

Derbyshire Welfare Rights Service

Personal Independence Payment – a short guide to getting further evidence if you are claiming PIP or challenging a decision

Making an initial claim

If you are claiming PIP, you will be asked on the claim form to provide details of any medical professionals who are helping you.

It will however be useful for you to provide further evidence with your claim (or to send it in shortly afterwards) rather than wait for the DWP to do this, so that an accurate decision may be made first time.

Challenging a PIP decision

If you are challenging a PIP decision, you will be asked first of all for your reasons why you are challenging the decision, but also for any 'further medical evidence' that you may have to support your claim. DWP will usually not seek any further evidence at this point and the onus is on you to provide further details.

What is 'further medical evidence'?

Letters from your GP and/or any other medical professional who is helping you can be helpful - but a letter simply stating that you are not fit for work or that you have a particular illness probably won't provide sufficient details for a PIP decision.

Rather than strictly 'medical' evidence, it is better to try to obtain evidence – preferably from someone who knows you well - which explains how your illness or disability affects your daily life.

The evidence should reflect the level of your ability or otherwise to manage the daily living and mobility tasks set out in the PIP rules.

These are set out in detail at the back of this leaflet but they include:

- ability to prepare and cook a simple meal for yourself
- eating and drinking
- managing medication and/or therapy
- washing and bathing
- managing toilet needs or incontinence
- dressing and undressing
- understanding spoken information and making yourself understood
- reading and understanding signs, symbols and words
- dealing with other people face to face
- managing money and budgeting
- whether you can plan and follow a journey
- how far you can walk after standing up

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You might have difficulties with these owing to physical or mental health problems, or both. The PIP rules say that your claim should be assessed on whether you can do these things:

- repeatedly
- safely
- within a reasonable amount of time
- to an acceptable standard

Further details from someone who knows you well should make it clear if any of these tasks:

- can't be done as and when needed
- causes danger to you or to others
- causes you pain
- takes you a long time
- require aids and adaptations to help you

or if:

- you need to be supervised to do the task properly
- you need someone else's help
- you need to be reminded and prompted to do things
- trying to manage a task causes you mental distress

So, helpful evidence from others could include details from:

- GP
- Specialist
- Occupational Therapist
- Community Mental Health Team
- Your carer
- a member of your family or a friend who knows you well
- Social worker
- a social care plan drawn up by Adult Care

These are just examples of people and things that may be helpful. Make sure that you seek evidence from someone who knows you well and can comment on how your condition affects you most of the time – not just on a very good day or a very bad one, if your condition varies.

It will be worth explaining what is needed to the person providing the evidence – please feel free to show them this leaflet.

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What if I am asked to pay a fee for further evidence and I can't afford to pay?

Make the PIP office aware that evidence is available but that you will have to pay a fee in order to get it.

Seek advice from our Helpline.

For more information see our other leaflets:

PIP – (a short guide)

PIP – filling in the 'how your disability affects you' form

PIP – medical assessment

Challenging a benefits decision

Ask the helpline for a copy – or find the leaflets in the 'Disability and carers' benefit's section of the Derbyshire County Council website

Additional information can be found on our website, visit www.derbyshire.gov.uk/welfarebenefits

To keep up-to-date with benefit changes in Derbyshire go to
www.derbyshire.gov.uk/benefitnews

Benefits Helpline – 01629 531535 or email
welfarebenefits@derbyshire.gov.uk

Monday, Tuesday, Thursday, Friday
11.00am – 4.00pm

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THIS IS FOR INFORMATION ONLY AND IS NOT A CLAIM FORM

DAILY LIVING ACTIVITIES

Column 1 Activity	Column 2 Descriptors	Column 3 Points
1. Preparing Food	a. Can prepare and cook a simple meal unaided.	0
	b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
	c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2
	d. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
	e. Needs supervision or assistance to either prepare or cook a simple meal.	4
	f. Cannot prepare and cook food.	8
2. Taking nutrition	a. Can take nutrition unaided.	0
	b. 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.	2
	c. Needs a therapeutic source to be able to take nutrition.	2
	d. Needs prompting to be able to take nutrition.	4
	e. Needs assistance to be able to manage a therapeutic source to take nutrition.	6
	f. Cannot convey food and drink to their mouth and needs another person to do so.	10

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3. Managing therapy or monitoring a health condition.	a. Either –	0
	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.	
	b. Needs any one or more of the following:	1
	i) to use an aid or appliance to be able to manage medication	
	ii) supervision, prompting or assistance to be able to manage medication	
	iii) supervision, prompting or assistance to monitor a health condition	
	c. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2
	d. 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
	e. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 7 but no more than 14 hours a week.	6
	f. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours.	8
4. Washing and Bathing	a. Can wash and bathe unaided	0
	b. Needs to use an aid or appliance to be able to wash or bathe.	2
	c. Needs supervision or prompting to be able to wash or bathe.	2
	d. Needs assistance to be able to wash either their hair or body below the waist.	2
	e. Needs assistance to be able to get in or out of a bath or shower.	3

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	f. Needs assistance to be able to wash their body between the shoulders and waist.	4
	g. Cannot wash and bathe at all and needs another person to wash their entire body.	8
5. Managing toilet needs or incontinence	a. Can manage toilet needs or incontinence unaided.	0
	b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2
	c. Needs supervision or prompting to be able to manage toilet needs.	2
	d. Needs assistance to be able to manage toilet needs.	4
	e. Needs assistance to be able to manage incontinence of either bladder or bowel.	6
	f. Needs assistance to be able to manage incontinence of both bladder and bowel.	8
6. Dressing and undressing	a. Can dress and undress unaided.	0
	b. Needs to use an aid or appliance to be able to dress or undress.	2
	c. Needs either –	2
	(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.	
	d. Needs assistance to be able to dress or undress their lower body	2
	e. needs assistance to be able to dress or undress their upper body	4
	f. cannot dress or undress at all	8

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7. Communicating verbally	a. Can express and understand verbal information unaided.	0
	b. Needs to use an aid or appliance to be able to speak or hear.	2
	c. Needs communication support to be able to express or understand complex verbal information.	4
	d. Needs communication support to be able to express or understand basic verbal information.	8
	e. Cannot express or understand verbal information at all even with communication support.	12
8. Reading and understanding signs, symbols and words	a. Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	0
	b. 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
	c. Needs prompting to be able to read or understand complex written information.	2
	d. Needs prompting to be able to read or understand basic written information.	4
	e. Cannot read or understand signs, symbols or words at all.	8
9. Engaging with other people face to face	a. Can engage with other people unaided.	0
	b. Needs prompting to be able to engage with other people.	2
	c. Needs social support to be able to engage with other people.	4
	d. Cannot engage with other people due to such engagement causing either –	8
	(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.	

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10. Making budgeting decisions	a. Can manage complex budgeting decisions unaided.	0
	b. Needs prompting or assistance to be able to make complex budgeting decisions.	2
	c. Needs prompting or assistance to be able to make simple budgeting decisions.	4
	d. Cannot make any budgeting decisions at all.	6

MOBILITY ACTIVITIES

Column 1 Activity	Column 2 Descriptors	Column 3 Points
1. Planning and following journeys	a. Can plan and follow the route of a journey unaided.	0
	b. Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	4
	c. Cannot plan the route of a journey.	8
	d. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	10
	e. Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	10
	f. Cannot follow the route of a familiar journey without another person, assistance dog or orientation aid.	12
2. Moving around	a. Can stand and then move more than 200 metres, either aided or unaided.	0
	b. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4
	c. Can stand and then move unaided more than 20 metres but no more than 50 metres.	8
	d. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	10

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| e. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided. | 12 |
| f. Cannot, either aided or unaided – | |
| (i) Stand; or | 12 |
| (ii) Move more than 1 metre. | |