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## Activities That Can Cause Problems with Your Disability Claim

When applying for Social Security Disability (SSD) or Supplemental Security Income (SSI), the Social Security Administration (SSA) carefully reviews not only your medical records but also your **daily activities**.

Certain activities or habits can make it appear that you're not as limited as you've reported.

Below are examples of activities that may raise questions about your level of disability.

## Activities That May Raise Concerns

- Drug or alcohol use
- Working full- or part-time (even limited or "under-the-table" work)
- Giving conflicting information to the SSA, your doctors, or therapists
- Traveling or vacationing (for example, "How can you go to Florida if you're disabled?")
- Babysitting or caring for others
- Exercising or going to the gym
- Participating in activities with family or friends
- Doing housework, cooking, or cleaning without assistance
- Doing yard work or gardening
- Performing repairs on your home or car
- Spending long hours on the computer (gaming, typing, emailing, surfing, etc.)
- Driving frequently or long distances
- Using a cell phone extensively, especially if you've claimed issues with your hands or fingers
- Attending school or taking online classes

## Why These Activities Matter

The SSA may view these activities as signs that you're capable of working or performing tasks inconsistent with your claimed limitations.

If your medical records mention any of the activities above, it's important that they also document:

- The **difficulties or pain** you experience while doing them
- Any **changes or adjustments** you've had to make to complete them
- Any **help or assistance** you need from others

Providing this context helps ensure your records accurately reflect your true limitations and prevents misinterpretation by the SSA or a judge.

## Remember

This list isn't exhaustive. The SSA can view **anything that resembles "work-like" activity** as evidence against disability. Be honest and thorough when discussing your daily activities with your doctors, but make sure they also understand the **struggles** and **limitations** you experience while doing them.