

Personal Independence Payment (PIP)

Personal Independence Payment or PIP is a new welfare benefit being introduced in 2013. It is a benefit which is paid to help with the costs you might incur due to living with a long term illness or disability. PIP is replacing Disability Living Allowance (DLA) so from summer 2013 no new claims for DLA will be accepted for people of working age.

The aim of this factsheet is to provide an overview of the new benefit and how it is being introduced, explain how you apply, how to show how your condition affects you, what the qualifying criteria is, how the Department for Work and Pensions will assess you and how much you could get.



KEY POINTS

- Personal Independence Payment (PIP) is a benefit paid to help with the costs incurred due to ill health or disability
- It will replace Disability Living Allowance for people of working age (16 to 64 years)
- It is being gradually introduced over a number of years starting in April 2013
- There are two components 'daily living' and 'mobility'
- Each component can be paid at either a 'standard' or 'enhanced' rate
- You will need to explain how your mental health problems can affect your ability to perform daily living tasks and getting around
- Entitlement is based on scoring enough points across the whole test
- You may have to attend a face to face medical assessment as a part of the claim process
- You will be able to provide supporting evidence from your own health care professionals

This factsheet covers:

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1. What is PIP?

Personal Independence Payment is a new benefit aimed to help people of working age (aged between 16 and 64 years) with the costs incurred due to ill health or disability. It is paid to cover any extra costs you may have in relation to 'daily living' and also 'mobility'. There is more information about what these terms mean in section 4 'Who can get PIP?'

It is possible to be paid PIP at either the 'standard' or enhanced' rate for either or both of the daily living or mobility components.

If your illness or disability means your ability to carry out daily living activities and/or your mobility is *limited* you could qualify for PIP at the 'standard' rate.

If your illness or disability means your ability to carry out daily living activities and/or your mobility is *severely limited* you could qualify for PIP at the 'enhanced' rate. There is more information about the different components and rates of payment in section 9 'How much could I get?'

Even if your ability to carry out the different activities varies, so you have 'good' or 'bad' days, you may still be eligible to receive PIP.

PIP is not means tested so is not affected by other income, capital or savings. It is not taxable, and you do not need to have paid national insurance contributions to qualify.

Children under 16 years old can still receive Disability Living Allowance (DLA) if they have care and/or mobility needs. They will be invited to then make a claim for PIP when they near their 16th birthday.

People over 65 years old, if claiming for the first time, should make a claim for Attendance Allowance.

2. Why is PIP being introduced?

The Government says that by introducing PIP they aim to 'create a benefit which is fairer, more straightforward to administer, easier to understand (than Disability Living Allowance) and financially sustainable'ⁱ.

They also aim to reduce the cost of disability benefits by 20%ⁱⁱ by focussing support on disabled people with the greatest needs. In reality this means it will be harder for most people to qualify for the same level of help that they would get with Disability Living Allowanceⁱⁱⁱ.

3. When is PIP being introduced?

PIP is being introduced in stages over a number of years. At first it will be available for new claimants only

New claimants:

- **April 2013** – PIP will be introduced for all new claims for people with postcodes beginning with: BL, CA, CH (not CH5, CH6, CH7, CH8), CW, DH, DL (not DL6, DL7, DL8, DL9, DL10, DL11), FY, L, LA, (not LA2 7, LA2 8, LA6 2, LA6 3), M, NE, PR, SR, TS (not TS9), WA.
- **June 2013** – PIP introduced nationwide for all new claims.

Existing DLA claimants:

- **October 2013** – if you report a change in how your health condition or disability affects you, or your DLA award is due to be reviewed, you will have to claim Personal Independence Payment.
- **From 2015** – The Department for Work and Pensions (DWP) will start to contact all remaining DLA claimants (who are of working age) and begin the process of assessing all of these people for PIP.

If you are currently receiving DLA, the DWP will contact you and invite you to be assessed for PIP. There is no need for you to do anything until this happens. If you choose not to go through the PIP assessment process when invited, you will not be able to continue receiving DLA as this benefit is being phased out.

4. Who can get PIP?

To qualify for PIP you must:

- Be aged 16 and above^{iv}
- Be aged under 65 or below pensionable age (which ever is higher)^v

- Satisfy the residence and presence criteria
- Satisfy the qualifying period conditions
- Pass the daily living and/ or mobility test

Under 16 year olds

Parents of children under 16 will continue to be able to claim DLA. When the young person approaches their 16th birthday, the DWP will send the young person a letter inviting them to claim PIP and explaining that the DLA claimed by their parents on their behalf is going to come to an end.

People over 64 years old

If you are already claiming DLA and you are 65 years or over (or above pensionable age whichever is higher) or you claim Attendance Allowance your benefits are not going to change.

If you are claiming PIP when you reach the age of 65 years, you will continue to receive the benefit for as long you continue to meet the entitlement conditions.

Residence and presence criteria^{vi}

In order to meet the residence and presence criteria you must:

- be present in Great Britain;
- have been present in Great Britain for 2 of the past 3 years; and
- Be 'habitually resident' in the UK, the Republic of Ireland, the Isle of Man or the Channel Islands.

There are some special exceptions where you can claim PIP if you are not present in Great Britain. These include if you or a family member are in the Armed Forces^{vii} or if you are only away from Great Britain temporarily^{viii}.

The qualifying period

This is the minimum period of time that you need to have limited ability to carry out daily living or mobility activities in order to qualify for PIP.

In order to meet the qualifying period conditions you must:

- Be likely to have satisfied the daily living or mobility test for 3 months prior to the claim beginning
- Be likely to satisfy the same test for a further 9 months from the beginning of the claim.

This means that the DWP decision will be based on consideration of a 12 month period and must take into account the likelihood of your conditions fluctuating.

Daily living and mobility activities

In order to qualify for and receive PIP the DWP has to be satisfied that you are limited or severely limited in your ability to carry out daily living and/or mobility activities. These two groups of activities relate to the two components of PIP you could receive. The activities you will be assessed on are:

Daily Living activities

- Preparing food
- Taking nutrition
- Managing therapy or monitoring a health condition
- Washing and bathing
- Managing toilet needs or incontinence
- Dressing and undressing
- Communicating verbally
- Reading and understanding signs, symbols and words
- Engaging with other people face to face
- Making budgeting decisions

Mobility activities

- Planning and following journeys
- Moving around

Each activity has a number of descriptors which summarise varying levels of ability to carry out that activity. Each descriptor carries a number of points. The DWP Case Manager will decide which descriptor best fits your situation most of the time, and you will get the set amount of points for that activity. The total number of points you get for each component will then determine your entitlement to the benefit and the level of payment you receive.

Example:

Karl is living with anxiety and depression. He very rarely leaves the house alone, and will not answer his telephone or door unless he knows who is calling. He worries about having to speak to people as he often has panic attacks when forced to do so. If he is with his support worker he still finds these things very challenging, but is more willing to try as he knows she will help him calm down if he begins to panic.

The activity 'Engaging with other people face to face' has 4 descriptors each with a different points value assigned. These are:

- Can engage with other people unaided. **0 points**
- Needs prompting to be able to engage with other people. **2 points**
- Needs social support to be able to engage with other people. **4 points**
- Cannot engage with other people due to such engagement causing either
 -
 - (i) overwhelming

psychological distress to the claimant; or
(ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person. **8 points**

From the information Karl provided, it would appear that the descriptor which is most likely to describe him is 'Needs social support to be able to engage with other people' and for this activity he would score 4 points.

If he were to score at least another 4 points on the remaining daily living activities he will receive the daily living component.

A DWP Case Manager will use the daily living and mobility test to decide if you qualify for PIP and what rates you will get. The following information may be used to make a decision:

- The answers you put on the application form (PIP003)
- Any evidence provided by the health and social care professionals who work with you
- A report produced by an independent healthcare professional

When deciding which descriptor is most appropriate, the DWP Case Manager should consider if it is likely to apply **on more than half of the days over a period of one year**. They should also consider whether you are able to carry out each activity safely; to a necessary and appropriate standard; repeatedly; and in a timely manner.^{ix}

When an illness or disability fluctuates over time it may be that more than one descriptor could apply to an activity over a 12 month period. In these cases the following rules will apply^x:

- When 2 or more descriptors apply to an activity for more than half the days of the qualifying period, the descriptor with the **higher** amount of points should be selected.
- When no descriptor (other than one which scores 0 points) apply on more than half the days of the qualifying period, **but 2 other descriptors when added together amount to more than half the days**, the descriptor which applies for the greater amount of time will be selected. (for example, if you **either** need prompting **or** social support to engage with other people on more than half the days, you should get the points that relate to the descriptor that applies for the greater amount of time)

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5. How do I claim?

You can call the PIP Claim Line on 0800 917 222 and you will be asked to provide some basic information to start your claim. In some cases it will be possible to provide this information on a paper claim form (called a

PIP1).The DWP have stated that they will only issue this form if you are unable to complete the claim on the phone. The DWP are in the process of developing a way to submit this information and register the claim online, but this is not available at the time of writing.

If you can get all of the information ready, the telephone call should not take very long, the person on the phone will ask for:

- Your name
- Your address and postcode
- Date of birth
- National insurance number
- Bank details (for payment purposes)
- Contact details of your main health care professional (this may be your G.P)

At this stage of the claim you are not asked for detailed information about your condition. However you are asked if you have a mental health condition which may impact on your ability to gather information and return the claim forms. At the time of writing, no claims for PIP have been processed so it is not clear what the DWP intend to do with this information. However it may be that they will be more proactive in trying to get evidence about how your condition affects your daily life and mobility.

Once you have completed the initial claim form, the DWP will check that you satisfy the basic conditions (such as age, presence and residence) and, if you do, will then send you a form called 'How your disability affects you' (or PIP1003). This form asks questions about your illness or disability and how it affects your ability to carry out certain activities.

The application form

- The form has a reference number that is attached to your claim. You cannot use a form from anywhere other than the DWP.
- If your form is spoiled you should contact the DWP and ask for a replacement.
- You have 1 month to complete and return the form.
- Contact the DWP and ask for additional support or more time if you need it.
- When you are filling in the form, do not try to complete it in one sitting.
- Make a rough draft of your answers before writing on the form.
- If you need help, contact the DWP, a welfare rights adviser, Rethink Mental Illness or a member of your care team if you have one.

You will find a sample version of these forms on the DWP website. You might want to use the sample version to practice before filling in your real form.

<http://www.dwp.gov.uk/policy/disability/personal-independence-payment/pip-toolkit/about-pip/forms.shtml>

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6. What will I be asked on the application form 'How your disability affects you?' (PIP003)?

Question 1 asks for **contact details of any healthcare professionals** the DWP could seek additional information or evidence from if needed. This could be your G.P. community psychiatric nurse, social worker, occupational therapist, support worker, or any other health care professional or specialist that works with you.

Question 2a asks about **your health conditions or disabilities**. You should provide your most recent diagnosis along with the approximate date you received it. The reason the dates are important is to show the DWP that you meet the qualifying conditions. If you have been diagnosed with other conditions in the past which you feel are relevant, list these as well. If you do not have a diagnoses explain why and list the main symptoms of your condition.

Question 2b asks about any **medication or treatments** that you take and the side effects of these. It can help to send an up to date prescription list if you have one. You should list any private treatments you receive as well as those provided by the NHS.

Questions 3-15 are about **how your conditions or disabilities affect your ability to carry out certain day to day activities**. Each of these questions relates to an activity in the daily living and mobility test so should be answered carefully and thoroughly.

You will find below, a summary of each activity, the questions asked on the application form, a list of the descriptors associated with that activity and the number of points assigned to each descriptor as well as things to think about when you are completing the form.

When answering each of the questions remember the following points:

- You should always use the box for 'extra information' if your illness impacts your ability to carry out the activity
- Don't feel you have to fit your answer into the box provided. You can use the additional space at the end of the form or extra sheets of paper if you need to.
- Remember to add your name and national insurance number to any additional sheets you attach

- Try to give clear, short explanations and examples that are relevant to the activity
- You do not have to be receiving help to need it. Think about how your life could be improved if someone could supervise, prompt or assist you with the activity
- Think about whether you can do each activity 'safely; to an acceptable standard; repeatedly; and within a reasonable time period. If you can not, you should be treated as if you are unable to do that activity without help.
- Think about your ability to do each task on more than half the days throughout a year,
- If your condition and ability to cope fluctuates, explain this and, if possible, try to describe how often this happens and how it impacts on your ability to do certain activities.

Definition of some key words and phrases in the descriptors

Many of the words and phrases used in the activities test have been defined in the PIP regulations^{xi}. You will find some of the key definitions below.

Supervision – means the continuous presence of another person for the purpose of ensuring your safety.

Prompting – means reminding, encouraging or explaining by another person.

Assistance – means the physical intervention by another person and does not include speech.

Psychological distress – means distress related to an enduring mental health condition or an intellectual or cognitive impairment.

Q3 Preparing Food

This activity is about your ability to prepare a simple meal. This question is intended to assess whether you need any help to provide yourself with regular cooked food on a daily basis. You will be assessed on your ability to open packaging; peel, chop and serve food and use a cooker hob or microwave oven to cook or heat food. You will not be assessed on your cooking skills but you will be assessed on whether you need assistance, either physical or prompting, to prepare food.

A simple meal is defined as a 'cooked one course meal for one from fresh ingredients'. An aid or appliance might include things like a stool or lightweight pots and pans.

The questions on the form	The descriptors and scores		Tips and suggestions
Q3a) Do you use an aid or appliance to prepare or cook a simple meal?	Can prepare and cook a simple meal unaided.	0	Think about whether your ability to regularly prepare food for yourself is affected by your illness or the medication you take. Do you often lack the motivation to make yourself food? Are there some days when you are unable to prepare food for yourself? Do you need to sit on a stool while cooking? Does your illness (or the medication you take) affect your ability to use a cooker or hot pans safely? Do you need someone to remind or help you to prepare food? Do you need someone to cook for you because you are unable to do so yourself?
	Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2	
Q3b) Do you need help from another person to prepare or cook a simple meal?	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2	
	Needs prompting to be able to either prepare or cook a simple meal.	2	
Q3) extra information	Needs supervision or assistance to either prepare or cook a simple meal.	4	
	Cannot prepare and cook food.	8	

Q4 Taking nutrition

This activity is about your ability to eat and drink. It will take in to consideration your ability to cut food, put it in your mouth, chew and swallow, and also your ability to recognise when, and how much you need to eat and drink.

An aid or appliance in this section might be a straw or adapted cutlery

The questions on the form	The descriptors and scores		Tips and suggestions
Q4a) Do you use an aid or appliance to eat and drink?	Can take nutrition unaided.	0	Think about whether your ability to regularly eat and drink is affected by your illness or the medication you take. Do you often miss meals or forget to eat or drink? Do you binge eat or purge? Does your medication cause tremors or
	Q4b) Do you use a feeding tube or similar device to eat or drink? Q4c) Do you need help from another person to eat and drink?	Needs (i) to use an aid or appliance to be able to take nutrition; or (ii) supervision to be able to take nutrition; or (iii) assistance to be able to cut up food.	
Needs a therapeutic source to be able to take nutrition.		2	

Q4) Extra information	Needs prompting to be able to take nutrition	4	spasms which make eating or drinking alone difficult? Do you need someone to either remind, prompt, supervise or assist to ensure to eat and drink?
	Needs assistance to be able to manage a therapeutic source to take nutrition.	6	
	Cannot convey food and drink to their mouth and needs another person to do so.	10	

Q5 Managing therapy or monitoring a health condition

This activity is about your ability to take prescribed medications, monitor changes in your health condition and manage therapeutic activities in your home. It is intended to highlight where an inability to do any of the above could mean your health is likely to deteriorate.

An aid or appliance in this section might be a pill box or organiser. Help from another person could include someone that monitors your health or ensures you take medication as prescribed by your doctor.

The questions on the form	The descriptors and scores	Tips and suggestions
Q5a) Do you use an aid or appliance to monitor your health conditions, take medication or manage home treatments?	Either (i) does not receive medication or therapy or need to monitor a health condition; or (ii) can manage medication or therapy or monitor a health condition unaided.	0
	Needs either (i) to use an aid or appliance to be able to manage medication; or (ii) supervision, prompting or assistance to be able to manage medication or monitor a health condition.	1
Q5b) Do you need help from another person to monitor your health conditions, take medication or manage home treatments?	Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2
	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week.	4
Q5) Extra information	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week.	6

	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	8	often forget to take your medication at the right time? Do you need help managing any home therapies?
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Q6 Washing and bathing

This activity looks at your ability and motivation to wash and bathe. It includes getting in and out of an un-adapted bath or shower and washing your whole body. It also includes whether some of the symptoms of your mental health problems may mean you don't wash and bathe every day, sometimes impacting in your personal hygiene.

Aids and appliances in this section could be shower seats or hand rails. Help could be someone to remind or assist you to wash and bathe

The question on the form	The descriptors and scores		Tips and suggestions
Q6a) Do you use an aid or appliance to wash and bathe yourself, including using a bath or shower?	Can wash and bathe unaided.	0	Think about whether your ability to regularly wash and bathe is affected by your illness or the medication you take. Do you often lack the motivation to wash or bathe? Do you need to sit down in the shower because your medication causes light-headedness? Do you need someone to remind or assist you to wash or bathe?
	Needs to use an aid or appliance to be able to wash or bathe.	2	
	Needs supervision or prompting to be able to wash or bathe.	2	
Q6b) Do you need help from another person to wash and bathe?	Needs assistance to be able to wash either their hair or body below the waist.	2	
	Needs assistance to be able to get in or out of a bath or shower.	3	
Q6) Extra information	Needs assistance to be able to wash their body between the shoulders and waist.	4	
	Cannot wash and bathe at all and needs another person to wash their entire body.	8	

Q7 Managing toilet needs or incontinence

This activity is about your ability to get on and off and use the toilet and to clean yourself afterwards.

The question on the form	The descriptors and scores		Tips and suggestions
Q7a) Do you use an aid or appliance to go to the toilet or manage incontinence?	Can manage toilet needs or incontinence unaided.	0	It will not be common for people to score in this section solely due to a mental illness. It will be possible in some cases if your illness or medication causes
	Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2	
	Needs supervision or prompting to be able to manage toilet needs.	2	

Q7b) Do you need help from another person to go to the toilet or manage incontinence?	Needs assistance to be able to manage toilet needs	4	incontinence. If you have a physical health issue as well as mental illness that affects your ability to manage toilet needs you may score points
	Needs assistance to be able to manage incontinence of either bladder or bowel.	6	
Q7) Extra information	Needs assistance to be able to manage incontinence of both bladder and bowel.	8	

Q8 Dressing and undressing

This activity considers your ability to choose, put on and take off suitable, un-adapted clothing.

The question on the form	The descriptors and scores		Tips and suggestions
Q8a) Do you use an aid or appliance to dress or undress?	Can dress and undress unaided.	0	Think about whether your illness affects your ability or motivation to dress yourself. Do you need someone to prompt you to get dressed or undressed? Do you find it difficult to determine what clothing is appropriate for the time of day or weather conditions? Are you able to keep your clothes clean so that you are able to dress appropriately?
	Needs to use an aid or appliance to be able to dress or undress.	2	
Q8b) Do you need help from another person to dress or undress?	Needs either (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or (ii) prompting or assistance to be able to select appropriate clothing.	2	
Q8) Extra information	Needs assistance to be able to dress or undress their lower body.	2	
	Needs assistance to be able to dress or undress their upper body.	4	
	Cannot dress or undress at all.	8	

Q9 Communicating verbally

This activity considers your ability to communicate verbally and includes your ability to understand what someone is saying and be understood by someone else.

Basic verbal information is defined as being 'information conveyed in a single sentence'

Complex verbal information is defined as being 'information conveyed in more than one sentence, or one complicated sentence'.

Communication support means help from a person that is trained or experienced in assisting people with communication needs e.g. a sign language interpreter.

An aid or appliance could be a hearing aid or electrolarynx.

The question on the form	The descriptors and scores		Tips and suggestions
Q9a) Do you use an aid or appliance to communicate with others?	Can express and understand verbal information unaided.	0	Think about whether your illness (or the medication you take) makes it difficult for you to be understood by, or understand other people when you are talking. Is it hard for you to keep your train of thought when you are speaking to people? Do you get easily confused when someone is explaining things to you?
	Needs to use an aid or appliance to be able to speak or hear.	2	
Q9b) Do you need help from another person to communicate with others?	Needs communication support to be able to express or understand complex verbal information.	4	
Q9) Extra information	Needs communication support to be able to express or understand basic verbal information.	8	
	Cannot express or understand verbal information at all even with communication support.	12	

Q10 Reading and understanding signs, symbols and words

This activity considers your ability to read and understand written or printed information.

Basic information is defined as being 'signs, symbols or dates'.

Complex information is defined as being 'more than one sentence of written or printed standard size text'.

The question on the form	The descriptors and scores		Tips and suggestions
Q10a) Do you use an aid or appliance other than spectacles or contact lenses	Can read and understand basic and complex written information either unaided or using spectacles or contact	0	Think about whether you illness affects you ability to

<p>to read signs, symbols and words?</p> <p>Q10b) Do you need help from another person to read or understand signs, symbols and words?</p> <p>Q10) Extra information</p>	lenses.		<p>read or understand signs or symbols. Are you able to read and understand the post you receive (for example your gas bill or bank statement)?</p> <p>Can you follow simple written instructions (for example the guidance on your medication which explains how much and when you should take it)?</p>
	Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex written information.	2	
	Needs prompting to be able to read or understand complex written information.	2	
	Needs prompting to be able to read or understand basic written information.	4	
	Cannot read or understand signs, symbols or words at all.	8	

Q11 Engaging with other people face to face

This activity considers your ability to interact with people face to face in a socially appropriate way and includes understanding body language and ability to establish relationships.

When looking at this activity the DWP should give consideration to how your ability to engage with people generally not just those who you know.

The question on the form	The descriptors and scores		Tips and suggestions
Q11a) Do you need another person to help you to mix with other people?	Can engage with other people unaided.	0	<p>Think about how your illness affects your ability to deal with people face to face. Do you socialise with other people? If not, why not? What happens when you do? Do you have any physical symptoms such as sweating or an increased</p>
	Needs prompting to be able to engage with other people.	2	
Q11b) Do you find it difficult to mix with other people because of severe anxiety or distress?	Needs social support to be able to engage with other people	4	
	Cannot engage with other people due to such engagement causing either – (i) overwhelming psychological distress to the claimant; or (ii) the claimant to exhibit behaviour which would result in a substantial risk of harm	8	
Q11) Extra information			

	to the claimant or another person.		heart rate? Compare how you feel about social situations now compared to when you were well. If your ability to deal with social situations varies make it clear about how often or at what stage of your illness you would have a problem.
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Q12 Making budgeting decisions

This activity considers your ability to make everyday budgeting decisions, such as buying items from a shop or paying bills.

Simple budgeting decisions are defined as being able to calculate the cost of goods and change required following the purchase.

Complex budgeting decisions are defined as the ability to calculate household and personal budgets, managing and paying bills and planning future purchases.

The question on the form	The descriptors and scores		Tips and suggestions
Q12a) Do you need someone else to help you to understand how much things cost when you buy them or how much change you'll receive? Q12b) Do you need someone else to help you to manage your household budgets, pay bills or plan future purchases? Q12) Extra Information	Can manage complex budgeting decisions unaided.	0	Think about whether you illness affects your ability to manage your money, bills and everyday financial transactions. Do you need help to ensure all your bills are paid and you have enough money to buy essential items such as food? Are you ever overly generous with your money? (for example do you give money to others when you cannot really afford to do so?) Do you need someone to go to the shops with
	Needs prompting or assistance to be able to make complex budgeting decisions.	2	
	Needs prompting or assistance to be able to make simple budgeting decisions.	4	
	Cannot make any budgeting decisions at all.	6	

			you to help you with making payment and getting the right change?
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Q13 Planning and following journeys			
<p>This activity considers your ability to plan and follow the route of a journey. It covers mental distress caused by making a journey as well as being able to plan and physically manage the journey itself.</p> <p>If you are not capable of using public transport, you should not be considered able to plan and follow an unfamiliar journey alone.</p>			
The question on the form	The descriptors and scores		Tips and suggestions
<p>Q13a) Do you need help from another person to plan a route to somewhere you know well? Or do you need another person, guide dog or specialist aid to help you get there?</p> <p>Q13b) Do you need help from another person, guide dog or specialist aid to get to a location that is unfamiliar to you?</p> <p>Q13c) Are you unable to go out because of severe anxiety or distress?</p> <p>Q13) Extra information</p>	Can plan and follow the route of a journey unaided.	0	<p>Think about whether your illness affects your ability to get to places. Can you go places that you are familiar with? Do you struggle to go somewhere new? Are you capable of using public transport? Do you need someone with you when you leave you home? How does going out and making a journey make you feel? If there was a disruption to a journey you have planned (for example a closed road on you planned route) would you be able to carry on with your journey? Do you ever leave your house or familiar environment? Why not? What would happen if you did?</p>
	Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	4	
	Cannot plan the route of a journey.	8	
	Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	10	
	Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	10	
Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.	12		

Q14 Moving around

This activity considers your ability to physically move around.

The question on the form	The descriptors and scores	Tips and suggestions
Q14a) How far can you walk taking into account any aids you use?	Can stand and then move more than 200 metres, either aided or unaided.	This activity is about the physical action of getting around. It is unlikely you would score points on this activity for mental illness alone If you have a physical health issue as well as mental illness that affects your ability to move around you may score points
Q14b) Do you use an aid or appliance to walk?	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	
Q14c) Do you use a wheelchair or similar device to move around safely, reliably and repeatedly and in a reasonable time period?	Can stand and then move unaided more than 20 metres but no more than 50 metres.	
Q14) Extra information	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	
	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	
	Cannot, either aided or unaided, (i) stand; or (ii) move more than 1 metre.	

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7. Can I provide supporting evidence?

It is strongly recommended that you do provide as much up to date medical evidence as you can. This could be a letter from any number of health care professionals (HCPs) that know you including your G.P. psychiatrist, care co-ordinator, Community Psychiatric Nurse (C.P.N), social worker or support worker. You will find a sample letter that you can give to your HCP's asking them to provide supporting evidence in section 11 'sample letter'.

It may also be helpful to send copies of other medical documents, such as your care plan, a prescription list, details of any therapies you are undertaking and any other medical documents you may have. Photocopy

any supporting evidence you are going to send the DWP and keep the originals yourself.

Remember to contact the DWP if your mental health problems mean you are struggling to complete the form and return it within the 1 month time limit.

All medical evidence must be taken into consideration by the DWP case manager when making a decision. If you can provide evidence that clearly demonstrates that there is limited or severely limited ability to perform the specified activities, it is possible for a decision to be made without a face to face assessment.

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8. Will I have to attend a face to face medical assessment?

You may have to attend a face to face medical assessment with a healthcare professional who you don't know. Depending on where you live in the country, these assessments could be carried out by healthcare professionals working for either Atos or Capita.

The assessment may take place at a centre or in your home. An assessment in your home is more likely if you are unable to get to the assessment centre because of your health condition. You can have someone with you for support and they are allowed to take an active role in the discussion.

The healthcare professional will ask questions about your health and may carry out a short physical examination, although this should only be necessary if you have also stated on your form that you have a physical impairment. You may have health issues that you feel are important and want to raise. If so, it could help to take a list of the points you want to discuss at the assessment

Once this process is complete the healthcare professional will review all of the evidence then write a report. This gets sent to the DWP Case Manager who will use all of the information provided and decide whether you can be awarded PIP.

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9. How much could I get?

The amount of money you are paid will depend on which of the two PIP components you qualify for. For each of the components you may be awarded the 'standard' or the 'enhanced' rate. It is possible to be awarded both components if you score the appropriate amount of points in each group of activities.

To be awarded the standard rate for either component, you will need to score a between 8 and 11 points for all of the activities in that group. To be awarded the enhanced rate for either component, you will need to score a total of 12 or more points for all of the activities in that group.

The following are the weekly amounts you may get from April 2013:

Daily living component

Standard rate - £53.00
Enhanced rate - £79.15

Mobility component

Standard rate - £21.00
Enhanced rate - £55.25

PIP will be paid every 4 weeks directly into your bank, building society or post office account.

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10. Can I appeal if I think a decision is wrong?

Yes. If you disagree with any decision the DWP have made about your entitlement to PIP you have the right ask them to look at the claim again, this called a reconsideration. You generally have 1 month from the date of the decision to ask for a reconsideration and must go through this process before you can appeal.

Any appeal goes to an independent Tribunal to look again at the facts. You can find more information in our '**Mandatory Reconsideration and Appeals**' factsheet, which you can download for free from www.rethink.org/factsheets or call 0300 5000 927 and ask for a copy to be sent to you.

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General DWP information on PIP

<http://www.dwp.gov.uk/policy/disability/personal-independence-payment/>

DWP guidance document for providers carrying our assessments

<http://www.dwp.gov.uk/docs/pip-assessment-guide.pdf>





Request for Evidence to support your PIP claim

Your address
Your date of birth
Date

Name and address of health care professional

Dear....

I am currently making a claim for Personal Independence Payment and am writing to ask if you would be prepared to provide evidence in support of my application.

Personal Independence Payment (PIP) is a new benefit which is replacing Disability Living Allowance. In order to award PIP the Department for Work and Pensions (DWP) will need to ascertain that I have a limited or severely limited ability to carry out certain activities that are related to either my daily living and/or mobility.

It has been established that evidence from medical professionals involved with the diagnosis, care and treatment of a patient can be extremely useful in helping decision makers at the DWP to make decisions that are appropriate to the patient's needs and conditions. Information from medical professionals can also help a decision to be made at the initial claim stage and hopefully eliminates the stress of having to go through an appeal.

I would be very grateful therefore if you could fill in this form and send it back to me in the envelope provided as I believe it will assist my application. Please be aware that I am not in a position to pay for any report or information.

I would be grateful for any information you could provide

Yours sincerely

(your signature)

Please state what conditions I suffer from, and what medications, treatments and therapies have been prescribed or recommended.

When answering the following questions please give consideration to my ability to perform each activity safely, to an acceptable standard, repeatedly (as necessary) and within a reasonable time. Please indicate where I am unable to perform these activities without either physical help, or someone prompting me to carry out the activities.

To what extent do my condition(s) affect my ability to prepare food?

To what extent do my condition(s) affect my ability to take appropriate nutrition?

To what extent do my condition(s) affect my ability to manage therapy or monitor my health condition?

To what extent do my condition(s) affect my ability to wash or bathe?

To what extent do my condition(s) affect my ability to manage my toilet needs or incontinence?

To what extent do my condition(s) affect my ability to dress or undress?

To what extent do my condition(s) affect my ability to communicate verbally?

To what extent do my condition(s) affect my ability to read and understand signs symbols and words?

To what extent do my condition(s) affect my ability to engage with other people (who I both know and do not know) face to face?

To what extent do my condition(s) affect my ability to make budgeting decisions?

To what extent do my condition(s) affect my ability to plan and follow journeys (both those that are familiar and unfamiliar to me)?

To what extent do my condition(s) affect my ability to physically move around?

Signature
Hospital/Surgery Stamp

Date

Thank you very much, in advance for any help you can provide towards my claim



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- ⁱ Government's response to the consultation on DLA reform and Personal Independence Payment – completing the detailed design (para 1.1) <http://www.dwp.gov.uk/docs/pip-detailed-design-response.pdf> [accessed 15th March 2013]
- ⁱⁱ para 10 as above
- ⁱⁱⁱ DWP Personal Independence Payment Reassessments and Impacts (table 2) <http://www.dwp.gov.uk/docs/pip-reassessments-and-impacts.pdf>
- ^{iv} Reg 5. *The Personal Independence Payment (Transitional Provisions) Regulations 2013* SI 2013/387
- ^v Section 83. *Welfare Reform Act 2012*
- vi Reg 16 *Social Security (Personal Independence Payment) Regulations 2013* SI 2013/377
- ^{vii} Reg 19. As above
- ^{viii} Reg 17. As above
- ^{ix} Reg 4 (2a) *Social Security (Personal Independence Payment) Regulations 2013* SI 2013/377 as amended by *The Social Security (Personal Independence Payment) (Amendment) Regulations 2013* SI 2013/455
- ^x Reg 7 *Social Security (Personal Independence Payment) Regulations 2013* SI 2013/377
- ^{xi} Sch 1 part 1. *Social Security (Personal Independence Payment) Regulations 2013* SI 2013/377

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This factsheet is available
in large print.

Rethink Mental Illness

Phone 0300 5000 927

Monday to Friday, 10am to 2pm

Email advice@rethink.org

Did this help?

We'd love to know if this information helped you.

Drop us a line at: feedback@rethink.org

or write to us at Rethink Mental Illness:

Feedback
PO Box 68795
London SE1 4PN

or call us on 0300 5000 927.

We're open 9am to 5.30pm, Monday to Friday.



Leading the way to a better
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For further information
on Rethink Mental Illness
Phone 0300 5000 927
Email info@rethink.org

www.rethink.org

Need more help?

Go to www.rethink.org for information on symptoms, treatments, money and benefits and your rights. Or talk to others about your problem at www.rethink.org/talk.

Don't have access to the web?

Call us on 0300 5000 927. We are open 9am to 5.30pm, Monday to Friday and we will send you the information you need in the post.

Need to talk to an adviser?

If you need practical advice, call us between 10am and 2pm, Monday to Friday. Our specialist advisers can help you with queries like how to apply for benefits, get access to care or make a complaint.

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