

## Applying for Disability- SSI/SSDI in Minnesota – Getting Started Guide

Applying for disability is a **patient-driven process**. You must apply on your own. Providers only share medical records showing what has been assessed and treated — they do **not** complete the application for you.

### What are SSI and SSDI?

- **SSI (Supplemental Security Income):** Needs-based cash assistance for people who are elderly, blind, or disabled with low income/resources.
- **SSDI (Social Security Disability Insurance):** For people who have worked and paid Social Security taxes and are now disabled.

**Both programs are federal (SSA), but getting local help in MN can make the process smoother.**

### For Parents of Minors

- Children under 18 may qualify for **SSI** if they meet medical rules **and** family income limits.
- Provide medical & school records, teacher/therapist reports, and medication lists.
- Parents manage the application and appeals.  
Call SSA at **1-800-772-1213** (ask about *child disability applications*).

## Step-by-Step Guide to Apply for SSI/SSDI in Minnesota

### Step 1: Determine Eligibility

- **SSI Eligibility:**
  - Limited income/resources
  - Disability expected to last 12+ months or result in death
  - U.S. citizenship or qualified noncitizen status
- **SSDI Eligibility:**
  - Sufficient work history (typically 5 of the last 10 years)
  - Disability meeting SSA's medical definition

*You can apply for both at once if you're unsure which you qualify for.*

### Step 2: Gather Key Documents

Before you apply, gather:

- Social Security Number
- Birth certificate
- Proof of income/resources
- List of medications, conditions, and how they impact your daily life
  - **Mankato Clinic ROI (records): (507) 389-8783**
- Work history (for SSDI)

Use SSA's [Disability Starter Kit](#) to prepare.

### Step 3: Submit Your Application

#### Apply Online:

- [ssa.gov/benefits/disability](https://ssa.gov/benefits/disability)

#### Apply by Phone:

- Call **1-800-772-1213** (TTY 1-800-325-0778)

#### Apply in Person:

- Visit your **local Social Security office**
- Find your office: [ssa.gov/locator](https://ssa.gov/locator)

In **Minnesota**, appointments are recommended. Some common offices:

1. **Mankato SSA:** 12 Civic Center Plaza, Mankato, MN 56001
2. **Minneapolis SSA:** 1811 Chicago Ave S, Minneapolis, MN 55404
3. **St. Paul SSA:** 332 Minnesota St #N650, St. Paul, MN 55101

\*\*\*Keep copies of everything

#### **Step 4: Participate in the Disability Determination Process**

- Your case is reviewed by **MN Disability Determination Services (DDS)** in St. Paul.
- They may:
  - Respond quickly to requests
  - Request additional medical records
  - Send you for a **Consultative Exam (CE)**
  - Interview you by phone or in person

#### **Step 5: Get Your Decision**

- Expect the process to take months- decisions can take 3–6 months (or more)
- You'll get a letter stating:
  - Approved or denied
  - Monthly benefit amount
  - Back pay amount (if any)

#### **If Denied – Appeal!**

- You have **60 days** to appeal.
- Levels of appeal:
  1. Reconsideration
  2. Administrative Law Judge (ALJ) hearing
  3. Appeals Council
  4. Federal Court

#### **Other Key Info**

##### **Applying for Medical Assistance (MA) at the Same Time**

- SSI approval qualifies you for MA in MN
- You can apply separately through your county or MNsure if needed sooner

##### **Need Help Applying?**

- **Disability Hub MN:** 1-866-333-2466 – Free, statewide support
- **Minnesota Disability Law Center (MDLC):** <https://mylegalaid.org/our-work/disability-law> or
- Hire a **disability attorney** (they only get paid if you win, usually from back pay)
- **Social Workers or County Case Managers** can often help as well

#### **Remember:**

This process is **in your hands**, but Minnesota has resources to guide you at every step. Stay organized, be persistent, and reach out for help if needed.