Every Possible PIP Question

PIP is assessed by scoring the help that you need to do ten *daily living activities* and the two *mobility activities*:

* Most days.
* At all points in the day when you reasonably need to do them –- so if you can do an activity in the morning, but need help to do it in the evening, you count as needing help.
* In a reasonable time – no more than twice as long as the task would take without your illness or disability. Counting any rest breaks that you need to take while you are doing the task
* Safely – without causing a risk to yourself, or to anyone else.
* To an *acceptable standard* that is *good enough*.
* Without experiencing an unacceptable degree of pain, discomfort, dizzy–ness, vertigo, fatigue or other bad effects

You score points if you need to use aids, or if you need help from another person to do the activities.

This tool might help you to explain the help that you need, so that you get the right result from your PIP claim.

Altogether there are 79 questions – but you don’t have to answer them all, just the ones that work for you.

Preparing Food and Cooking

This is about the help that you (would) need, most days, to make a:

* cooked,
* one-person meal,
* from fresh ingredients,
* on a hob or with a microwave.

And to do it:

* safely,
* in a reasonable time - no more than twice as long as a person without a disability would take,
* whenever you need to,
* without too much pain, fatigue, dizziness, confusion, need for recovery,
* producing an edible product – with no attention to presentation.

It does not matter whether you ever actually cook. Answer the questions to say how it would be if you tried to cook.

**Aids:** What physical *things* do you use to cook, that you would not need if you did not have your health condition or disability? Why do you use these things?

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**Microwaves:** To cook from fresh, would you need to use a microwave when you can’t use a hob? If so, explain why.

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**Prompting:** While you were cooking, would you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Physical help:** While you are cooking, would you usually need another person to physically help you? If so, what help, and why do you need it?

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**Safety:** Would you need someone with you, all the time that you were preparing and cooking food, to keep you safe? If so, why?

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**Can’t do it:** Is it true that even with all the help that you have described above, you:

* still couldn’t cook safely?
* still couldn’t make a simple meal in a reasonable time?
* still couldn’t complete the task of cooking a simple meal at all?

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Eating

This is the about the help that you need, most days, to cut food into pieces, get food and drink to your mouth, and chew and swallow food and drink.

And to do it:

* safely,
* in a reasonable time - no more than twice as long as a person without a disability would take,
* whenever you need to in the day,
* without too much pain, fatigue, dizziness, confusion, need for recovery.

**Aids:** What *things* do you use to eat, that you would not need to use if you did not have your health condition or disability.

Explain some aids you need, and how you use them?

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**Prompting:** While you are eating do you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Physical Help:** Would you usually need another person to cut up your food, or to help you get food and drink to your mouth? If so, explain more?

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**Safety:** Would you need someone with you all the time that you were eating, to keep you safe? If so, why?

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**Can’t do it**: Is it true that even with all the help that you have described above, you:

* still couldn’t eat safely?
* still couldn’t eat in a reasonable time?

If so, why?

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**Tube Feeding:** Do you use *parenteral or enteral tube feeding*? If so, explain what help you need to use it:

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Monitoring Your Condition, Managing Medication and Managing Home-Based Therapy

This is about the help that you need, most days, to monitor your condition and to manage your medication or home-based-therapy.

It relates only to things that have been prescribed or recommended by a doctor or another regulated health professional.

And to do these things:

* safely,
* in a reasonable time (no more than twice as long as a person without your disability would take)
* whenever you need to through the day and night
* without too much pain, fatigue, dizziness, confusion, need for recovery

**Aids:** What *things* do you use to manage your medication and therapy?

Explain some aids you need, and how you use them?

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**Prompting:**  To monitor your condition, or to manage your medication or therapy, would you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Physical Help:**  To monitor your condition, or to manage your medication or therapy, would you usually need another person to physically help you? If so, what help and why?

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**Safety:**  Would you usually need someone with you all the time that you are dealing with your medication/therapy to keep you safe? If so, why?

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**Therapy:** If you need help with therapy, how long do you need this for each week?

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**Can’t do it:**  Is it true that even with all the help that you have described above, you:

* still can’t manage your medication/therapy safely?
* still can’t manage your medication/therapy in a reasonable time?
* can’t manage your medication/therapy at all?

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Washing and Bathing

This is about the help that you (would) need, most days, to get into a bath, to get into a shower, to wash yourself, to get out of the bath/shower, and get dry. It also looks at the help you (would) need to wash your hands, face or body when you need to.

And to do it:

* safely,
* in a reasonable time (no more than twice as long as a person without a disability would take),
* to an acceptable standard,
* whenever you need to through the day and the night,
* without too much pain, fatigue, dizziness, confusion, need for recovery.

**Aids:** To wash, bath and shower, what physical *things* do you use, that you would not need if you did not have your condition?

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**Prompting:**  Would you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Physical Help:**  Would you usually need another person to physically help you to get into an ordinary un-adapted bath? Answer this question even if you never actually have a bath.

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**Physical Help:**  Would you usually need another person to physically help you to get into an ordinary un-adapted shower? Answer this question even if you never actually have a shower.

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**Physical Help:**  Would you usually need another person to physically help you to wash your body. Explain about washing above the waist, below the waist and washing your hair separately.

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**Safety:**  Would you usually need someone with you all the time that you are bathing, showering or washing, to keep you safe? If so, why?

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**Can’t do it:**  Is it true that even with all the help that you have described above, you:

* still can’t do it safely?
* still can’t bath, shower or wash in a reasonable time?
* can’t do it at all?

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Using The Toilet and Dealing With Incontinence

This is about the help that you need, most days, to get on the toilet, to use the toilet, to clean yourself, and get off the toilet; and to deal with incontinence.

And to do this:

* safely,
* in a reasonable time - no more than twice as long as a person without your disability would take,
* to an acceptable standard,
* whenever you need to,
* without too much pain, fatigue, dizziness, confusion, need for recovery.

Do not tell DWP about problems that you have getting to and from the toilet. These are not part of the assessment.

**Aids:** What physical things would you need, to use the toilet, or to manage your incontinence?

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**Prompting:**  To use the toilet, would you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Physical Help:**  Would you usually need another person to physically help you? If so, what help and why?

If the help is dealing with incontinence, say whether this is of the bladder or bowel or both.

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**Safety:**  Would you usually need someone with you all the time that you are using the toilet, to keep you safe? If so, why?

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**Can’t do it:** Is it true that even with all the help that you have described above, you still can’t use the toilet:

* safely?
* to an acceptable standard?
* in a reasonable time?
* at all?

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Dressing and Undressing

This is about the help that you need, most days, to choose appropriate clothes, and to dress and undress.

And to do it:

• safely,

• in a reasonable time (no more than twice as long as a person without a disability would take)

• whenever you need to – changing and adjusting your clothes through the day

• without too much pain, fatigue, dizziness, confusion, need for recovery

**Aids:** What physical things would you need to dress and undress?

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**Prompting:**  Would you usually need someone to prompt, you, remind you, encourage you, or explain things to you? If so, which and why?

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**Inappropriate undressing:**  Do you get undressed at inappropriate times and need someone to deal with this? If so, explain a bit about it.

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**Physical Help:**  Would you usually need physical help from another person to dress or undress? If so, what help and why? Explain about your upper-body and your lower-body separately.

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**Can’t do it:**  Is it true that even with all the help that you have described above, you:

• still can’t do it safely?

• still can’t dress / undress in a reasonable time?

* still cannot get dressed without too much pain, fatigue or other symptoms.

• can’t do it at all?

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Communicating Verbally

This is about the help that you would need, most days, expressing yourself through speech, and hearing and understanding what someone else says, all in your birth language.

And to do it:

• safely,

• in a reasonable time (no more than twice as long as a person without a disability would take)

• whenever you need to

• Without too much pain, fatigue, dizziness, confusion, need for recovery

**Aids:** To speak or hear, what physical things do you need, that you would not need if you did not have your health condition or disability?

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**Communication Support:** To communicate verbally do you need support from someone who has learnt how to help you through training or experience? If so, explain more:

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| What help do you need? |

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| How did/could the person who helps you, learn how to do this? |

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| How do you manage with simple, single sentences? |

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| How do you manage with complex sentences? Or more than one sentence? |

**Can’t do it:** Is it true that even with all the help that you have described above, you:

• still can’t communicate verbally in a reasonable time?

• can’t communicate verbally at all?

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Reading and understanding

This is about the help that you usually need to:

* see signs and symbols, and written or printed text in your birth language, and to
* understand the information in them.

And to do this:

• in a reasonable time (no more than twice as long as a person without a disability would take)

• whenever you need to

• without too much pain, fatigue, dizziness, confusion, need for recovery

To score points you must have a health problem or disability that affects your ability to read and understand.

Other factors are not taken into account.

**Aids:** Apart from ordinary spectacles or contact lenses, what physical things do you use to help you read, that you would not need if you did not have your condition?

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**Basic written information- signs symbols and dates:**  Would you usually need someone to prompt, you, remind you, encourage you, or explain things to you, to read and understand signs, symbols and dates?

  

If so, explain more

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**Complex written information:** Think about when you get a letter from the DWP - Would you usually need someone to prompt, you, remind you, encourage you, or explain things to you to read more than one sentence of text and to understand the information in it?

 If so, explain more.

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**Can’t do it:**  Is it true that even with all the help that you have described above, you:

• still can’t read and understand a text a reasonable time?

• can’t do it at all?

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Engaging with other people face-to-face

This is about the help that you (would) need, most days:

* to interact with other people in a way that is contextually and socially appropriate,
* to understand body language, and,
* to form relationships.

And to do it:

* whenever you need to.
* safely

**Social Support:** To engage with other people, do you need support from someone who has learnt how to help you through training or experience? If so, explain more:

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| What help do you need? |

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| How did/could the person who helps you, learn how to do this? |

**Prompting:**  To engage with other people, would you usually need someone to prompt you, remind you, encourage you, or explain things to you? If so, which and why?

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**Overwhelming psychological distress:**  Does *overwhelming psychological distress* usually mean that you cannot engage with other people? If so, explain more.

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**Substantial Risk:**  Would engaging with other people make you behave in a way that causes a substantial risk of harm to you, or to someone else?

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**Can’t do it:**  Is it true that even with prompting or social support most days you still cannot engage with other people:

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Making Budgeting Decisions

This is about the help that you would usually need managing your money:

* whenever you need to do so,
* safely,
* to an acceptable standard,
* taking no more than twice as long as a person who does not have your condition would take.

To score points you must have a health problem or disability that affects your decision making.

Other factors are not taken into account.

For example, a sight impairment may make it difficult for you to read prices or bills.

But these problems would be assessed under *reading and understanding* not in this part of the assessment.

Lack of experience in managing money is not relevant.

It may be that you do not actually manage your money. The test is a hypothetical one looking at the help you would need if you tried to make budgeting decisions.

**Complex Decisions**: Would you need someone to physically help you, or to prompt you, remind you, encourage you, or explain things to you, to make decisions involving:

* calculating household and personal budgets,
* managing and paying bills, and,
* planning future purchases.

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**Simple Decisions:** Would you need someone to physically help you, or to prompt you, remind you, encourage you, or explain things to you, to make decisions involving:

* adding up the cost of your shopping, and,
* checking your change

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**Cannot do it:** Is it true that even if you had the help mentioned above, you still could not make budgeting decisions:

* whenever you need to?
* in a reasonable time?
* to an acceptable standard?
* safely?
* can’t do it at all?

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Planning and Following a Journey

This is about your ability to:

* plan the route of a journey in advance,
* leave the home and embark on a journey, and
* follow the intended route once you leave the home.

This is not restricted to local trips, and should look at how you could manage a range of public transport.

**Planning a journey:** Are you unable to plan a journey in advance? If so explain more:

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**Overwhelming psychological distress:**

Here the DWP needs to know about *psychological distress* related to an *enduring mental health condition* or to an *intellectual or cognitive impairment.*

Is it true that, most days, at some time in the day when you might reasonably need to go out, you cannot manage any journey because it would cause you overwhelming psychological distress? If so, explain more:

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Most days, at some time in the day when you might reasonably need to go out; before or while you are out; do you need someone to prompt you, remind you, encourage you or explain things to you, to avoid *overwhelming psychological distress* that would be caused by any journey? If so, explain more:

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**Companions, Assistance Dogs and Orientation Aids**

An a*ssistance dog* is *a dog trained to guide or assist a person with a sensory impairment*.

An o*rientation aid* is *a specialist aid designed to assist disabled people to follow a route safely*.

Do you need a person with you, or an assistance-dog, or an orientation aid, to follow an **unfamilia**r journey? If so explain more:

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Do you need a person with you, or an assistance-dog, or an orientation aid, to follow a **familia**r journey? If so explain more:

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Moving Around

This is about your ability to stand and then walk, outside, on flat pavements, taking account of kerbs.

You should not count any walking that causes an unacceptable degree of pain, discomfort or other adverse effects.

You should not count any walking that takes more than twice as long as a non-disabled person would take to cover the same distance.

You only count as able to walk a particular distance if you can do this at any time in the day when you might reasonably need to do so.

**Most days:**

How far can you walk before you want to stop? Be realistic and moderate, this is about daily life, not an endurance exercise.

How long will it take you to walk this far?

How long would it take your imaginary non-disabled identical twin?

While you are walking will you have any pain?

Will walking make you dizzy or breathless?

Will it cause any other bad effects?

Once you have stopped, if you have a short rest, will you be able to carry on?

If so the same questions, above?

After you have stopped walking, will you need a time to recover?

Will you get pain, fatigue or other bad effects after the walk?

How does your walking vary during the day?

How would the answers above be different, at different times of the day?

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