

need to be assessed for Personal Independence Payment. There are a lot of people in this situation, so you may receive a letter anytime through the next two or three years, as they will take some time to process the numbers involved. You can ask the Department of Work and Pensions to let you claim Personal Independence Payment earlier if you think you would be better off claiming this, but check carefully before you ask as you will not be allowed to change your mind.

The government has provided a simple guide to Personal Independence Payment if you look online at <https://www.gov.uk/pip>

Personal Independence Payment will be made up of two components – Daily Living and Mobility. Each can be paid at either a standard rate, or enhanced rate for those with the greatest needs. The Personal Independence Payment assessment criteria will look at your ability to carry out a range of everyday activities.

There is a guide to the assessment criteria online at pages 83-116 (looking at the numbers at the bottom of each page) of the PIP Assessment Guide at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/725533/pip-assessment-guide-part-2-assessment-criteria.pdf

You will receive a score for each activity, depending on how well you can carry them out and the help you need to do so.

The Daily Living assessment is based on 10 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

The Mobility assessment is based on 2 activities:

- planning and following journeys
- moving around

For each of these activities, there is a list of 'descriptors' which describe the different levels of support you might need to enable you to carry out the activity. The descriptors range from being able to complete the activity without help, to being unable to complete the activity at all. Each descriptor has a score attached to it. The scores increase as levels of need increase. The health professional carrying out the assessment will advise the Department of Work and Pensions which descriptor best describes your needs.

When considering which descriptor should be selected, it is very important to think about whether you are able to complete the activity **reliably** which means:

- safely (in a fashion that is unlikely to cause harm to yourself or to another person);
- to an acceptable standard (is the end result reasonable?);



If you want to claim Personal Independence Payment you need to call 0800 917 2222. There are two stages to making a claim. You will be expected to complete the first part of your claim over the telephone, but if you would find this difficult you can ask for a paper version of the claim to be sent to you. The first part is just going to ask you some simple questions, for example to note your name and address, and see if you pass some basic rules, such as whether you have lived in this country for long enough.

The second stage of the claim involves a longer form being sent to you (called a Part 2 claim form), where you will get the opportunity to explain how your disability affects you. Usually you will be given 4 weeks to return this form, but you can ask for some extra time if you need help from a support worker or advice agency to complete the form and return it.

Carer's Allowance

This is payable to the person who is a carer, as long as the person they care for gets any daily living rate of Personal Independence Payment (or at least mid-rate care Disability Living Allowance, or any rate of Attendance Allowance). The carer does not have to be related to or live with the person who is cared for. A carer has to be at least 16 to get Carer's Allowance, and they need to show that they spend at least 35 hours a week in the caring role.

Carer's Allowance is taxable and can affect other benefits, and there are rules about how much other money you can earn and still receive Carer's Allowance. See our Factsheet Help for Carers.

You can claim online (or download a paper form) at www.gov.uk/carers-allowance/how-to-claim or phone the Carer's Allowance Unit at 0800 731 0297.



If you require further information or would like this factsheet in an alternative format you can contact us by calling: 01508 491210, by emailing: info@equallives.org.uk, or by writing to: Equal Lives, 15 Manor Farm Barns, Fox Road, Framingham Pigot, Norfolk, NR14 7PZ.

