



Applying for Personal Independence Payments (PIP) A guide

PIP took over from the Disability Living Allowance (DLA) in 2013, as the main disability benefit for adults (aged 16-64). New claimants will automatically apply for PIP. Please note, if you are currently on DLA, then you will be contacted to change over to PIP. You don't need to do anything before that point.

PIP aims to cover the costs of living with a disability and is broken down in to two components: daily living and mobility. The process is two-part: you need to fill in a paper form and send it off, and then you will have a face-to-face assessment at your home or at an assessment centre (whichever you prefer).

Our Advocacy Ambassadors' top tips

- 1. Have somebody to help you fill in the forms.** These can be confusing, so ask a family member, a friend or one of our Advocacy Ambassadors to support you.
- 2. Do the application a few pages at a time.** The forms can seem overwhelming, so do them in small sections.
- 3. It is important to submit as much supporting evidence with your application as possible.** This can be a supporting document from your GP or neurologist, or a letter provided by Muscular Dystrophy UK's advocacy team.
- 4. There is space to add comments and to fill in your answers in your own words.** This is in case you feel you cannot give all the information you want to give in the forms.
- 5. Think about what extra help you may require, or what you could do with the right support.** This will allow the assessor to understand how your condition affects you.

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

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**