

Benefits Referral Guide

Social Security Disability & Supplemental Security Income

Want to Apply For Benefits On Your Own?

Call (800) 772-1213 or go to www.ssa.gov/disability

Already Applied and Need to Check Status?

Call Disability Determination Services to check on your application: (800) 452-2147.

Need Help from an Advocate or Attorney?

An attorney can help you—whether you need to apply, continue the process, or appeal a denial. Some programs give free assistance, but you must qualify for their help. They have limited availability.

Free Resources:

- Legal Aid Public Benefits Online: (800) 520-5292 | Open limited hours Mon.-Thurs.
- State Family Pre-SSI/SSDI Program: (503)373-0755 | sfpss.caf@state.or.us | Call or talk to your local DHS office staff
- Central City Concern's BEST Program: (971) 570-2315 bestinfo@ccconcern.org | Case manager referral required

Need Help from an Advocate or Attorney?

Most attorneys charge for their work, but there is **no up-front cost** to hire an attorney to help with benefits pay. They only get paid if they win, and their payment comes out of the money Social Security will pay to you as back pay.

The following attorneys were screened in November 2024 to confirm they are members in good standing with the Oregon State Bar and have no Bar complaints against them. Cascadia Health does not endorse any of the attorneys or have any financial connection to the attorneys, but provides this list to help clients and patients.

These local law firms only get paid if they help you win benefits:

- Cascadia Disability Law: (503) 891-8376 | help@cascadiadisabilitylaw.com
- Dalton Law Firm: (503) 253-6029
- Drew L. Johnson, P.C.: (541) 434-6466 | luke@djlpc.net
- Gault Disability Law: (503) 908-1702 | gaultdisabilitylaw.com
- Law Offices of Christopher Richter: (503) 616-3649 | chris@richterdisabilitylaw.com