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Is It Worth It to File a Social Security Disability Appeal?

If you have been denied disability benefits, know that you have the right to appeal. The appeal process is designed to redress denied claims. At this point, you may be asking yourself – should I appeal a denial of Social Security disability (SSDI) benefits? Is it worth the time and effort? The answer, in most cases, is an emphatic YES! These claims often get rejected because the information, records, and evidence presented are incomplete or not fully provided.



The social security disability appeal process has four levels.

- 1. Reconsideration:** The first level is to request a reconsideration. A reconsideration is a complete review of your application by a Social Security Administration (SSA) claim examiner who was not a part of your initial decision. If you have new evidence regarding your medical condition and inability to work, you may submit it with your request for reconsideration. Typically, you have sixty days to file an appeal from the date you receive the letter from SSA. This level of the appeal process may be a good time to consider talking to a professional – a Social Security disability attorney to review your case and give you an idea of your chances of winning an appeal.
- 2. Administrative Law Judge Hearing:** If your application is unsuccessful again at reconsideration, you can take your appeal to the next level, requesting a hearing before an administrative law judge (ALJ). Generally, you have sixty days for filling this type of appeal from the date of the denial of your request for reconsideration.

The hearing provides applicants to make an in-person argument as to why they should be awarded disability benefits. The judge can ask questions about your impairment, past employment, and work limitations and may have medical and vocational experts present. However, once you've filed a disability benefits hearing, be prepared to wait. Because of the COVID-19 pandemic, the wait time for a disability hearing has risen to over 14 months.

- 3. The Appeals Council:** If your application for benefits gets rejected at the ALJ hearing, you can take your case to an Appeals Council for review. The council can either review your claim, reach a decision or send the application back to the ALJ for a second hearing.
- 4. Appeal to a Federal Court:** If you disagree with the Appeals council ruling, your last option is to file a lawsuit in a Federal District Court.

The COVID-19 pandemic has severely affected economies, supply chains, and business models. People with disabilities are at a significant disadvantage when it comes time to apply for benefits. The proper support can make a world of difference.

From My Blog

Common Issues That Occur with Workers' Compensation

If you sustained an injury at your job, you are eligible for Workers' Compensation. Unfortunately, many issues can occur when you attempt to ensure that you get the help you need....

WORKERS' COMPENSATION PROBLEMS THAT TYPICALLY ARISE INCLUDE THE FOLLOWING:

In most jobs, the checks get distributed on Fridays. However, a common claim in Workers' Compensation cases...



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US National Parks to Visit in California

When it comes to diversity, it's hard to beat California. The Golden State has everything! From sparkly pacific shorelines, high-rise buildings, and tantalizing national parks, California is home to a diversity of stunning landscapes. It's a beautiful state to visit and explore, especially the all-star lineup of national parks (nine in total!) – each of which represents a unique terrain, diverse ecosystem, and American history. And if you're planning a weekend getaway to California, we recommend you make plans to see as many of these parks as possible. To help you narrow it down, here are three you should have on your travel bucket list.



- **Yosemite National Park**

One of America's crown jewels - The Yosemite National Park, sits on the western slopes of the Sierra Nevada Mountains in Central California. This magical landscape offers hiking trails, camping, and iconic overlooks. It also dazzles visitors with its granite peaks, cascading waterfalls, scenic waterways, lush meadows, giant sequoia groves (the largest trees on Earth), and diverse wildlife.

- **Channel Islands**

Known as the "Galapagos of North America", these pacific island wonders are located off the coast of Southern California. Channel Islands National Park is home to endemic species of plants and animals that can be found nowhere else on earth. The islands are rustic, raw, remote, and a great place to connect with nature and spot endangered wildlife. The only way to get around the islands is by boat or light aircraft, which is perfect for adventure seekers. If you are ready for a unique vacation experience, this place checks all the right boxes.

- **Death Valley National Park**

Contrary to the name, Death Valley National Park has a very vibrant ecosystem. Located on the California-Nevada border, Death Valley National Park offers a unique blend of topography and climate. It's one of the hottest places in the world. The vast, rugged expanse of desert, sandstone canyons, oasis, salt flats, and towering sand dunes offer breathtaking viewpoints and make this national park a unique experience. Death Valley National Park is a true paradise for astronomy lovers and stargazers. Make sure you plan your visit to avoid scorching temperatures. What's the best time of the year to visit? Spring or late fall.

California nature is waiting for you!

If you or a loved one has been denied Workers' Compensation or Social Security Disability (SSDI) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your own home. The Kenton Koszdin Law Office, Social Security attorney in Van Nuys, can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month

Chicken, Brie, and Apple Panini

This chicken, brie, and apple panini sandwich, sweetened with a drizzle of honey, comes together in minutes and is perfect for a quick weeknight dinner.

Ingredients

- 4 slices Ciabatta bread
- 2 Tbsp extra virgin olive oil
- 2 cooked chicken breasts, sliced
- 4 ounces brie cheese, sliced
- 1 apple, cored and thinly sliced
- 1 1/2 Tbsp good quality honey
- 1 cup frisee (or your favorite greens)

Instructions

1. Heat panini press on high. Using a pastry brush, brush one side of each slice of bread with olive oil and lay out two slices of bread, oil side down.
2. Arrange chicken slices on the bread slices, top with brie, followed with apple slices.
3. Drizzle with honey, top with frisee, and top with remaining bread slices, oil side up.
4. Open the panini press and place each sandwich on the press and close the lid.
5. Grill sandwich for 3-5 minutes, or until golden brown and cheese is melted. Slice in half and enjoy!

Recipe courtesy of whatshouldimakefor.com



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Is It Worth It to File a Social Security Disability Appeal?



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What's Happening In Van Nuys & Southern California

Sep 9
Kiss
5 Point Amphitheatre
Irvine

Sep 10 - 11
Dave Matthews Band
5 Point Amphitheatre
Irvine

Sep 10 - 11
Jerry Rivera
The Mayan
Los Angeles

Sep 18
Smokey Robinson
Greek Theatre
Los Angeles

Oct 1
Foreigner
Greek Theatre
Los Angeles

Oct 9
Brad Paisley
5 Point Amphitheatre
Irvine

Oct 16
Outlaw Music Festival
5 Point Amphitheatre
Irvine

