FormFriendlyKits

PRINTABLE + FILLABLE PDF KIT

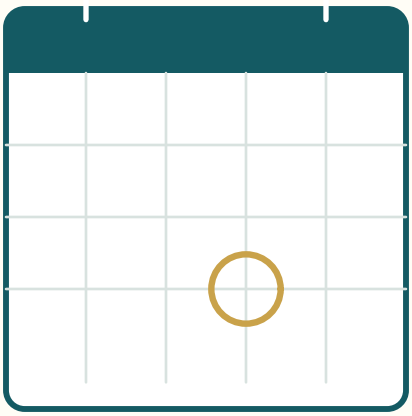
How to Apply for Disability

Find your path, gather the right proof, and never miss a deadline.

SSDI and SSI | Deadline trackers | Fill on your phone or print

- Which benefit fits you, SSDI or SSI
- Document and medical evidence checklist
- Appeal tracker with every 60 day deadline





Updated November 2026 · Plain English · Official sources listed

Free sample · The full kit has every page

FormFriendlyKits

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How to use this kit

This kit keeps you organized from your first question to a final answer. It does not replace Social Security and it is not legal advice. It is your workbook: it explains each step in plain English, gives you checklists and logs to gather the right proof, tracks every deadline, and hands you ready to use letters you can fill in and send.

The simplest way to use it

- Open it on your phone or computer and type right into the gray boxes, or print it and write by hand.
- Start with the page that matches where you are: just starting, already applied, or denied and appealing.
- Fill the checklists and logs before you apply. Missing proof is the top reason claims are denied.
- Write every date on the trackers. If you are denied, you have only 60 days to act.

A few things to keep in mind

- The official application is always free. You never have to pay to apply.
- You can do this yourself. A lawyer or advocate is optional and only gets paid if you win back pay.
- Keep a copy of everything you send and how you sent it.

IF THIS IS AN EMERGENCY

If you are in crisis or thinking about harming yourself, call or text 988 any time. This kit is about benefits, not a substitute for help in a hard moment.

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