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measures and how to appeal Citizens AdviceCan you spare a few minutes?We would be grateful if you could tell us what you think of this information by completing our Feedback survey. We will use your feedback to seek funding and improve our guides and make sure they are as helpful as possible. How to write useful evidence for PIP appeals  
This page is written for medical staff, social workers, and other professionals who might be able to tell the tribunal what they need to know. It explains how to write helpful evidence for this kind of benefit appeal.Evidence from doctors and other professionals helps the tribunal to come to the right decision more than anything else. Your evidence doesn't need to be long or typed.Whether your patient/client is entitled to PIP is decided by the difficulties they experience and the help they need with very specific tasks. This includes help they need but don't necessarily get, or help they give themselves like taking a rest or using an appliance. Your patient/client has marked which descriptors they meet below. Please confirm all of those that you can in your evidence. For example, if they cannot walk even into your consulting room without discomfort, or if they are slow and it takes them twice as long as somebody else, please say that.If you cannot confirm the descriptor your patient has circled but can confirm another in that section, please include that. If you cannot confirm any from that section please just leave it out as your patient may have evidence from someone else who knows more about their problems with this. If you don't understand why your patient meets the descriptor they have circled, please ask them.If your patient could do some of these things but not as often as required, or it would take them twice as long as anybody without their condition, for more than 50% of the time it counts as being unable to do it. For example, if they can stand and walk for 50 meters, but they can only do it a few times in a day, it may hurt them, they might sometimes fall, or it takes them twice as long as someone else, the law sees this as not being able to walk for 50 metres.This appeal is about a decision that was made on ..... [patient to fill in]. Your evidence needs to be about how their illness or disability affected them at that time.It would also be helpful if your evidence confirmed any diagnosis and any treatment that they receive.Activity 1. Preparing food. a. Can prepare and cook a simple meal unaided. - Score 0b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal. - Score 2c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave. - Score 2d. Needs reminding or encouraging to be able to either prepare or cook a simple meal. - Score 2e. Needs supervision to help me stay safe or physical help to either prepare or cook a simple meal. - Score 4f. Cannot prepare and cook food. - Score 8Activity 2. Taking nutrition.a. Can take nutrition unaided. - Score 0b. Needs to use an aid or appliance, or supervision to help them stay safe, or physical help to be able to cut up food to be able to eat or drink. - Score 2c. Needs a therapeutic source to be able to eat or drink. - Score 2d. Needs reminding or encouraging to eat or drink. - Score 4e. Needs physical help to be able to manage a therapeutic source to take nutrition. - Score 6f. Cannot convey get food and drink to their mouth and needs another person to do so. Score 10Activity 3. Managing therapy or monitoring a health condition. a. Can manage medication or therapy, and monitor their health condition without help. Score 0b. Needs to use an aid or appliance to be able to manage their medication; or needs supervision to help them stay safe, or reminding or encouraging, or physical help to manage their medication or monitor a health condition. - Score 1c. Needs s supervision to help them stay safe, or reminding or encouraging, or physical help to be able to manage therapy that takes no more than 3.5 hours a week. - Score 2d. Needs supervision to help them stay safe, or reminding or encouraging, or physical help to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week. - Score 4e. Needs supervision to help them stay safe, or reminding or encouraging, or physical help to be able to manage therapy that takes more than 7 but no more than 14 hours a week. - Score 6f. Needs supervision to help them stay safe, or reminding or encouraging, or physical help to be able to manage therapy that takes more than 14 hours a week. Score 8Activity 4. Washing and bathing.a. Can wash and bathe unaided. - Score 0b. Needs to use an aid or appliance to be able to wash or bathe. - Score 2c. Needs supervision, reminding, encouraging, or reassuring to be able to wash or bathe. - Score 2d. Needs physical help to be able to wash either their hair or body below the waist. - Score 2e. Needs physical help to be able to get in or out of a bath or shower. - Score 3f. Needs physical help to be able to wash their body between the shoulders and waist. - Score 4g. Cannot wash and bathe at all and needs another person to wash their entire body. - Score 8Activity 5. Managing toilet needs or incontinence. a. Can manage toilet needs or incontinence unaided. - Score 0b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence. - Score 2c. Needs supervision to help them stay safe or reminding or encouraging to be able to manage toilet needs. - Score 2d. Needs physical help to be able to manage toilet needs. - Score 4e. Needs physical help to be able to manage incontinence of either bladder or bowel. - Score 6f. Need physical help to be able to manage incontinence of both bladder and bowel. - Score 8Activity 6. Dressing and undressing. a. Can dress and undress unaided. - Score 0b. Needs to use an aid or appliance to be able to dress or undress their upper body. - Score 4f. Cannot dress or undress at all. Score 8Activity 7. Communicating verbally. a. Can express and understand verbal information unaided. - Score 0b. Needs to use an aid or appliance to be able to speak or hear. - Score 2c. Needs need help from someone trained or experienced in helping me to be able to express or understand complex verbal information. - Score 4d. Needs help from someone trained or experienced in helping them to be able to express or understand basic verbal information. - Score 8e. Cannot express or understand verbal information at all even with help from someone trained or experienced in helping them. - Score 12Activity 8. Reading and understanding signs, symbols and words. a. Can read and understand basic and complex written information either unaided or using spectacles/glasses or contact lenses. - Score 0b. Needs to use an aid or appliance, other than spectacles/glasses or contact lenses, to be able to read or understand either basic or complex written information. - Score 2c. Needs reminding, encouraging or reassuring to be able to read or understand complex written information. - Score 2d. Needs reminding, encouraging or reassuring to be able to read or understand basic written information. - Score 4e. Cannot read or understand signs, symbols or words at all. - Score 8Activity 9. Engaging with other people face to face. a. Can engage with other people without help from an aid or appliance or a person. - Score 0b. Needs reminding, encouraging, or reassuring to be able to engage with other people. - Score 2c. Needs help from someone trained or experienced in helping them to be able to engage with other people. - Score 4d. Cannot engage with other people because it either makes them feel so anxious or distressed that they cannot function, or because it causes them to behave dangerously, and either they or another person might get hurt. - Score 8Activity 10. Making budgeting decisions. a. Can manage complex budgeting decisions without help from an aid or appliance or a person. - Score 0b. Needs reminding, encouraging, or reassuring, or physical help to be able to make complex budgeting decisions. - Score 2c. Needs reminding, encouraging, or reassuring, or physical help to be able to make simple budgeting decisions. - Score 4d. Cannot make any budgeting decisions at all. - Score 6Mobility activities and descriptorsActivity 1. Planning and following journeys. a. Can plan and follow the route of a journey without help from an aid or appliance or a person. - Score 0b. Needs reminding, encouraging, or reassuring to be able to undertake any journey to avoid it making them feel so anxious or distressed that they cannot function. - Score 4c. Cannot plan the route of a journey - Score 8d. Cannot follow the route of an unfamiliar journey without another person, assistance dog, or orientation aid. - Score 10e. Cannot undertake any journey because it would make them feel so anxious or distressed that they cannot function. - Score 10f. Cannot follow the route of a familiar journey without another person, an assistance dog, or an orientation aid. - Score 12Activity 2. Moving around. a. Can walk more than 200 metres, either aided or unaided. - Score 0b. Can walk more than 50 metres but no more than 200 metres, either aided or unaided. - Score 4c. Can walk unaided more than 20 metres but no more than 50 metres. - Score 8d. Can walk using an aid or appliance more than 20 metres but no more than 50 metres. - Score 10e. Can walk more than 1 metre but no more than 20 metres, either aided or unaided. - Score 12f. Cannot, either aided or unaided, (i) stand, or (ii) move more than 1 metre. - Score 12We have simplified the wording of the descriptors to make this page easier to use. If you prefer, you can find the exact wording of the legislative tests on Citizens Advice's download. How to write a statement for PIP On the left is the statement Spencer sent to the panel looking at his appeal. We have included it as an example to show you what sorts of details about your condition you should include in your statement.On the right is information to help you write your statement to the tribunal. It tells you all the things you should try to put in your statement and how to begin.I am writing to explain my reason for appealing the decision to refuse me an award of PIP.Explain why you are writing.I am appealing the decision as I believe that I am entitled to the enhanced rate of the care component and the enhanced rate of the mobility component. Tell them what rate you think you should be entitled to.I have severe epilepsy and depression. I get little or no warning of seizures and have frequently been hurt when they occur. After a seizure, I feel terrible and 'foggy' for about four days afterwards.Because of my depression and because of the lethargy caused by seizures, I often can't face getting up, so I stay in bed - sometimes all day, because I know I won't get hurt if I have a seizure there.Explain the main symptoms or difficulties you have because of your illness or disability. Remember to explain how they affect you.I have 3 -6 seizures a month on average. Immediately after a seizure I feel very disorientated and confused, and I can be aggressive. I also feel very lethargic and I can't think straight for about 4 days afterwards. I feel depressed every day. If you feel better on some days than on others, explain what help you need on both. If you can, say how frequently you have better days and bad days.I need supervision to cook a simple meal. I have hurt myself in the past while trying to cook. On different occasions I have dropped a pan of boiling water on my foot, cut myself, and left the gas on due to my fogginess. If I had a seizure while cooking alone it could be even more dangerous. I don't cook alone. Due to the fogginess and due to my depression I need prompting to eat anything most days. I rarely eat more than once a day when my brother pops in to help me. I need supervision and prompting to take my medication. Left alone, I sometimes don't take it because I hate the side effects, but that makes the seizures worse.I need supervision to have a bath in case I have a seizure while in it. I have hit my head against the toilet when having a seizure in the bathroom and I had to have stitches. I also need prompting to have a bath because of my depression, lethargy and fogginess. When I have had a seizure I need supervision and prompting to cope with my toilet needs. I often wet myself and I need help to even realise sometimes and to get cleaned up and into clean clothes afterwards.I cannot go out anywhere at all without help from another person because of the seizures. I need supervision to help me stay safe and to help me after a seizure because I am so disorientated and confused I couldn't find my home again, or ensure I was even safe. I do not even go to the corner shop on my own. Even thinking about it makes me very anxious. Explain what descriptors you meet and why you should get those points. Try to be as clear as you can how your difficulties meet the descriptors. Remember to say everything - even things that you find embarrassing. It will be a lot easier to write it down than to say it in the hearing. Going into a lot of detail may seem unnecessary, but it will help the panel understand your condition.Three years ago I fell down the stairs during a seizure and broke my collarbone. I had to have stitches in my head another time and have burnt myself or been left with more minor injuries countless times. I can be aggressive while I am disorientated or confused immediately after a seizure. I once punched a woman who came to try to help me.Tell them if you have ever been hurt (or might have been hurt), because of your illness. You also need to tell them if you have hurt somebody else because of your illness. You should also say if you have ever hurt yourself on purpose. Some days I don't wash or eat at all because I don't have any help. Is there anything you don't do because you don't have the help you need?The letter from my social worker, Steve Scott, confirms this.If there is any other evidence that backs up what you are saying, refer to it.Being dirty makes me feel depressed and worthless. If not getting the help you need causes other problems, it is very useful to say so. They won't make the connection for themselves.The report from the DWP doctor said I could cook, and wash and do pretty much everything without help, but that isn't true. He didn't ask me many questions and clearly didn't understand that I got no warning of my seizures or how out of it I am when they happen. So I can't cook unless someone is here to help in case I have a seizure. I have been hurt too many times and I'm afraid I might leave the gas on again and blow the place up. I can't have a bath in case I hit my head or drown. Without prompting or supervision I don't eat properly or take my medication, which makes my condition worse. I need someone with me to help me if I have a seizure as I'm disorientated and confused and I can hurt myself or other people.If you disagree with anything in the papers from the DWP, you need to tell them that this isn't right. Did the doctor ask you the right questions and listen to your answers? When you have finished writing the statement, read it back through more than once. Does it say everything you want it to say? DisclaimerThe information in this guide applies to the UK.The law is complicated. We recommend you try to get advice from the sources we have suggested.The cases we refer to are not always real but show a typical situation. We have included them to help you think about how to deal with your own situation. AcknowledgementThis guide was written and produced by Advicenow and updated thanks to funding from the Litigant in Person Support Strategy.Advicenow would like to thank all those who provided advice and feedback on this guide, particularly Jim McKenny, Rachel Ingleby, Jane Owen-Pam from The National Autistic Society, Sangeeta Enright from Cystic Fibrosis Trust, Christine Hallam-Cutler from Macmillan Benefits Rotherham, Sue Lovell from Cornwall Council, Richard Stacey from St Pauls Advice Centre, Chris Beer, and Greg Brown of Maggie's Glasgow. Finally after waiting for 7 months of my pip claim I have been awarded after using the mandatory tool template. It is worth using the tool which makes the process easier. Thank you soo much for the help, I would like to mention please don't give up on your pip application even though dwp refuses, I'm sure once you use the tools on this website it would help your claim S Begum on the 16 / 03 / 2022 We used this guide to appeal my Husband's PIP decision and went from nothing to the enhanced rate in both areas. After we had put in the appeal and sent some evidence we received a phone call from DWP. They said that they had got hold of the UC medical assessment for my Husband. I did not know they could do that and hadn't thought to send it to them. They said that having looked at that report they decided to award him the help he deserves. This guide was invaluable! I doubt we could have made it this far without it. Thank you. Thank you so much for the assistance with the template-mandatory reconsideration. We had missed the deadline for asking for the MR, however, upon reading information on this page we went ahead and requested it. We also sent in additional paperwork to provide further evidence of his disabilities. After a long 4 months my son received the call yesterday with a lot of apologies, his payments are being backdated, and he has been awarded enhanced rate for both living and mobility. I cannot thank you enough. It has been incredibly tough for my son the last few months. I am so glad that I came across this page!!!Mother of a son who keeps falling through the net of the systems on the 20 / 11 / 2021 I had my late brothers pip appeal last week and won enhanced on both from 0 points on assessment ! Just awaiting DWP appealing this now which I have no doubt they will ! The way PIP and atos treat disabled and mentally il people is criminal . Any advice about complaining about the actual assessments . The money doesn't really matter now my brothers gone but someone needs to be accountable for this abusive systemChristine fielding on the 02 / 11 / 2021 Finally after waiting since last October my decision was made today.I had an email saying DWP have changed their decision,think the judge saw the lies,letter on the 31st of march saying they have all information to decide,further letter on the 1st of April saying they wanted hospital admission dates, 2nd of April saying decision made,not to mention lost notes of my bowel cancer,!! I had great help here with MR, but they still used data from 2018 face to face meeting,wich was identical,but wish I had never bothered to be honest its caused me to much stress when my health was at breaking point, I too was made to feel like a liar.Charly on the 07 / 08 / 2021 I put in pip they gave me oooo all the way I put in a appeal now it's gone to the tribunal it's also gone to given a clock worker I've been waiting since September the 2nd 2020 they made me believe I was a liar I didn't get face-to-face as it's croner I got a phone call they made me believe that everything I stated was untrue I have then since failed and gone backwards as I felt disbelieved I've never really put in for benefits before not for myself bradgate unit mental health she said that was entitled to it so I end up putting in for it to receive 000 was I was disgusted in what they said about me so I have and I'm waiting for an answer and I'm scared worried that I might not get it but waiting for an answer soon it's just not nice that how the benefits can give to others that have no disabilities or anything wrong with them they give it to them and then the ones what really need it they torn us down I just think the government is messed up big time Hi I have received letter from appeal court today I was worried about it arriving, however it was good news I WON! Thank you for your booklet and letter templates. If I didn't have that I would never have gone as far as the appeals court. I had my pip stopped, I used the resolution template same result. I done what it said in booklet i appealed to the court. I then received a call from DWP offering standard rate of daily living I was scared but thought no the booklet says I have nothing to loose by going to appeals court and I did and won. The pip was stopped September 20 Now end Jan 21. Well happy. Thank you once again for great advice.Lorraine Stone on the 27 / 01 / 2021 i have bipolar disorder and these assessments are not suited for any "hidden" disability but , after using the letter writing tool , i just had pip reinstated after mandatory reconsideration without the need for tribunal . many thanks for template letter , it saved me many weeks of stress and uncertainty. Thank you for all your advice used mandatory letter tool received zero points for both condition copd depression anxiety. Received letter now on enhanced rate daily living and mobility.Codie on the 18 / 11 / 2020 I wish i had seen this guide by Advice.org.uk previously as have had no help throughout my request for PIP when the DLA I had indefinitely came to an end due to migration over to PIP. This has been an awful ordeal for me with multiple physical disabilities, least of all the treatment by ATOS. They called me the day before I was due to have my reassessment and told me that the male i had asked for had gone on holiday and i would need to rebook unless i took a female HP. I had to accept the female as was shaking with anxiety and nerves for the past week knowing it was nearing and had heard some terrible stories as what happens. I knew anyway as at an earlier assessment they lied and i had to appeal. They lied again (same company ATOS) and also put some false sections in about her assessment which are obviously copy and pasted as on another help page I have seen other strangers with exactly the same lies paragraph by paragraph duplicate like a photocopy. It is wicked what they are doing but the DWP decision maker just says they have no benefit in giving false information and they are independent from the DWP. My MR was also dismissed so I went on to appeal to the tribunal. It is a telephone hearing due to covid-19 coronavirus lockdown in England. I am shaking again and won't be able to sleep knowing they are calling in the morning as have great difficulty with confusion and getting my words wrong. I can't listen to lots of voices and instructions either as get brain fog. I wish I had seen this help website earlier as there is such a lot of helpful information I could of used. I can't take it all in now so will be hoping the judge asks me questions I am able to answer. I think anyone who feels they need help should be signposted to helpees such as this one but we are all left to our own devices to seek help. The Government should have a responsibility to provide help where it's needed. Thank you.Tom M on the 15 / 11 / 2020 The guide is free to read online or print at home. We know some of our users want printed copy and so that is why we are offering them here. They are a bit expensive as each one is printed as and when they are ordered. We do make a small profit on printed guides and we use to support our service and ensure that our resources remain available. Your payment will enable us to help more people to deal with more problems. Thank you.

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