

How to Qualify for Social Security Disability Benefits with Autism

Autism Spectrum Disorder, or Autism, affects people differently. Every person with Autism will have a unique set of symptoms and will be impacted by those symptoms differently. If you have been diagnosed with Autism, which is now called Autism Spectrum Disorder, you may qualify for Social Security disability benefits. Disability benefits pay money to people who cannot work because of their Autism symptoms so that they can pay for basic essentials like housing and food. If you have worked at a job and paid Social Security taxes in the past you can be eligible for disability benefits. The only requirement that you must meet is that you think you won't be able to work for at least a year because of your condition.

Medically Qualifying For Disability Benefits Due to Autism

In order for your claim for disability benefits to be approved you will need to prove that you are medically eligible for benefits. That means you will need to provide medical documentation showing that you meet the requirements that are listed for Autism in the Social Security Administration's [Blue Book](#). All of the conditions that qualify for disability benefits and the requirements that must be met for those conditions are listed in the Blue Book. To be eligible for approval due to Autism you must provide medical documentation demonstrating you meet the [Autism Blue Book listing](#) by showing that you have all three of these:

- deficits in social interaction
- deficits in verbal and nonverbal communication, and
- significantly restricted, repetitive patterns of behavior, interests, or activities.

In addition to proving that you have all three of those you will also need to show that you have a severe limitation in one of these areas or a marked limitation in two of the following areas:

- understanding, remembering, or using information (ability to learn, remember, and use information, follow instructions, solve problems, use reason to make decisions)
- interacting with others (ability to engage in interactive play, cooperate with others, maintain friendships, handle conflicts, initiate or sustain conversation, understand social cues)
- focusing on activities (ability to engage in activities at a consistent pace, avoid distractions, complete tasks in timely manner), and
- adapting or managing oneself (ability to regulate emotions, control behavior, protect oneself from harm, maintain personal hygiene).

[Medical documentation](#) is usually a combination of medical records, psychologist findings, MRI test results, and statements from old employers, teachers, caseworkers, or family members who have personal knowledge about the impact of your symptoms on your ability to work.

Medical Vocational Allowance

It's very common for someone to not meet the Blue Book requirements but still be unable to work. If that happens to you then you can file a claim for benefits and ask for a medical vocational allowance. To get this you will need to have your doctor fill out a Residual Functional Capacity evaluation that details why you can't work. The Social Security

Administration will examine the [RFC](#) evaluation, your medical records, and work history to see if there's any work that you can do. If they decide there isn't any work you can do then you will be declared eligible for benefits.

Start Your Claim

The process of getting approved can take some time, and nothing starts until you file a claim. Don't wait to file a claim for Social Security disability benefits. You can file [online](#), or you can make an appointment at any SSA [location](#). Bring copies of all your medical records and paperwork to the appointment and a staff member at the SSA will help you fill out and file your claim.

Resources:

<https://www.ssa.gov/disability/professionals/bluebook/AdultListings.htm>

[https://www.ssa.gov/disability/professionals/bluebook/12.00-MentalDisorders-Adult.htm - 12_10](https://www.ssa.gov/disability/professionals/bluebook/12.00-MentalDisorders-Adult.htm-12_10)

<https://www.disabilitybenefitscenter.org/glossary/acceptable-medical-source>

<https://secure.ssa.gov/apps10/poms/images/SSA4/G-SSA-4734-U8-1.pdf>

<https://secure.ssa.gov/iClaim/dib>

<https://www.disabilitybenefitscenter.org/state-social-security-disability>