
- Whether or not you were confused about SSA rules or misunderstood anything they told you.

#### ***You will be considered “at fault” if:***

- You didn't report to SSA information that you knew (or should have known) was important,
- You gave information to SSA which you knew (or should have known) was wrong, or
- You didn't return a check which you knew (or should have known) was wrong.

***Make your statements detailed and honest.*** Do not limit yourself to the space on the form. Attach any extra pages you need in order to fully explain why the

overpayment wasn't your fault.

Even if SSA finds that the overpayment was not your fault, they will require you to pay it back unless they also find that: 1) you do not have the ability to repay the overpayment, or 2) it would be unfair to require you to repay the overpayment.

### **How can I show I have no ability to pay?**

To prove you can't repay the overpayment, you must show that your monthly expenses use all your monthly income and that you have no other resources (e.g. bank accounts) to pay it back. It is **very important** to list where **all** your money goes under "Household Expenses" on the form. Small expenses such as laundry costs, haircuts, etc. are important (list them under "other expenses"). Also point out the items you go without since you cannot pay for them.

If you have money in a bank account, you must explain why the money could not be used to repay the overpayment (for example, you need the money to pay bills that you owe or your money is being saved for new dentures). Use the section called "remarks" on the last page of the form to explain why you cannot use your money to pay the overpayment. If you receive SSI, it is assumed that you cannot afford to pay back the money.

### **How can I show that it would be unfair for SSA to require that I repay them?**

To prove that it would be unfair to require you to repay the overpayment, you must show SSA that your case is unusual and compelling. SSA must look at all the facts and circumstances of your case and decide if it would be unfair to make you pay back the overpayment. Some examples of situations where it may be unfair to collect on

overpayments are: you gave up a right or changed your position for the worse because you relied on the amount of overpaid benefits (such as, you lost public housing, or you rented a more expensive apartment); you have physical, mental, or language limitations that affect your ability to understand the SSA rules.

### **How can I appeal a waiver denial?**

If your request for waiver is denied and you disagree, you should ask for *reconsideration of the waiver denial*. You have 60 days from the date you get the decision to ask for reconsideration; but *if you don't want your checks reduced* at this time, you must request reconsideration within 30 days. If you miss the 60-day limit without a very good reason you will not be able to appeal the decision.

It is best to have a face-to-face conference with SSA to explain in person why you were not at fault and cannot repay the overpayment. Ask for a meeting between you, your witnesses, and an SSA representative. Ask the SSA representative to tell you exactly why your request for waiver was denied. Explain why you think Social Security is wrong. You can also give the SSA representative another written "without fault" statement that has facts that you forgot to mention in your request for waiver.

## **Reconsideration of the Overpayment**

If your request for waiver is denied after this reconsideration, you have a right to a hearing. SSA can reduce your checks to recover the overpayment while you are waiting for a hearing. **How can I file for reconsideration of the overpayment?**

If you do not think you were overpaid at all or if you think the amount of the overpayment is wrong, you should request reconsideration of the overpayment itself. You have 60 days from receiving an overpayment notice to request reconsideration. If you miss the 60-day limit without a very good reason, you will lose your chance to appeal. (You can still request *waiver* at any time.)

You can explain in writing why you think there was no overpayment or why the amount of the overpayment is wrong. You can also ask for an appointment to talk to SSA.

*If your request for reconsideration is denied you have a right to a hearing before an Administrative Law Judge.* To get this hearing you must either fill out a Request for Hearing Form available at the Social Security office or write a letter requesting a hearing.

# RESOURCE SECTION

## Legal Services Offices and Volunteer Lawyer Programs

The offices listed below provide services for low-income people. Potential clients must meet income qualifications.

### **Albany Regional Office**

(Linn, Benton)  
**(541) 926-8678**

Legal Aid Services of Oregon  
425 2nd Ave. SW, Ste 102  
Albany, OR 97321-2262

### **Bend Regional Office**

(Jefferson, Crook, Deschutes)  
**(541) 385-6944**  
**1-800-678-6944**

Legal Aid Services of Oregon  
817 N.W. Hill  
Bend, OR 97701-4547

### **Center for NonProfit Legal Services**

(Jackson)  
**(541) 779-7291**

225 W Main  
P.O. Box 1586  
Medford, OR 97501

### **Columbia County Volunteer Lawyers**

(Columbia)  
**(503) 397-1628**

P.O. Box 1400  
St. Helens, OR 97051

### **Coos Bay Regional Office**

(Coos, Curry, Western Douglas)  
**(541) 269-1226**  
**1-800-303-3638**

Oregon Law Center  
295 S Tenth  
P.O. Box 1098  
Coos Bay, OR 97420-0241

### **Farmworker Office**

(Mid-Willamette Valley farmworkers)  
**(503) 981-5291**

Legal Aid Services of Oregon  
397 N First Street  
Woodburn, OR 97071-4623

### **Grants Pass Regional Office**

(Josephine)  
**(541) 476-1058**

Oregon Law Center  
207 SW "G", Suite C  
Grants Pass, OR 97526-3133

### **Hillsboro Regional Office**

(Washington, Columbia, Tillamook,  
Clatsop)  
**(503) 648-7163**

Legal Aid Services of Oregon  
230 NE Second, Suite A  
Hillsboro, OR 97124-3011

### **Klamath & Lake Counties**

Legal Aid Services of Oregon

English:  
**(541) 882-6982**  
**1-800-480-9160**

Spanish:  
**(541) 882-2008**  
**1-800-250-9877**

### **Lane County Legal Aid**

(Lane)  
**(541) 342-6056**

376 East 11th St.  
Eugene, OR 97401

### **Lincoln County Office**

(Lincoln)  
**(541) 265-5305**  
**1-800-222-3884**

Legal Aid Services of Oregon  
304 SW Coast Highway  
P.O. Box 1970  
Newport, OR 97365

### **Marion-Polk Legal Aid**

(Marion, Polk)  
**(503) 581-5265**  
**1-800-359-1845**

1655 State Street  
Salem, OR 97301

### **McMinnville Office**

(Yamhill)  
**(503) 472-9561**

Legal Aid Services of Oregon  
720 East Third  
P.O. Box 141  
McMinnville, OR 97128

### **Multnomah County Office**

(Multnomah)  
**(503) 224-4086**

Legal Aid Services of Oregon  
700 SW Taylor, Suite 300.  
Portland, OR 97205

### **Native American Program**

**(NAPOLS)**

(assistance to tribal governments)  
**(503) 223-9483**

Legal Aid Services of Oregon  
812 SW Washington, Suite 700  
Portland, OR 97205

**Ontario Regional Office**  
(Malheur, Harney, Grant, Baker)  
**(541) 889-3121**  
**1-800-250-9877**

Oregon Law Center  
2449 SW 4th Ave, Suite 208  
Ontario, OR 97914

**Oregon City Regional Office**  
(Clackamas, Hood River, Sherman, Wasco)  
**(503) 655-2518**  
**1-800-228-6958**

Legal Aid Services of Oregon  
421 High Street, Suite 110  
Oregon City, OR 97045-2249

**Pendleton Regional Office**  
(Gilliam, Morrow, Umatilla, Union, Wallowa, Wheeler)  
**(541) 276-6685**  
**1-800-843-1115**

Legal Aid Services of Oregon  
365 SE Third Street  
P.O. Box 1327  
Pendleton, OR 97801-0260

**Roseburg Office**  
(Douglas)  
**(541) 673-1181**

Legal Aid Services of Oregon  
1000 SE Stephens  
P.O. Box 219  
Roseburg, OR 97470-0039

## **Oregon State Bar**

**Lawyer Referral Service**  
Oregon State Bar  
684-3763 in Portland, or  
1-800-452-7636 toll free in Oregon

This service gives you the name of an attorney in your community. There is a fee of \$35 for the first meeting with the lawyer. LRS also operates the Modest Means Program, which makes referrals to lawyers who provide reduced-fee legal services on some cases to clients that meet eligibility guidelines. Call for information.

**Tel-Law Tape Library**  
620-3000 in Portland, or  
1-800-452-4776 toll free in Oregon

Tel-Law is a collection of tape-recorded messages about a variety of legal subjects you can listen to by phone. Write for a complete listing from the Oregon State Bar, P.O. Box 1689, Lake Oswego, OR 97035-0889. Their tapes on SSI and Social Security are:

|        |                              |
|--------|------------------------------|
| # 1094 | Supplemental Security Income |
| # 1096 | Social Security              |