

Submitting Your Own VA Disability Compensation Claim



There are three areas to consider for claim submission:

Gather Evidence



Fill out Forms



Submit



Due Date (all components): One year from the date you submitted your Intent to File

<input type="checkbox"/>	<p>Submit VA form 21-0966</p>	<p>You can either print it up from the internet, begin your claim on VA.gov or call 1-800-827-1000 and tell them you would like to initiate a compensation claim.</p> <ul style="list-style-type: none"> This will give you one year to gather all your evidence, medical records, buddy statements, etc.
<input type="checkbox"/>	<p>Gather Evidence</p>	<ul style="list-style-type: none"> DD214 – you must have this as part of your submission packet Dates of injuries or events to be provided on the VA Form 21-526ez Buddy letters to use as additional supportive evidence (Spouses, parents, people who served with you) Doctor contact information if outside the VA to be provided on VA Forms 21-4142 and 21-4142a. You will need to include a date range you were seen at the facility. If claiming PTSD from combat you will need to submit a VA Form 21-0781 If claiming PTSD from personal assault you will need to submit a VA Form 21-0781a If you have dependents, you will want to include VA Form 21-686c If you have a caregiver, you will want to include VA Form 10-10cg - Application for Comprehensive Assistance for Family Caregivers Program Public Disability Benefits Questionnaires (DBQs)
<input type="checkbox"/>	<p>Fill out Forms</p>	<ul style="list-style-type: none"> Fill out all the applicable forms above. At the very least you will need the 21-526ez, the 21-4142 and 21-4142a To ensure your bases are covered, you can fill out VA Form 21-3148 to let the person at the VA Benefits team who receives your package what you submitting and why.
<input type="checkbox"/>	<p>Submit</p>	<ul style="list-style-type: none"> Mail it to: <ul style="list-style-type: none"> DEPARTMENT OF VETERANS AFFAIRS CLAIMS INTAKE CENTER PO BOX 4444 JANESVILLE, WI 53547-4444 You will get a notification when they receive your claim. Submit it on VA.gov – if you can facebook, you can do this. The hardest part is setting up your password. Take the whole package to a VSO in Murfreesboro or Warren County and ask them to submit it for you. NOTE: you will need to submit a VA Form 21-22 giving the VSO the ability to submit forms on your behalf.