

# Diandra L. Abate

Chicago, IL

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## PARTNER

### Overview

For nearly a decade, Diandra has dedicated her practice to defending employers, insurers, and carriers against workers' compensation claims. Relentless in the pursuit of her clients' best interests, she is a trusted advocate and advisor who navigates legal issues in a collaborative manner, ensuring clients are involved in the defense approach strategy and understand the costs and benefits of the plan of action.

As a partner in the firm's Workers' Compensation Service Group, Diandra manages workers' compensation and subrogation claims from inception through resolution, whether through alternative dispute resolution or litigation. She works proactively with claims specialists, third-party administrators, and insureds to attain cost effective resolution of workers' compensation issues. In addition, Diandra is a seasoned litigator with experience arguing complex matters before the Illinois Workers' Compensation Commission and state courts. She also counsels her clients on related compliance topics, such as Medicare, to minimize risk and exposure.

Outside of her day-to-day work, Diandra regularly delivers presentations on handling Illinois workers' compensation claims at conferences geared toward claim representatives, third-party administrators, and self-insured employers.

### Experience

Settled Case Valued at Seven Figures for Under \$500,000

Defended an Employer and Negotiated Settlement Down in Workers' Compensation Case

### SERVICES

Workers' Compensation

### EDUCATION

DePaul University College of Law, J.D., 2016

Augustana College, B.A., 2013

### ADMISSIONS

Illinois

Secured Arbitration and Workers' Compensation Commission Decisions in Favor of Employers

### Membership & Involvement

Member: Workers' Compensation Litigation Association; Claims and Litigation Management Alliance

### Honors

- Selected to the Illinois Super Lawyers "Rising Stars" list: 2022, 2023, 2024, 2025, 2026
- Selected to *Best Lawyers: Ones to Watch® in America* in Workers' Compensation Law - Employers: 2026
- Finalist for the 2022 CLM Professionals of the Year Award: Young Outside Counsel

### Firm News

Congratulations to Amundsen Davis's 2026 Illinois Super Lawyers and Rising Stars!

Firm News, January 21, 2026

130 Amundsen Davis Attorneys Recognized by Best Lawyers® in 2026 in America

Firm News, August 21, 2025

Two New Attorneys Join Amundsen Davis's Workers' Compensation Service Group

Firm News, May 15, 2025

### Alerts

Does My Worker's Injury Qualify for Workers' Compensation? | Checklist

### Speaking Engagements

Breakfast Briefing Series: Prevention to Resolution: Managing Workers' Compensation Claims with the End in Mind

Event, Amundsen Davis, Webcast, October 15, 2025

Confronting the Surge of FCE Reports: Insights & Defense Approaches  
Speaking Engagement, Claims and Litigation Management Alliance Focus Conference; Orlando, FL, February 2025

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Back to Basics: The Human Element

Speaking Engagement, Claims and Litigation Management (CLM) Workers' Compensation and Retail, Restaurant & Hospitality Conference, May 2022

### Published Works

Surge in Penalties to Employers for Non-Compliance of Illinois Workers' Compensation Insurance

Publication, *Associated Builders and Contractors Wisconsin (ABC Wisconsin)*, June 26, 2025

### Blog Posts

Key Takeaways – Prevention to Resolution: Managing Workers' Compensation Claims With the End in Mind

*Labor & Employment Law Update*, November 19, 2025

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