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Comment from Anonymous

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General Comment

My husband is a Marine Corps veteran, rated 100% permanently and totally disabled and unemployable since 2014. He has also been on SSDI since 2014, and is currently going through a long-form CDR. Due to his disabilities, which include cognitive and executive functioning issues, he requires my assistance with tasks like filling out the CDR forms. I have a graduate degree in Pharmacology and work as a biomedical research scientist, and have been highly involved in his care and advocating for him as a patient since before he was formally recognized as disabled by the VA or SSA. Despite my deep familiarity with his medical history, current symptoms, treatment plan, and academic/professional experience navigating these systems, this process is still very labor intensive for me. It is a dense, complex administrative process with very high stakes given that we rely on SSDI's financial support. There are potentially extreme consequences for mistakes, errors, or omissions on this form, so the entire CDR process is extremely stressful and fraught for disabled people and their families. The instructions alone are approximately three pages long, which took us at least 30 minutes to read and understand thoroughly. Gathering all the required information has taken at least three hours and actually completing the form has taken at least two hours. Altogether I estimate we have spent about 6 hours on this, with two people working on it together for most of that time. Despite the fact that SSA will access his actual official medical records, this form requires us to list the exact dates of appointments, exact treatments administered and why, to know whether or not a variety of complex medical tests were done and what date they were done, and all medications prescribed (including the name of prescribing provider and reason for the prescription) OVER THE LAST TWELVE MONTHS. My husband is a veteran and gets all of his care through the VA, and this is very burdensome just because we recently moved across state lines and have to track down each of his providers at two separate state VA health systems. I cannot imagine how this process could possibly take 60 minutes or less for someone without a primary care physician or centralized healthcare team like he has at the VA, or how someone without a strong grasp of medical terminology and navigating the healthcare system could get this done without facing an extreme burden. And that's not even really accounting for the level of stress it induces, given the implicit threat of having your benefits taken away or even being accused of defrauding the system and having to pay

rything back. My husband's disability is exacerbated by stress, so the CDR is actively worsening that and ability to function, and will do so until we get the final results of the review back from	ng his SSA.