



# POTS and SSDI: Navigating Social Security Disability Benefits for Individuals with Postural Orthostasia



POTS and SSDI: Navigating [Social Security Disability Benefits](#) for Individuals with Postural Orthostatic Tachycardia Syndrome

Living with a chronic illness like Postural Orthostatic Tachycardia Syndrome (POTS) can significantly impact a person's ability to work and maintain financial stability. POTS is a complex condition characterized by a rapid heart rate, dizziness, fatigue, and other debilitating symptoms upon standing or being in an upright position. For individuals with POTS who are unable to work due to their condition, seeking financial support through Social Security Disability Insurance (SSDI) may be an option worth considering. In this blog post, we will explore POTS, its impact on daily life, and how to navigate the SSDI application process.

## Understanding POTS:

POTS is a form of dysautonomia, a dysfunction of the autonomic nervous system that regulates various bodily functions. It primarily affects young individuals, particularly women, and its exact cause is still not fully understood. Some potential triggers include viral infections, trauma, or underlying conditions such as Ehlers-Danlos syndrome or Lyme disease.

Living with POTS can be challenging as the symptoms can be unpredictable and severe. Individuals with POTS may experience heart palpitations, lightheadedness, fainting, chronic fatigue, brain fog, gastrointestinal issues, and difficulties with temperature regulation. These symptoms can significantly impact a person's ability to perform routine activities, maintain employment, and have a reasonable quality of life.

## SSDI and POTS:

Social Security Disability Insurance (SSDI) is a federal program designed to provide financial assistance to individuals with disabilities that prevent them from engaging in substantial gainful activity (SGA). To qualify for SSDI benefits, individuals must meet the Social Security Administration's (SSA) criteria, which include having a severe medical condition that is expected to last at least one year or result in death, and being unable to perform substantial work due to the condition.

## Navigating the SSDI Application Process:

1. **Gather Medical Evidence:** When applying for SSDI benefits, it is crucial to gather comprehensive medical evidence that supports your POTS diagnosis and demonstrates the impact of the condition on your ability to work. This can include medical records, diagnostic test results, physician statements, and documentation of treatments and medications.
2. **Consult with Healthcare Providers:** Work closely with your healthcare providers, including cardiologists, neurologists, and other specialists familiar with POTS, to ensure they understand your intention to apply for SSDI. Their support and detailed medical reports can strengthen your claim.
3. **Complete the Application:** Fill out the SSDI application accurately and thoroughly, providing detailed information about your medical condition, work history, and functional limitations. Consider seeking assistance from a disability advocate or attorney who can guide you through the process and help you present your case effectively.
4. **Consider the Residual Functional Capacity (RFC) Assessment:** The SSA evaluates the physical and mental abilities required to perform various work-related activities through an RFC assessment. Make sure your medical documentation clearly outlines the limitations imposed by POTS to support your claim during this evaluation.

5. Appeals and Denials: It is common for initial SSDI applications to be denied. If this happens, don't lose hope. You have the right to appeal the decision within a specified timeframe. Seek legal advice and gather additional evidence to strengthen your case during the appeals process.

Living with POTS can present significant challenges, impacting your ability to work and support yourself financially. If you find yourself unable to maintain employment due to the severity of your POTS symptoms, exploring the possibility of SSDI benefits may be a worthwhile option. Remember to gather thorough medical evidence, seek professional guidance, and be persistent throughout the application and appeals process. While the road to obtaining SSDI benefits may be complex, it can provide the much-needed financial support to help you focus on managing your POTS and improving your quality of life.