



Personal Independence Payments

Introduction

The Personal Independence Payment (PIP) is gradually replacing the Disability Living Allowance (DLA) for people aged between 16 and 64*. It is a cash payment, which is tax free and not means tested – this means it is not affected by your earnings or other income or by any capital or savings you have. The recipient is entitled to spend PIP as they wish. You can receive between **£22.00** and **£141.1** a week.

It is awarded using a points based system, and is awarded for short (up to 2 year) and long (5 to 10 year) award periods, with indefinite awards provided in exceptional circumstances. Individuals will have to undergo a review after their award period runs out.

PIP is made up of two separate components

- ▶ A daily living component – for help participating in everyday life.
- ▶ A mobility component – for help with getting around.

You can be paid either the daily living component or the mobility component on its own, or both components at the same time.

Each component is paid at two different levels: a 'standard rate' and an 'enhanced rate'.

*If you are already in receipt of PIP by the time you turn 65, you will continue to receive it for as long as you remain entitled.

Eligibility

To qualify for PIP you must meet the qualifying conditions and also the disability conditions. An individual must also show that they have had the condition for 3 months prior to applying and will have the condition for a further 9 months after applying.

The qualifying conditions require you to:

- ▶ Have been in Great Britain for two of past three years, unless you are terminally ill.
- ▶ Normally Live in the UK or the Republic of Ireland.
- ▶ Be aged between 16 and 64.

The following list of 12 activities relating to your daily needs outlines the areas you will be assessed on.

- ▶ 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 people face to face
- ▶ Making budgeting decisions
- ▶ Planning and following journeys
- ▶ Moving around

Each activity has a set of suggested answers that award a different amount of points. It is important that you give as much detail as possible. Do not assume that the Department for Work and Pensions knows a lot about your condition.

Each component has two rates. Here is a breakdown of how many points you need to get the award:

- ▶ Daily Living Component:
Standard rate - 8 points
Enhanced rate - 12 points
- ▶ Mobility Component:
Standard rate - 8 points
Enhanced rate - 12 points

Claiming PIP

We recommend you fill out the questionnaire and explain your condition according to your **worst days**. In order to score more you must show that your ability to perform an activity is affected for at least 6 months out of the 12 months period (so at least 50% of the time).

You may need to attend a face-face assessment by an independent healthcare professional which will assess how you perform each of the activities. This may be in an assessment centre near you or you they may visit you at home. Each healthcare professional that is carrying out the assessment will award points depending on what you tell them you are able to do.

When describing your condition you should state whether you can do it reliably, safely, repeatedly and in a timely manner- the assessor must take this into account.

- ▶ Safely – without the risk of harm to yourself or others.
- ▶ Repeatedly – as often as reasonably required, depending on the activity.
- ▶ In a timely manner – within a reasonable time period. For example, if it takes you longer than a minute to walk 50 meters this would not be considered a 'reasonable time period'.

Other information you should consider when trying to claim:

- ▶ Provide supporting documents detailing how your condition affects you from as many medical professionals as possible – they know you best. Send this with the initial application.
- ▶ Make a diary of your daily routine noting the support you need and what you find difficult. This can also be submitted as evidence.



- ▶ Get another person to check your completed questionnaire. The Advocacy Team at the Muscular Dystrophy Campaign can help with this.
- ▶ Remember that a PIP application can take a long time so do not worry if you don't hear back from the DWP quickly.

What You Get

PIP is awarded in the following amounts depending on your assessment score:

- ▶ Daily Living Component Weekly Rate:
Standard - £55.65
Enhanced - £83.10
- ▶ Mobility Component Weekly Rate:
Standard - £22.00
Enhanced - £58.00

Appeals and Other Information

If you are not happy with the decision made by the DWP it is possible to contest it.

- ▶ The first step is to request reconsideration from the DWP. You have one month from the date of your decision letter to ask for the reconsideration. Most DWP decisions do not contain reasons - an individual can ask for a written statement of reasons during the dispute period.
- ▶ Make sure you outline what you disagree with and provide evidence. The Advocacy Team at the Muscular Dystrophy Campaign can help you with this.
- ▶ If you are still not happy with the second decision it is possible to appeal. Contact the Advocacy Team for more information.

Disclaimer

While every reasonable effort is made to ensure that the information in this document is complete, correct and up-to-date, this cannot be guaranteed and Muscular Dystrophy UK shall not be liable whatsoever for any damages incurred as a result of its use. Muscular Dystrophy UK does not necessarily endorse the services provided by the organisations listed in our factsheets.

Here for you

The friendly staff in the care and support team at the Muscular Dystrophy UK's London office are available on **0800 652 6352** or **info@muscular dystrophyuk.org** from 8.30am to 6pm Monday to Friday to offer free information and emotional support.

For more information on Personal Independence Payments, please contact the Advocacy Team.

If they can't help you, they are more than happy to signpost you to specialist services close to you, or to other people who can help.

www.muscular dystrophyuk.org

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