

# Preparing For Your Social Security Disability Hearing

Hearing Date \_\_\_\_\_

Hearing Time \_\_\_\_\_

Hearing Place \_\_\_\_\_

The following lists some important concepts from the video you need to remember.

## ***Personal preparation for the hearing:***

1. Review your case file with your lawyer. Refresh your memory with details on your work history, medical records, etc. to help keep your testimony consistent.
2. Make sure you are available for the day and time of the hearing.
3. Arrange reliable transportation to and from the hearing, and secure a driver if necessary.
4. Arrange for adequate childcare, if needed.
5. Arrive early to the hearing, at least 30 minutes prior to the scheduled time or when your attorney requests.
6. Avoid alcohol and try to get a good night's sleep.
7. If you are on medications, take them as prescribed to give the judge a realistic picture of how you are on a daily basis.
8. Dress for the hearing as you would normally dress, with very little makeup or jewelry, to avoid giving the wrong impression.

## ***Your conduct during the hearing:***

1. Conduct yourself calmly and professionally, but if you feel distress or are overcome emotionally, it is perfectly all right to show emotion.
2. Be respectful and polite to all present.
3. Speak clearly, loudly, and distinctly for the court reporter to make sure your testimony is accurately recorded. Also, for recording purposes, you should reply verbally with a "yes" or "no" instead of nodding or shaking your head.
4. And most importantly, when you are questioned, answer honestly and do not exaggerate, so as to not discredit your testimony.