



DLA is the disability benefit for children under 16\*. It is designed to cover the extra costs of living with a disability. DLA is broken down into two components: care, and mobility. You can receive low, middle or high rate of the care component, or a low or high rate of the mobility component. You will be asked to fill in a form explaining how your child's condition affects them.

## Our Advocacy Ambassadors' top tips

- 1. Remember to compare your child's care needs with those of another child their age, who does not have a disability.** This allows the assessor to understand what extra care is required, and what your child's mobility needs are.
- 2. Ask for help.** A friend or relative, or someone from Muscular Dystrophy UK, can help if you are unsure about what to put on the form.
- 3. Include some information from a health professional.** An occupational therapist or a physiotherapist can give you information about how your child's condition affects them day-to-day.
- 4. Keep a diary.** This can be used as evidence when explaining how the muscle-wasting condition affects your child.
- 5. Include as much as you can about what your child can't do.** It can be difficult to think about this. However, it is important to do so, to ensure your child receives the right amount of support.

For any further information on *Disability Living Allowance*, please read our Disability Living Allowance factsheet. You can download this from our website or call our office and we'll send it to you.

\*Some people over 16 may still be receiving DLA, because they haven't been asked to re-apply. Personal Independence Payments (PIP) is the benefit replacing DLA, for adults.

Muscular Dystrophy UK Advocacy Ambassadors are here to provide support on independent living. Through their experience of living with a muscle-wasting condition, either their own or a family member's, they are able to provide great advice and support.

If you need advice getting the services, benefits or equipment you are entitled to, our Advocacy Ambassadors can help. Get in touch today:

**0800 652 6352** (freephone) or [ambassadors@muscular dystrophyuk.org](mailto:ambassadors@muscular dystrophyuk.org)