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Can I Work Part-Time and Still Get Disability Benefits?

Some people who receive disability benefits still need to earn an additional income in order to cover their living expenses. The Social Security Administration encourages disabled people to work either part-time or full-time for a trial period as long as the job doesn't aggravate their medical condition.



Under Social Security Disability, you are allowed:

1. To earn an income during a Trial Work Period while still receiving your full disability benefits.
2. You can work on a trial basis for nine months over a 60-month period. The nine months do not have to be consecutive.

If your wages exceed the earnings guidelines, you are presumed to engage in substantial gainful activity (SGA). If the wages you earned during the nine applicable months were higher than the income limits listed in the earnings guidelines, your disability claim will be reevaluated and the benefits may stop.

The Purpose of Using Experts in Disability Hearings

Vocational and medical experts play a vital role in the Social Security disability evaluation process. When they testify at the disability hearings, they give the administrative law judge insight into the claimant's medical condition and explain if the claimant has the ability to work. During the hearing, the claimant's attorney has an opportunity to cross-examine the experts.



1. The vocational expert gives his opinion about the jobs the claimant may still be able to perform.
2. The medical expert is qualified to discuss the claimant's medical condition, symptoms, physical or mental limitations, and clinical test results.

The administrative law judge decides how much weight he will allocate to the testimony of the experts. Based on the evidence presented at the hearing, the judge decides if the claimant should receive disability benefits.

Why Does the Judge Want to Know About My Daily Activities for My Case?

The judge needs to analyze the evidence and testimonies given during the hearing to determine if you should be approved for Social Security disability benefits. Describing your daily activities and routines helps the judge figure out if you have physical or mental limitations that prevent you from working, as well as if your actions are consistent with the condition and symptoms listed in the medical documents. An effective testimony consists of:



1. Providing specific details about the symptoms you deal with on a regular basis and how they impede your ability to perform basic tasks.
2. Letting the judge know if you need assistance in order to adequately take care of yourself and manage the home.
3. Explaining how your daily routine has changed since you became injured.

Preparing for the hearing and learning how to clearly answer the judge's questions will improve your chances of achieving a successful outcome in the case.

Your case is important to us. If we can't help you, we'll do our best to refer you to someone who can.

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