



I have ME/CFS or Long COVID.
HOW DO I OBTAIN DISABILITY BENEFITS?

In response to the Long COVID crisis, we have assembled several resources for those seeking disability benefits. These resources draw on our legal, research and clinical experience with ME/CFS.

Click on links below

Educate yourself and your attorney

10 tips for COVID-19 long-haulers seeking disability benefits

Disability benefits chat with Kantor & Kantor Law webinar

Free continuing legal education on COVID-19 and disability benefits for Individuals living with ME/CFS webinar

Social Security Ruling 14-1p for chronic fatigue syndrome

Find a healthcare provider

Check out ME Action's list of healthcare providers

Get your disability documented into the medical record

- Solve ME has 7 tips for claiming disability benefits
- US ME/CFS Clinician Coalition disability resources
- IACFS/ME resources for documenting disability and advocating for work accommodations

Measure functional impairment

Cardiopulmonary exercise testing (CPET) is the gold standard for measuring functional capacity and impairment for disability

Electroencephalography (EEG) provides objective measures of brain voltage and reaction time

Schedule an appointment for a disability evaluation using CPET and EEG