

## **CONTACTING YOUR CONGRESSIONAL REPRESENTATIVES ON YOUR SSD CASE**

Contacting your Congressional Rep is the most effective way to push your case through the system once you have filed the initial paperwork. Do not be shy about this – they have been elected to serve you and this is one of their responsibilities to their constituents..

Find out who in your Congressperson's office handles Social Security Disability/SSI Disability issues. Make a phone call to the office to find this out. Speak with that person. Introduce yourself and ask for an appointment with him/her. Be courteous to him/her. You want them fighting for you and you need them on your side. They in turn need to have a successful outcome so that they can add it to the list of accomplishments for the Congressperson they represent. It doesn't matter if their political affiliation is different than yours. They represent all of the constituents in the district. You don't need to let them know if you voted for them or if you even believe in their policies. You just want them to find out the status of your case and pass any new information you have onto the appropriate office so that your case can be expedited.

Be prepared when you go in for this appointment. Have copies of your case and the latest medical documentation. The staff person can make copies to keep in their file and give your originals back to you. Have copies of eviction notices, late notices, foreclosure notices, utility bill late notices. The more you can give them the better and they need to have it in writing. They need to know which office currently has your case so that they can direct all inquiries to the correct location and/or Judge, etc. so be sure to take the latest correspondence you have.

Give the Congressperson's staff a week and see if you hear back by phone or mail. If you don't, call the office and speak to the same person again and ask for an update. Stress the urgency of your situation and the need to know the current status. Don't call them constantly. Give them a week between calls unless they ask you to call sooner or something happens with your case that they need to know about.

Many of you may not feel that you can go to the office because of physical limitations or transportation issues. This is one of the most important appointments in your fight for approval. Do not take the importance of speaking face to face lightly. It is EXTREMELY important. (As a last resort use e-mail, fax or the U.S. Postal Service.) You need to see who is working for you and they need to see who is asking for their help. They then see your face every time you call. If you don't feel you can speak well for yourself and are scared to make this appointment, have a friend or relative who can speak well for you go with you. Let your friend or family member read through these notes so that they know you want to develop a good relationship with the Congressperson's staff.

It is OK to be passionate about your situation – just don't be insulting to the person you are asking to help you. Many of you are angry with the system and the nightmare process you have been through. Your anger is justified. Just try to leave it outside the door when you have your appointment so you don't jeopardize this very important chance to have someone fight for you that can really make a difference.

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**Linda Fullerton - President/Co-Founder - Social Security Disability Coalition**

Social Security Disability Coalition – offering FREE knowledge and support with a focus on SSD reform:

<http://groups.msn.com/SocialSecurityDisabilityCoalition>

Sign the Social Security Disability Reform Petition at:

<http://www.petitiononline.com/SSDC/petition.html>

E-mail: [ssdcoalition@hotmail.com](mailto:ssdcoalition@hotmail.com)

Website: <http://www.frontiernet.net/~lindaf1/bump.html>