

VA Disability Claims Information Sheet

From my experience of working with Veterans and their VA disability claims over the past thirty plus years, I have used the following information to aid me in getting their claim processed.

I call this a roadmap to get from point A to point B. In fact it's a working guide to help one to understand a process that is rather simple, in which many Veterans have a tendency to make complicated.

All county Veteran Service Officers (VSO) are in a paid position to assist Veteran and not to make decisions for the Veteran. If you feel you aren't getting the assistance you are entitled, don't stop there. Let the VSO know about your concerns, if that doesn't work inform VA of your concerns.

It is easy to get frustrated and give up. If that is the case you are cheating yourself and possibly family members out of funds that could be used to enrich everyday life.

Some do's and do not's that I have found helpful over the years.

1. Go online and read all about VA Disabilities and how the system works.
2. Do not be afraid of losing any VA benefits you may have already acquired, while attempting to increase your disability.
3. Do not confuse the Veterans Administration and the VA hospital they are two separate entities.
4. Keep any and all paper work that one may receive from outside medical facilities.
5. It is important to understand how VA computes disabilities, which can also be explained online.
6. Know the appeals process, in case your claim is disapproved.
7. There are many lawyers that work on appeals pro bono. Meaning they take a percentage of any back pay one may receive.
8. If one is retired military, they will not receive any disability funds until their disability reaches fifty percent.
9. I suggest keeping your spouse informed and take them along if possible, anytime one goes in for a Compensation and Pension (C and P). They need to know everything going on and for the most part do. Don't be late for the exam and do not lie, just be upfront and tell the examiner all about how your claim is affecting one's life. One is not going to remember everything they want to say, take notes and give a copy to the examiner.
10. Post-traumatic stress disorder (PTSD) is a very sensitive related disability that goes untreated a lot of times due to lack of information and or fear. One of the biggest misnomers that Veterans believe, is they will lose their rights to own weapons. By the way one does not have to have been in combat to experience PTSD.

There are several stressors that can be found online that could or will cause a negative response and take one aback in time, if only for a few seconds. A few examples are as follows. a. Diesel fuel b. Helicopters c. Fireworks d. Crowds and the list goes on

Note: I'm here if you need me. I am not a psychologist; I am a veteran who has worked with many Veterans who have been successful in getting their disability claims approved.

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