

Mary Kay Hansen Law & Mediation

www.mkhansenlaw.com

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How can I help my representative develop my Social Security disability claim?

- **Get regular medical and mental health treatment**-the Social Security Administration must rely on objective medical evidence to determine that you are disabled. If there is no medical evidence of your disability, they have no choice but to deny your claim for disability. If you cannot afford treatment, seek out free or low cost care in your community. If you stop treating, Social Security may assume that your condition has improved.
- **Keep a written list of your medical and mental health treatment**-It is easier to keep up-to-date records than to try to remember months later what doctor you saw and when, what tests you had or when you started a new medication. Provide us with a list of all treatment providers (mental health, physical health, chiropractors, massage therapists, etc.) even those that do not provide "traditional" medical care. Provide us with copies of any forms the doctor fills out on your behalf (handicap parking permit form, housing form, etc.)
- **Develop a good relationship with your treatment providers and their staff**-Social Security will rely on your team's medical opinion of your disability. It is very important that you attend all of your appointments and follow all instructions.
- **Complete your paperwork completely and accurately**-you are the one most familiar with your disability and Social Security requires that certain forms be filled out by you. Ask a friend or family member to assist you, if needed. Mail the forms back to us right away so it does not delay your claim.
- **Follow Mary Kay's instructions**-Mary Kay gave you a "to do" list when you first met with her. Follow all of her instructions and advice.
- **General rules**-Always tell the truth! Do not exaggerate nor minimize your disability; be an "honest pessimist". Know your limitations and be able to provide concrete examples. Above all, be patient; obtaining disability benefits is a very slow process.

We are fighting to help ensure that all Nebraskans are able to get quality, affordable health insurance. Want to help too? Share your ACA story with Kait at kmadsen@neappleseed.org or call our Senators to say, "Don't repeal the ACA without a replacement."
Senator Deb Fischer: 402-441-4600 Senator Ben Sasse: 402-476-1400



The Best Way to Provide Us Information

- Mail us information in the postage paid envelopes we provided you.
- Email us at trisha@mkhansenlaw.com or brittany@hansenlaw.com.
- Call 402-477-0230 Ext. #2 for Trisha or Ext. #5 for Brittany and leave a voicemail.
- Fax us 402-436-3031

If you have questions or need information, please email or telephone our office and we will get back to you before the end of the next business day.

We will notify you of any important developments in your case. If you do not hear from us, we are simply waiting, as there are significant delays in the Social Security system.

Meet the Crew

Mary Kay:

I have handled Social Security disability cases for over thirty years. Over time, SSA regulations have changed and it has gotten more difficult to obtain favorable results for our clients. So, we roll up our sleeves and work smarter and harder. We also educate our clients so they can help us help them. I am fortunate to do this rewarding work with a great crew; we work hard and play hard. When I am not at work, I enjoy spending time with my family, which has gotten a bit bigger this year with our son's marriage. Family is not just an important thing, it is everything.

Tracy:

I enjoy helping Social Security clients wrap things up after they receive a final decision on their disability claim and providing information and scheduling for mediation clients that are dealing with divorce or family law issues. My husband, David, and I celebrated our 25th wedding anniversary last year, and this year our youngest child will graduate from high school. Our two daughters attend the University of Nebraska. In my spare time I like to stay busy gardening and working out at the gym.

Trisha:

I am a mother of three and a grandmother! I am very active with my kids and their activities. I have a job that lets me care for our community and care for my family. I love photography and scrapbooking in my spare time.

Brittany:

I am a mother of two very active kiddos. I am a graduate student at Nebraska Wesleyan University in pursuit of a Master's in Business Administration. I enjoy the flexibility of my job so I can further my education and raise a family, while being able to work and help our clients!

Taylor :

I am a recent graduate of the University of Nebraska Lincoln. As the newest part-time team member at Hansen Law, I spend my time prepping clients' cases for Social Security disability hearings. I also work for the Psychology Department at UNL and am a server/bartender at Gate 25. When I have a moment of free time, I can be found at the local library with a cup of coffee in hand or trying out new food recipes! I really enjoy traveling the world, especially with my family; and also like to go on hikes with my two "fur-babies", Max and Bear.

Fred:



Fred serves as our canine intern. His primary responsibilities include taking Mary Kay on long walks in the woods and spreading joy everywhere he goes. Mary Kay's cat, Vince, has declined the opportunity to be an intern and accepted the post of feline companion to Fred.

