

TESTIFYING AT YOUR DISABILITY HEARING

Arrive 15 Minutes Early

Unless I ask you to be at the hearing office at a specific time, arrive for your hearing about 15 minutes early. Any earlier is not necessary no matter what your Notice of Hearing may say about coming early to review your file. I have already reviewed your hearing exhibit file so it is not necessary for you to review it, although you may if you want to. Disability hearings usually start on time--so whatever you do, do not be late!

Do Not Talk About Your Case Outside of the Hearing Room

When you come for your hearing, remember that Social Security hearings are serious business. Do not make jokes about it and do not talk about your case before or after your hearing in the waiting room, in the hallway, in the elevator or anywhere else where a stranger can overhear. A Social Security employee may misinterpret what you say and get the wrong impression about you. There will be a lot of Social Security employees in the building.

The Hearing Room

A Social Security hearing room is nothing more than a small conference room. It may have a few official trappings such as the seal of the Department of Health and Human Services or an American flag. Hearing rooms are always equipped with a conference table. The hearing rooms have a desk for the judge which sits on a small riser so it is slightly above the level of the conference table where you will sit.

The Recorder

The most important equipment in a hearing room is the recorder used to record your hearing. Because your hearing will be recorded, it is important for you to speak clearly when you answer questions. Speak towards the microphone in front of you. Always give verbal answers. Shaking your head will not do as it cannot be recorded. Neither will pointing at a part of your body without stating out loud what part of your body you are pointing at. Also, "uh huh" and "huh uh" answers do not transcribe as well as yes and no answers. Try to say "yes" and "no" if you can.

Persons Present in the Hearing Room

You will be seated at the conference table along with your attorney. Also seated at the conference table will be the judge's assistant who operates the recorder. The judge may call a vocational witness or a medical expert to testify. If so, they will be seated at the conference table or attending by phone.

The hearing is private. Anyone present other than the judge, the judge's staff and witnesses called by the judge must have your permission to be there.

Social Security Hearings are Informal

Social Security hearings are much less formal than court hearings. Social Security hearings were designed so that they would not be a threatening experience. The Social Security Administration recognizes that if you can relax as much as possible you will be the best witness for yourself. It's okay to let yourself be yourself.

Although this is an informal hearing, there are a couple of procedures which are necessary that you follow. First, you and all witnesses will testify under oath. Second, it is important when you are testifying that you not ask anyone else in the room to help you answer questions.

The Administrative Law Judge

The person who presides in a Social Security hearing is an Administrative Law Judge (ALJ). Although one is not expected to stand up when the judge comes into the room, the Social Security judge is entitled to the same sort of respect that you would pay to a court judge. The judge's job is to issue an independent decision which is not influenced by the fact that your case was denied at the time of your initial application and on reconsideration.

The informal Social Security hearing is not what we call an "adversarial" hearing. That is, there is no lawyer on the other side who is going to cross-examine you. Judges usually do not "cross-examine" a claimant. The judge is not your opponent. The judge's job is to find out the facts.

Many people, by the time they get to a hearing before an administrative law judge, are angry with the Social Security system. Their application for benefits has been denied twice, often without any logical reason given for the denial. The system is confusing, cumbersome, time-consuming, and frustrating.

But, it is very important not to take your anger out on the judge. The judge did not create this system and the judge is not responsible for the problems that you have had with the system. Since the judge probably already knows all of the problems with the Social Security appeals system, you do not need to explain these problems. It is not helpful to ask the judge any questions about your case. For example, do not ask, "Why have I been denied?" "Why has it taken me so long to have a hearing?" It is best to focus on the facts of your case, to give the judge the best possible reasons to find you disabled.

The only time you should ask the judge a question is when you do not understand what is being asked of you. Judges and lawyers sometimes ask simple questions in complicated ways. This is a shortcoming of the legal profession. If you are not sure you understand a question, politely ask for an explanation.

The Order in Which Things Happen at the Hearing

The judge usually begins the disability hearing by reciting the "case history" of your case and stating the "issues" to be decided. The judge often states what you have to prove in your case, but the judge seldom gives a clear and simple explanation. They usually say that in order to be found disabled you must be "unable to perform substantial gainful activity which exists in significant numbers in the economy, considering your age, education, and work experience." When they say it, it almost sounds like you have to be bedridden to get disability benefits, but that is not true.

The judge may question you first. When the judge is done, the judge will give me a chance to ask you some questions. Occasionally, I do not have to ask any questions at all.

Some judges, however, expect me to handle most of the questioning. If so, answer my questions to you the same way you would answer them if a stranger were asking the questions. Sometimes a claimant may give less than complete answers when I ask questions, because they think that I know a lot about the case already. So, it is important to keep in mind that the judge, who will decide your case, does not know the answers to the questions until you say them. Although the judge probably will read your file before the hearing, when testifying it is best to assume that the judge knows nothing about your case. Plan on explaining everything. When you are done testifying, I will be allowed to question any witnesses you have brought to the hearing.

Most judges will not tell you if you have won, although a few will. Even if you are told you have won, the judge still must write a decision which will be mailed to you with a copy to me. Sometimes it takes quite some time for the decision to come out.

What to Wear

You do not need to dress up. This is an informal hearing. You may wear whatever makes you

comfortable.

Testify Truthfully

The most important thing about a Social Security hearing is not what you wear, but what you say. You must tell the truth as you are under oath! When the judge asks a question, do not try to figure out why the judge is asking that particular question or whether your answer will help or hurt your case. Be candid about your strengths as well as about your limitations. The best way to lose a good case is for the judge to think that you are not telling the truth. So, testify truthfully!

Do not do any play acting for the judge. Do not pretend to cry or be in more pain than you are. On the other hand, you need not suffer silently or minimize your problems when you tell the judge how you feel. If you need to take a break from the hearing, ask the judge for permission. If you are uncomfortable sitting and it would help to stand up, you may do so and you should not be embarrassed about it.

Tell Your Story

This will be your chance to tell the judge everything we want the judge to know about why your condition prevents you from working.

Many people think that since they are dealing with the government that they should keep their mouth shut, give the shortest possible answer and not volunteer anything. Although this is usually a good approach when the government is trying to do something to you, the opposite is true when you are asking the government to do something for you. You need to provide enough facts, details, and explanation in your testimony to make it obvious to the judge that you are disabled.

Approximating Dates

If you are asked when something happened, the judge would appreciate having the precise date, if possible. But, if you do not remember the exact date, do not worry. Few people can remember precise dates for events in their lives. If you do not remember the exact date, say so. Then, do your best to give an approximate date, or a month and year, or a season and year, or, if you cannot remember more accurately, just the year. Getting dates wrong is something that all of us, including the judge, do from time to time. Some people are worse than others with dates. The judge will not think you are being untruthful if it turns out that a date is wrong.

How the Judge Determines Disability

It is important that you understand some basic points about how the administrative law judge goes about determining whether someone is disabled. This process is complicated and technical, and it does not necessarily involve common sense. For example, most people think that if they cannot get a job because of their medical problems, this must prove that they are disabled. But, the inability to get a job proves nothing.

Disability determination is what we call a "hypothetical" determination. It has very little to do with the real world. It has nothing to do with the fact that employers will not hire you because of your medical problems. The Social Security Administration looks only at whether you are capable of doing jobs, not whether you would be hired. Thus, you may have to prove that you are unable to do jobs that you would never be hired for.

In some cases, the medical findings about your condition alone will cause the judge to find you disabled. In the majority of cases we usually have to prove two things: first, that your medical impairments prevent you from performing any job you have done in the past fifteen years, and second, that there are not very many other jobs you are capable of doing considering your age, education and work experience.

Think about all the jobs you have had in the past 15 years, and pick out the easiest one. We

have to prove that you cannot do that easiest job even if we are dead certain you would never be hired for that job again. And we have to prove it even if the company where you worked no longer exists or if the job is not available for some other reason.

Proving the second thing - that considering your age, education and work experience you are unable to do very many other jobs - is even more complicated. In many cases we have to prove that you are incapable of doing jobs that we know you would never actually be hired for.

However, we do not need to make proof of disability more difficult than it really is. A lot of people have heard the language "totally and permanently disabled." This phrase, which comes from worker's compensation cases, does not apply in Social Security cases. For Social Security, you do not have to be "permanently" disabled. You only have to be disabled for 12 months. And, although you have to be totally disabled in the sense that you are unable to perform jobs existing in significant numbers in the economy, this does not mean that you have to be unable to do anything. In fact, very few people who go in front of an Administrative Law Judge are unable to do anything at all.

Everyone Can Do Something

Think about the job of bridge tender on a not very busy waterway. The bridge tender has a recliner chair in his room at the bridge. He sits in his recliner and when a boat comes along, a few times per hour, he flips a switch to raise the bridge. He is allowed to stand or sit or lie down as he chooses. Most claimants who go to hearings in front of administrative law judges are able to do the bridge tender job. But that does not mean they are not disabled. It just means that virtually everyone can do something. There is some sort of job for almost everyone.

This is important because one way to determine disability is to start by trying to figure out what you can do. Once we figure that out, we can determine whether or not jobs within your capacity exist in significant numbers in the economy, considering your age, education and work experience. We do that either by looking at a set of rules or, in many cases; we have to ask some questions of a vocational expert.

Rules for Determining Disability

The rules for determining disability apply most directly to impairments which limit your physical ability to stand or sit or walk or lift or bend or work with your hands. Mental impairments are a bit more complicated.

If you are unable to do certain kinds of manual labor, whether because of a back problem or a heart condition or breathing problem or some other medical problem, your lawyer will be able to look at the rules and figure out just what you have to prove. (Do not get confused here - these rules apply only after we have proven that you cannot do any of the jobs you have had in the past fifteen years.) Here are some examples:

If you are under age 50, the general rule is that you have to prove that you cannot do a desk job. You have to prove this even though you probably would never be hired for a desk job.

If you are age 50 through 54, the general rule is that you have to prove that you cannot do light work. That is, work involving being on your feet most of the day and lifting up to about 20 pounds. Thus, even though you might still be able to do a sit-down job (a desk job) you can still be found disabled.

If you are age 55 or older, it gets even easier. The general rule is that you have to prove that you cannot do "medium" work, that is, work involving being on your feet for most of the day, frequently lifting 25 pounds and occasionally up to 50 pounds. Thus, you can even be capable of doing light work and still be found disabled.

As you can see, we are not only going to prove what you cannot do, we are also going to prove what you can do. We are going to do that because it's the truth and because in most cases the judges just will not accept any sort of "I can't do anything" explanation for why you're disabled.

These issues can get complicated when you have had jobs in the past where you have learned a lot of skills. The judge is going to want to know about your work skills. You are going to have to be able to explain them to him.

How do we go about proving all of this? We do it through your testimony in response to questions from the judge and/or me at the hearing. Although I will remind you if you forget something, it is best if you can answer all questions thoroughly so that it does not look like I am prodding you or putting words in your mouth.

Areas of Testimony

Questions are going to be asked of you at the hearing about your:

- 1. Work history;*
- 2. Education;*
- 3. Medical history;*
- 4. Symptoms;*
- 5. Your estimate of your work limitations;*
- 6. Your daily activities.*

Work and Educational History

You may be asked to describe job duties on your last job and on all significant jobs you have had during the past fifteen years. The judge will want to know how much weight you had to lift on each job and about how much time during the workday that you spent sitting, standing and walking on each job. The judge will be interested in difficulties you had performing past jobs because of your health and why you left each former job, especially your last job.

The judge will also ask about job skills. If you have had semi-skilled or skilled work, it is important that you describe your skills accurately. Remember, though, this hearing is not like a job interview in which a person often has a tendency to try to puff up his job skills. Guard against any such tendency.

One test for determining the degree of skill involved in a job is how long it takes to learn to do that job. Be prepared to estimate how long it would take for an average person to learn to do your past job.

You will be asked the highest grade you completed in school, whether you had any training in the military and whether you have had any formal vocational training or on-the-job training.

There usually are few problems in explaining work and educational history. If you have difficulty explaining why you cannot now perform one of the jobs that you have done in the past 15 years, you will want to go over this with me before your hearing. If you have recently completed some schooling which might qualify you for a skilled job, be sure I know about this schooling.

Medical History

Sometimes there are no questions whatsoever about your medical history. The judge will have your medical records from doctors, hospitals and others who have treated you and may let the medical records speak for themselves. It is my job to see that all of the medical records the judge needs to see are in the hearing exhibit file and, when necessary, that there are letters from your doctors explaining your medical condition and their opinions about your limitations.

The judge may ask a few general questions about your medical history. He may want to know how often you see your doctor, what sort of treatment your doctor provides, what medications you are taking, how often you take them and whether there are any side effects. You may be asked to describe the symptoms and treatment of your medical condition since it began, what doctors you have seen, where and when you were hospitalized, and so forth.

But since the judge has records from your doctors you will not be expected to be able to explain technical medical things to the judge. Unless you are asked, it's better not to try to explain what your doctors have told you or what your friends have told you or what you have read about your medical problem unless you have first cleared it with your lawyer. However, if the judge asks you what your doctor has told you about your condition or your limitations, do your very best to quote your doctor as accurately as possible.

Symptoms

Symptoms are how you feel. No one knows how you feel better than you. You know where you hurt and when you hurt. You know when you get short of breath, dizzy or fatigued. So it is up to you to describe those symptoms to the judge in as much detail and as vividly as possible. This is very important since it is your symptoms that keep you from working. You are not disabled because your condition has a particular label like arthritis or coronary artery disease or emphysema. You cannot work because of how you feel.

So if the judge says to you, "Why can't you work?" Do not say, "It is because I have arthritis," etc. Lots of people who can and do work have the same impairment. So telling the judge the name of your health problem really tells him nothing. What the judge needs to know is the severity of your pain and other symptoms.

Be specific when you describe your symptoms. Do not just say, "It hurts." Describe what your symptoms feel like, the same way you have probably described your symptoms to members of your family. Describe the nature, intensity, and location of pain, whether it travels to different parts of your body, how often you have pain, and how long it lasts. Explain if you feel different from day to day. Explain what starts up your pain or other symptoms, what makes them worse and what helps relieve them.

Describe your symptoms to the judge the very best you can. Be precise and truthful. Do not exaggerate, but do not minimize your symptoms either.

If you exaggerate your symptoms in your testimony, if you testify about constant excruciating pain but the medical records do not back up what you say, the judge will not believe you. The judge is also going to wonder how you made it to the hearing if your pain is so bad. So be careful when you use words such as "extreme" or "excruciating" to describe pain; and do not say that you "always" or "constantly" hurt or that you "never" get any relief from pain if what you mean is something less.

On the other hand, if you minimize your symptoms by saying they are not so bad, and a lot of people do, the judge is not going to find you disabled because you will convince him that you have few limitations. This is not the time to be brave.

So try not to be a minimizer or an exaggerator. Try to describe your symptoms exactly like they are.

Estimate How Often You Have Pain or Other Symptoms

If your symptoms come and go, be prepared to explain how often this happens. Some people do not give enough information, especially when the frequency of symptoms varies a lot. It is never a good answer to say that something happens "sometimes." The judge could conclude that "sometimes" means that your symptoms occur only a few times per year; which is not enough to be disabling. When the frequency of symptoms varies a lot, a lot of explanation and examples are necessary. For example, tell how often symptoms occur in a usual week. If you have weeks with no symptoms, estimate how many weeks out of a year are like that. The more information you give about how often you have symptoms, the better understanding the judge will have about why your symptoms keep you from working.

Estimate How Long Your Pain or Other Symptoms Last

For symptoms that come and go, be prepared to explain how long they last. Try to explain this without using the word "sometimes." Use the word "usually," then estimate how often the symptoms last longer and how often the symptoms are shorter.

Estimate the Intensity of Your Symptoms

You may be asked if your pain and other symptoms vary in intensity. If so, do your best to describe how your pain and other symptoms vary in intensity during a usual day or over a usual week. Often it is best to use the 1 to 10 scale sometimes used by therapists and doctors. On this scale 1 is essentially no pain and 10 is the worst pain you have ever had. Be sure you understand this scale and use it correctly without exaggerating. Think about the worst pain you ever had. Did it cause you to go to the emergency room? Did you lie in your bed writhing in pain, finding it difficult to get up even to go to the bathroom? Did it cause you to roll up into a fetal position? These are the images that the judge will have about what it means to have pain at a 10 level. Some people with disability claims have pain that gets to this level once in a while. Most do not. People who testify that their pain is frequently at the 10 level do not understand the scale. Most judges will conclude that someone who testifies that his or her pain is at a 10 level during a hearing is not to be believed because judges think there is no way a person could be at a hearing with pain that bad.

Estimate of Limitations

The judge will ask you how far you can walk, how much you can lift, how long you can stand, how long you can sit, etc. You must give the judge a genuine estimate of what you can do. So it is important to think about these things before your hearing.

If a friend asks you how far you can walk, you probably start thinking of places you have walked recently, how you felt when you got there, whether you had to stop and rest along the way, and so forth. You are likely to answer his question by giving one or more examples of places you have walked recently. If the judge asks this question, answer it the same way. Talk to the judge the same way that you would talk to an old friend.

A Social Security hearing is not a court hearing. If you are familiar with court hearings or have watched lawyer shows on television, wipe such things from your mind. In court hearings, lawyers are always advising people, "do not volunteer information." What lawyers mean, of course, is do not give any examples or details, wait for the lawyer to ask. In Social Security hearings, this rule about not volunteering information does not apply and, indeed, if you do not "volunteer" information, you may not be giving the judge as much information as he/she needs in order to decide your case.

Let's look at some examples. You decide which testimony is best. The person who has been advised by a lawyer not to volunteer information in answering a question may answer this way:

*ALJ: How far can you walk?
Claimant: Two blocks.*

A person who talks to a judge the same way he talks to a friend, as I am advising you to do, will answer the question this way:

*ALJ: How far can you walk?
Claimant: Judge, I can't walk more than about 2 blocks without stopping to rest. Just yesterday, I went to the store which is only about a block and a half from my house. By the time I got*

there, my back felt like it had a hot spike driven into it. I started limping. All I bought at the store was a loaf of bread. I could barely carry it home. On the way home, I had to stop three times because my back hurt so much. When I got home I sat down in my recliner chair and put my legs up before I even put the bread away.

As you can see, the person who talks to the judge as an old friend provides a lot of important information, some good examples and some relevant details.

Also, be aware that there is a built-in ambiguity in a judge's question concerning how long you can stand, how much you can lift, how far you can walk, and so forth. Judges always ask the question just that way: "How long can you stand?" The question should not be interpreted to mean, "How long can you stand before you are in so much pain that you must go home and go to bed?" What the judge needs to know, of course, is how long you can stand in a work situation where you must stand for a while, are allowed to sit down, and then must stand again.

Many times it is best to answer the question more than one way. You might give the judge an example of overdoing it and having to go lie down. But if you give the judge that example, be sure to fully explain it. Be sure to explain that, for example, when you washed Thanksgiving dinner dishes for an hour, you had to go lie down for a half an hour. Otherwise, it will show up in the judge's decision that you have the capacity to stand for one hour at a time, when your true capacity in a work situation is much less. But also give other examples that demonstrate the work situation: for example, if you are going to stand for a period of time, then sit, then stand again; this second standing time may be much shorter.

The problem that we have with the way these questions are asked is even worse when the question comes to sitting. This sort of exchange happens all the time:

*ALJ: How long can you sit?
Claimant: Twenty minutes.*

When the judge hears this answer, the judge looks at a clock and writes down that the claimant had been sitting there for forty minutes when he answered that question. Thus, the judge concludes that this claimant is a liar.

What this claimant meant, of course, is that he could sit for 20 minutes in a work situation, then stand or walk for a while and return to sitting. In all likelihood, a claimant with a sitting problem, after forcing himself to sit through an hour-long Social Security hearing will go home and lie down for a long time in order to relieve the pain in his back. He answered the question truthfully. He can only sit for about 20 minutes in a work situation. If he forces himself, he can sit longer but then it takes some time to recuperate. It is important to explain all this to the judge so he can understand what you are able to do day in and day out in a work situation.

Here is an example of a good answer to a question about sitting:

*ALJ: How long can you sit?
Claimant: If I force myself, I can sit here for perhaps a whole hour; but I'll have to go home and lie down and I won't be much good for the rest of the day. When I am trying to do things*

around the house, like pay bills, I only sit for about 20 minutes at a time and then I get up and walk around for 15 or 20 minutes before I go back to sitting. If I were on a job where I could change positions between sitting and standing or walking, the length of time that I could sit would get shorter as the day wore on.

Sitting is really hard on my back. It's better, though, if I can sit in my recliner chair with my legs up. I can sit in that chair for a long time but I find it really hard, for example, to pay bills sitting in that chair. I usually sit at the dining room table when I pay bills.

Another problem comes up when you have good days and bad days. For example, on good days, you might be able to sit or stand or walk for much longer than you can on a bad day. If you have good days and bad days, describe what it is like on a good day and what it is like on a bad day. Be prepared for the judge to ask you for your estimate of how many days out of a month are good days and how many days are bad days. A lot of people answer such questions as, "well, I never counted them." Count them. The judge will need this information.

It is important that you give specific estimates about your problems. For example, if you tell the judge you have a particular problem "occasionally" or "once in a while," without further explanation, the judge will not know if you have the problem once a week or once a year. And there is a big difference.

To give good testimony about your limitations, it is really important for you to know yourself, know your limitations, and neither exaggerates nor minimizes them. This is hard to do. You will need to think about it, perhaps discuss your limitations with family members and definitely discuss these limitations with me before the hearing.

Mental Limitations

This memorandum is not intended to help prepare people to testify who have only mental limitations, since the issues in such cases are different in many ways from those we have been discussing; and it is difficult to make general statements about how to prepare for such cases. If your case involves only mental limitations, you and I will need to go through these matters before the hearing. For those with mental limitations in combination with physical impairments, it is also necessary to discuss the mental limitations with me prior to your hearing; but there are a few things that we can say here about mental limitations in combination with physical impairments.

Many people, who have serious physical problems, especially if they have been having pain for a long time, develop emotional problems associated with their physical impairments. This is so common that it is surprising to find someone with a long-term physical problem who does not also have some emotional problem. But, many people who suffer physical impairments are afraid to talk about this emotional component of pain for fear they will be viewed as crazy. But having such problems does not mean you are crazy. It probably means you are normal.

It is important that you be willing and able to describe any emotional problems because it is often the emotional aspect of pain that interferes the greatest with the ability to work.

Common problems include:

*difficulty concentrating,
forgetfulness,
nervousness,
a quick temper,
difficulty getting along with others,
avoiding other people,
crying spells, and
depression.*

If you have some of these problems, you may be asked about your ability to understand, carry out and remember instructions, to make judgments, to respond to supervisors, co-workers and usual work situations and how well you deal with changes in a routine work setting. You may be asked how well you deal with stress which, you must remember, is a very individual thing. Different people find different things stressful. If the judge asks you about how well you deal with stress, as part of your answer be sure to tell the judge what sorts of things you find stressful, especially things at work.

Sometimes claimants have trouble putting their fingers on exactly what it is about work that they find stressful. For this reason I am providing a list of examples of some of the things some people find stressful at work:

*meeting deadlines,
completing job tasks,
working with others,
dealing with the public,
working quickly,
trying to work with precision,
doing complex tasks,
making decisions,
working within a schedule,
dealing with supervisors,
being criticized by supervisors,
simply knowing that work is supervised,
getting to work regularly,
remaining at work for a full day,
fear of failure at work.*

Sometimes people find routine, repetitive work stressful because of the monotony of routine, no opportunity for learning new things, little latitude for decision-making, lack of collaboration on the job, underutilization of skills, or the lack of meaningfulness of work. Think about whether you find any of these things particularly stressful. If so, discuss them with me.

Daily Activities

Judges always ask about daily activities. They ask how you spend a usual day. They use your description to figure out whether or not your daily activities are consistent with the symptoms and limitations you describe. For example, if you claim to have trouble standing and walking because of severe pain in your legs but you testify that you go out dancing every night, the judge is going to have some reason to doubt your testimony about your symptoms and limitations.

The judge's questioning about your daily activities provides you with a golden opportunity to help your case by giving a lot of details. You can see how the following non-specific answers prevent the judge from hearing very useful information:

ALJ: What do you do on a usual day?
Claimant: Nothing.

This is not a good answer. Sitting staring at a television set is doing something. Sitting staring out the window is doing something. Sitting staring at a blank wall or at the ceiling is doing something. So describe to the judge what you do, but do not do it this way. Here's another bad example:

ALJ: What do you do on a usual day?
Claimant: Oh, I do some cleaning, cooking,
 straightening up the house, sometimes
 some laundry and going to the store.

This is a truthful answer since this person does all of these things, but it does not help his case at all. He failed to mention the fact that he only does cleaning for a few minutes at a time; he cooks only simple meals because he cannot stand in the kitchen long enough to do anything more elaborate; he has help doing the laundry; and he never goes to the store alone; he always takes along his 15-year-old son to carry the groceries. In other words, the brief description of the things that he did during the day does not support his disability claim. But, the details about how he goes about doing these things do help his case.

To help the judge live your day with you, run through your usual day hour by hour. Emphasize those things that you do differently now because of your health problems. If you stop and think about it, you will probably be able to come up with a long list of things you do differently now than you did before you became disabled. These things are important because they show how your disability has affected your life in major and minor ways.

Describe how long you are active doing things and how long you rest afterwards. Tell where you rest, whether it is sitting or lying down, whether it is on the couch or the bed or a recliner chair. Tell how long it takes you to do a project now compared to how long it used to take you. Describe all those things that you need help from other people doing; and tell who those others are and what help they provide.

The more specifics that you can provide, the easier it is for the judge to understand your testimony about your symptoms and your limitations.

Some Things Not To Do

1. *Do not argue your case. Your job is to testify to facts, describe your symptoms, give estimates of your limitations, outline your daily activities, and provide lots of examples of your problems. Leave arguing your case to me. For example, do not use the line that starts "I worked all my life...." Or do not say, "I know I can't work."*

2. *Do not try to draw conclusions for the judge. Let the judge draw his own conclusions. Do not say things such as, "If I could work, I would be working." Or "I want to work." If you say this, it may cause the judge to think about Stephen Hawking who is in a wheelchair and unable to speak but is the world's leading expert on theoretical physics. There are many exceptional people with extreme disabilities who work; but it is never the issue in a Social Security disability case that there are others who work. It is also not relevant that there may be people less disabled than you who receive disability benefits.*

3. *Do not compare yourself to others. Popular lines are:*

"I know a guy who has nothing wrong with him but he gets disability benefits."

"I know people less disabled than me who get disability benefits."

"If I were an alcoholic you'd give me disability benefits."

None of these comparisons helps your case.

4. *Do not try to play on the judge's sympathy. It will not help and it might backfire. Judges have heard it all. Your financial situation, the fact that the bank is going to foreclose on your house and so forth are not relevant.*

5. *Do not try to demonstrate what a "good" person you are. Benefits are not awarded to the virtuous. They are awarded to the disabled. Some claimants, perhaps influenced by the rhetoric of politicians, bring up extraneous matters to demonstrate their virtue, thinking that this will influence the judge. Do not do it. This is just like trying to play on the judge's sympathy. It does not work and it may backfire.*

6. *Do not engage in dramatics. You are supposed to tell the truth at your hearing. If you are putting on a show for the judge, that is the same thing as not telling the truth. At the same time, however, if you are having a genuine problem at the hearing and you need to stop the hearing for any reason, tell the judge and me.*

7. *Do not give irrelevant testimony. Social Security regulations contain a list of irrelevant areas of testimony - areas that the judge cannot and will not consider in deciding your case. This list is in the regulations:*

(a) *The fact that you are unable to get work is irrelevant.*

(b) *The lack of work in your local area is irrelevant.*

(c) *Hiring practices of employers are irrelevant.*

(d) *Technological changes in the industry in which you have worked are irrelevant. (Although there are questions about this one.)*

(e) *Cyclical economic conditions are irrelevant.*

(f) *The fact that there are no job openings is irrelevant.*

(g) *The fact that you would not actually be hired for a job is irrelevant.*

(h) *The fact that you do not wish to work at a particular job is irrelevant. Also, it does not matter that a particular job does not pay well enough to support*

your family.

Problem Areas

There are three areas where there could be potential problems. So if any of these three things apply to your case, be sure to bring them to my attention before the hearing:

1. *Think back over the fifteen years before you became disabled. Pick out your easiest job. If you have trouble explaining why you cannot now do that easiest job, even if that job no longer exists, be sure to discuss this with me.*

2. *If you got unemployment compensation at any time during the period that you are claiming to be disabled, make sure I know about it before the hearing.*

3. *If you have been looking for work during any period that you claim to be disabled, tell me about it before the hearing.*

Things To Do

Here's a list of things to do at your hearing:

1. *Tell the truth.*

2. *Neither exaggerate nor minimize your symptoms.*

3. *Know your present abilities and limitations.*

4. *Provide relevant details and concrete examples but do not ramble on.*

What Your Lawyer Does

Your hearing will be over in an hour or an hour and a half or so. If you're well prepared because of this memorandum and your meeting with me before your hearing, I may not have to ask many questions at the hearing. In hearings with judges who like to ask most of the questions, it is only where issues are not developed or I think that your testimony was not clear enough and I feel I need to ask some questions of you at your hearing. The more that comes from you in answer to the judge's questions, the better it is for your case. Your case will go in naturally. Your testimony will flow freely. The judge will get to know you and your situation as you talk with him/her. And the judge will not think that I am testifying rather than you. I will, however, ask questions of any witnesses you bring along to the hearing.

The most important part of what I do usually takes place outside of the hearing. That is, I gather medical evidence, get reports from doctors, do legal research, prepare witnesses to testify and may make a closing argument either in writing or at the hearing. The best developed cases, though, do not need a closing argument. If a case is so well developed with medical evidence and with the claimant's testimony by the time it comes to argue the case, it is like stating the obvious, so why bother? But this does not mean that there has not been a lot of work that has gone into making a case so clear.

There is one thing that I cannot do, however. I am powerless to speed up the system. The written decision will be mailed to you with a copy sent to me as well. We will call you and let you know when we receive the decision. So you don't need to call us and see if we have heard anything, we will let you know. It is not uncommon for it to take three months or even much longer for a hearing decision

to be mailed to you.

If You Lose

Sometimes good cases and well-presented cases are lost. It is hard to figure out why, but it happens. There are usually some possibilities for appeal. If you lose, be sure to consult with me right away about appealing your case. It is absolutely essential that you appeal to the Appeals Council within 60 days of the judge's decision or you will lose your right to appeal.

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