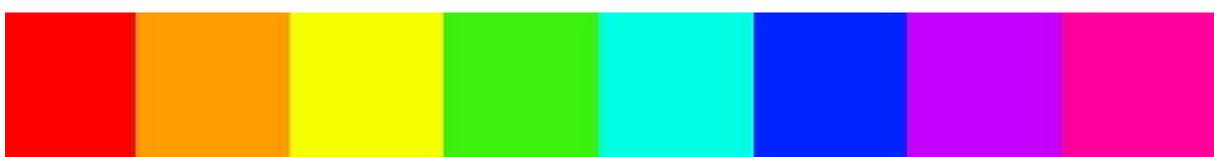
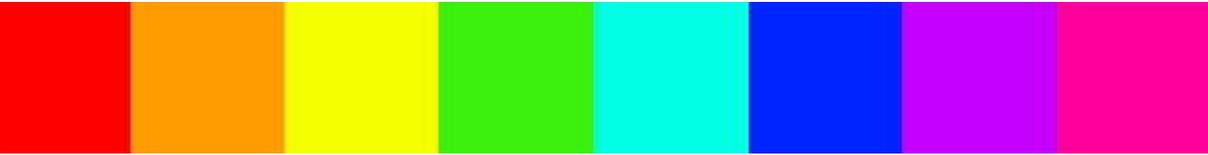


**---Personal Independence Payment---**  
**Tips and Hints**  
**For Autistic Adults**





## **What is personal independence payment (PIP)?**

PIP is money paid every 4 weeks to individuals with a disability or health condition which effects their daily living or mobility. It doesn't matter if you are working full time or have a lot of savings. If you meet the criteria and the department of work and pensions (DWP) agrees you are eligible, you will get it.

## **Who can apply for PIP?**

Anyone with a long term health condition which impacts their ability to do any of the following activities can apply: preparing food, taking nutrition, managing therapy, washing and bathing, managing toilet needs or incontinence, dressing and undressing, communicating verbally, reading and understanding signs, symbols and words, engaging with others face to face, budgeting, planning a journey and moving around. It is possible for an autistic individuals to be eligible for PIP if they only struggle with engaging with others face to face and communicating verbally, however you will often find you need some help in other areas too. You must also be under state pension age to apply.

## **What is PIP for?**

PIP is paid in order to help the individual pay for additional support in order to manage the activities they struggle with. This could be paying for aids such as timers or paying for organisational apps, it could be paying for someone to act as a personal assistant or a cleaner if you struggle with those things, or it could be used to pay for additional activities in order for you to access the community more or transport to these activities. You do not need to prove what you use your PIP for, so really you can use it on anything you want.

## **How much can you get?**

This depends on how much help you need. PIP is done on a points system, and you get different points for different levels of support you need for each activity.

PIP is split into two sections – daily living and mobility components. For each, you can be awarded either nothing, standard rate or enhanced rate.

As of 27/01/2022, the following rates apply (remember, this is paid every 4 weeks):

Daily living standard rate (score of 8-11 points) - £60 a week

Daily living enhanced rate (score of over 12 points) - £89.60 a week

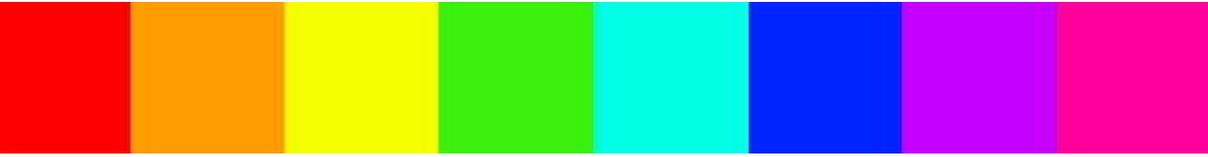
Mobility standard rate (score of 8-11 points) - £23.70 a week

Mobility enhanced rate (score of over 12 points) - £62.55 a week

So, if you scored 10 points for daily living and 12 points for mobility, you would be entitled to daily living at the standard rate and mobility at the enhanced rate.

This would give you a total of £60 a week and £62.55 a week, or £122.55 a week paid as £490.20 every 4 weeks.





### **What happens if your situation changes?**

You would get in contact with the DWP and let them know.

### **Will you be taxed on PIP?**

No.

### **How long will you get PIP for?**

This depends entirely on what the DWP or tribunal service decide. Very often it is between 3 or 5 years, when you would then start the application process again.

### **Are there any other benefits to getting PIP?**

Absolutely. If you get the component of PIP for care (daily living activities), even at standard rate, you are eligible for a carer to accompany you free of charge to many different places such as theme parks and National Trust places. You are also able to apply for a CEA card, which can get a carer in with you free of charge to the cinema. You can also apply for a disabled persons railcard.

If you get the mobility component at the standard rate, you can claim 50% off your car tax (it's a bit of a difficult process, but if you contact the DVLA for help with this, they will talk or email you through it). You can also apply for a disabled persons railcard.

If you get the mobility component at the higher rate, you can claim 100% off your car tax, are eligible to automatically get a blue disabled parking badge, can use the Motability scheme to get a Motability vehicle (and pay using your PIP for a well maintained new car), get a disabled persons bus pass and a railcard.

If you get income support, jobseeker's allowance, income related employment and support allowance and housing benefit, you may also get a top-up when you get PIP called a disability premium.

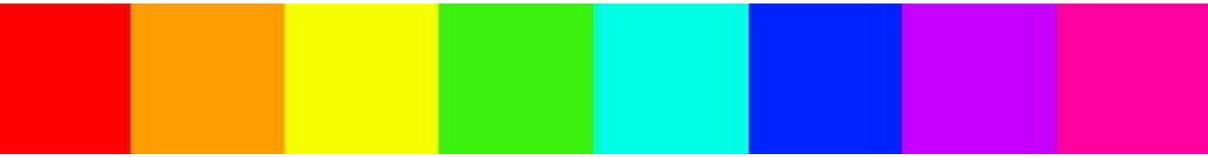
If you are eligible, you may get the disability element of working tax credit.

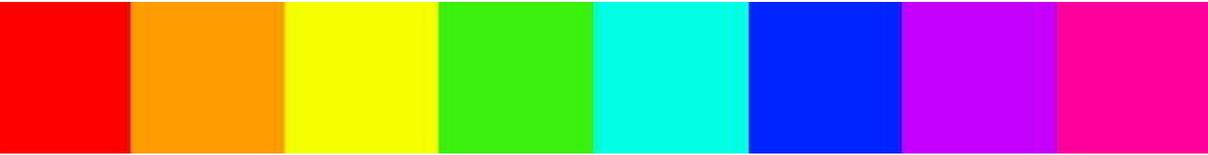
If you are claiming the daily living component of PIP, your carer may be able to claim for carer's allowance too.

### **How do you apply for PIP?**

You can start the process by calling on 0800 917 2222. You can get someone else to do this for you, however you will need to go on the phone briefly to agree to let them speak on your behalf and to listen to and agree to the terms and conditions near the end of the phone call. They will ask for some details such as your disabilities, your national insurance number, your address, your bank details, your phone number, your date of birth, your doctors details and your nationality. Please make sure the person calling knows these details before they ring.

After this, you will be sent a 'How your disability affects you' form to complete. In this document are some ideas as to how to answer the questions to give you the best possible chance to get awarded PIP. You will have a month to return the form, including any evidence you can provide, then will wait for the DWP to respond. They may say you are not eligible, you are eligible for less than you think you should be, or that you are eligible for the amount you expected. Later on in the document, we will explain what to do if you disagree with their response.





## Daily Living Activities – 1. Preparing Food

### 1. Preparing Food

**NOTE: A simple meal is a meal cooked using the oven or hob consisting of vegetables (peeled and cut), a carbohydrate like rice or pasta and a protein product such as chicken, meat substitutes or beef.**

First, pick the descriptor that matches closest to your ability to prepare food. If more than two do, put both one and then the other (i.e. b and then d)

a. Can prepare and cook a simple meal unaided.

b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.

c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.

d. Needs prompting to be able to either prepare or cook a simple meal.

e. Needs supervision or assistance to either prepare or cook a simple meal.

f. Cannot prepare and cook food.

### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

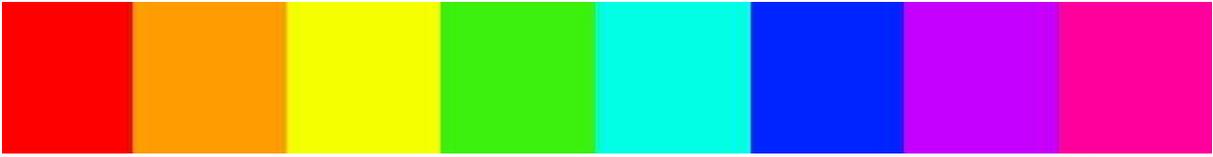
**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**

Answer is a.

Write 'I can prepare and cook a simple meal unaided'. Move onto the next question.





Example:

I can prepare and cook a simple meal unaided.

Answer is b.

Example aids are: adapted angled knives, jar openers, perching stool, pull tab openers, large handled peelers or knives, timers, adapted recipes, recipe kits with pre measured/pre prepared ingredients, double handled pans, lightweight pans, preparation boards that hold items in place, adapted scissors.

Write 'I need to use the following aids to cook or prepare a simple meal: \_\_\_\_\_'. Write how each of these aids help you and what disability they help you with, what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids to cook or prepare a simple meal: timer, perching stool, lightweight pans and adapted recipes.

I need to use a timer because of my autism diagnosis. I often forget when I am cooking and get distracted by my special interests. Timers remind me when food is ready regardless of how involved I am in other activities. I have burnt food and set off the smoke alarms on multiple occasions when I did not use timers, so need to use them for my safety and the safety of my neighbours.

I need to use a perching stool due to my chronic fatigue. Due to my fatigue, I cannot stand for long periods of time and need to be able to rest while preparing meals. A perching stool enables me to rest my legs and to complete the task safely. If I didn't use the perching stool, I would not be able to prepare food even on a good day.

I need to use lightweight pans due to weakness caused by my chronic fatigue. Holding heavy pans is dangerous and I am at high risk of dropping them when they are full of boiling water and scalding myself. Using lightweight pans reduces this risk to a manageable level and enables me to prepare food safer.

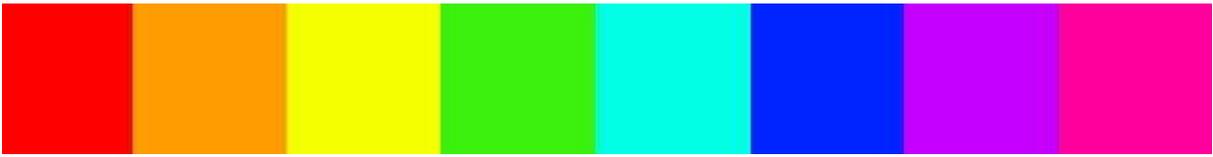
I need to use adapted recipes with photos of each stage. This is because of my autism and processing difficulties – which is more prevalent when I am in high pressure situations such as cooking. Photos helps me differentiate between terms that take longer for me to process such as chop and slice, and helps me to easily see what is expected. It makes it 'black and white' rather than grey and reduces my anxiety when cooking to a more manageable level. If I didn't use these, I would get very confused and anxious and would be unable to continue with the task.

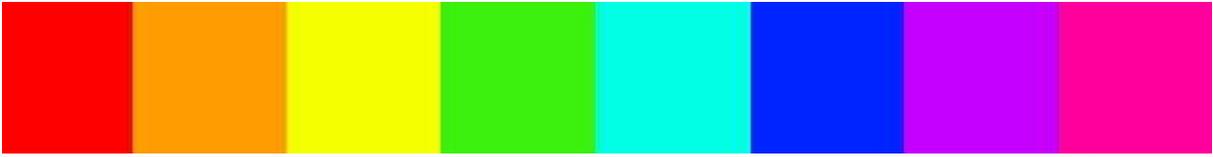
Answer is c.

Write 'I cannot cook a simple meal using a conventional cooker but am able to do so using a microwave'. Explain why you cannot cook a simple meal and what disability makes it impossible to cook a simple meal with and which aspects you can't do. Move onto the next question.

Example:

I cannot cook a simple meal using a conventional cooker but am able to do so using a microwave. Due to my autism, I have associated processing difficulties. I become overwhelmed when I try to focus on more than one thing at a time. Cooking a simple meal is overwhelming and involves trying to time things correctly to ensure that all parts of the meal are complete at the same time. This makes the task feel too big and difficult so I am unable to do this. I am only able to put a





ready meal in the microwave as this is a task with less steps and makes the daily activity of preparing a meal manageable. If I was unable to use the microwave, I would not prepare a hot meal, and would just have a snack instead as I am too anxious to use a conventional cooker.

Answer is d.

Write 'I need to be prompted to prepare or cook a simple meal'. Write who prompts you and how often. Explain which disability this relates to and why you need prompting. Write how you are prompted. Write what would happen if you were not prompted. Move onto the next question.

Example:

I need to be prompted to prepare or cook a simple meal. My mother rings me every day at around 5.30pm in order to remind me to prepare a meal. This is because my executive function is impacted by my autism and I forget to do so otherwise. I also have sensory processing difficulties and in particular struggle with interoception and cannot ascertain if I am hungry. This means I would go days without eating otherwise. I also get caught up in different tasks and am easily distracted, so may think about making a meal and then forget without doing it.

Answer is e.

Write 'I need supervision or assistance to prepare or cook a simple meal'. Write who supervises you and how often. Explain which disability this relates to and why you need supervising including how it compromises your safety. Write how the person supervises you. Write what would happen if you weren't supervised. Move onto the next question.

Example:

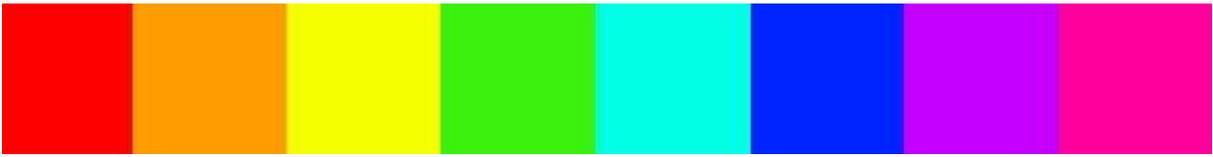
I need supervision or assistance to prepare or cook a simple meal. Due to issues around mental health and self-harm due to my severe depression, I need to be supervised at all times in the kitchen and around sharp objects. If I am left alone with access to knives, I will harm myself and have been hospitalised multiple times in the past because of this. My support worker accompanies me at all times while in the kitchen and ensures that I am using sharp objects responsibly and safely. If she was not available to assist me, it would cause serious risk to my wellbeing and result in injury or death.

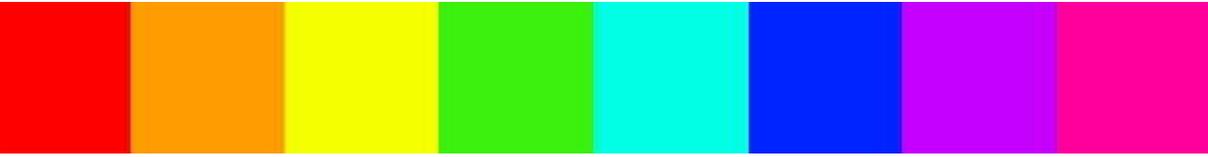
Answer is f.

Write 'I cannot cook or prepare food'. Explain who does this for you and which disability or condition prevents you from being able to do this yourself. Explain why you can't do this and how often. Write what would happen if you tried to do this and how it is detrimental. Move onto the next question.

Example:

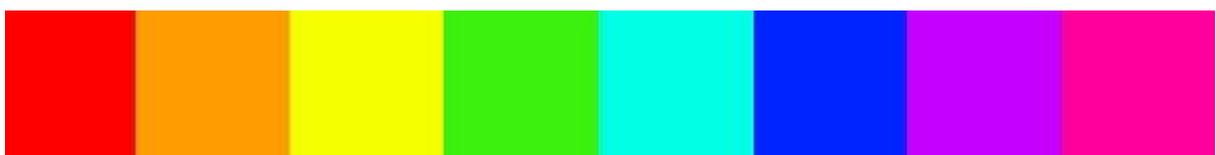
I cannot cook or prepare food. This is because of my body dysmorphia and anorexia nervosa. Being around food causes severe anxiety and makes me feel very sick and unwell. Even on a good day I am unable to be around food. The smells of food cooking makes me feel nauseous and also makes me vomit. This would be very detrimental to my recovery as I am on a recovery programme to try to gain weight. If I tried to cook, I would have to leave immediately as I would be sick, and my anxieties around food would increase further, meaning I would be less likely to eat in the future, and making my recovery more difficult.

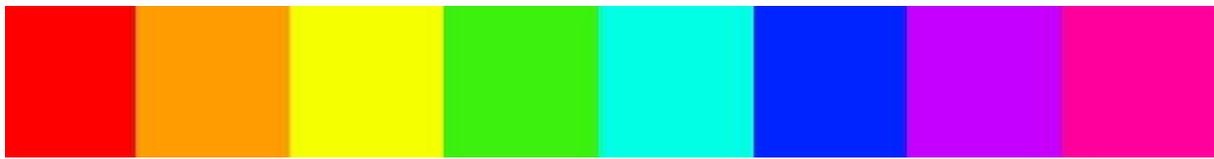




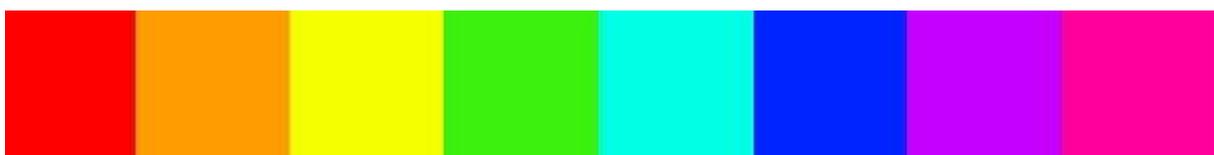
**Feel free to use or add any of the below that also apply to you:**

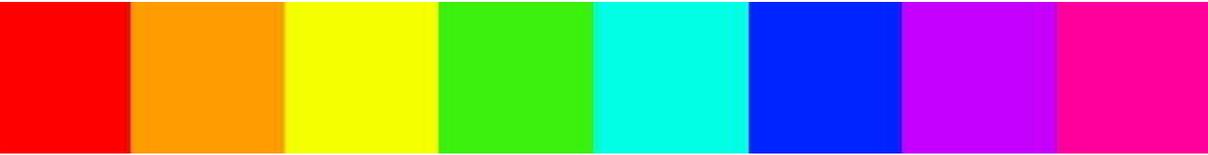
- I lack confidence to try to cook a meal. This is because I have so much day to day anxiety that it is better for someone else to cook.
- I have never learnt how to cook a simple meal
- I only eat toast or heat tinned food in a pan
- If someone suggested I cook a meal, I would get scared and anxious
- I need supervision as I will eat raw or out of date foods when in the kitchen. I do not check use by dates
- I need monitoring to make sure my food is cooked through as I am unable to tell myself
- I do not like being in the kitchen and am unable to prepare food as I do not feel that my hands are ever clean enough and will make food unsafe
- I do not like being in the kitchen because of the germs
- I often feel too tired to cook due to low mood and anxiety.
- I do not understand the need for a balanced diet so need to be supervised to cook healthy, balanced meals
- I am unable to deviate from the recipe so if I don't have all the ingredients (exact ingredients), I cannot think about cooking
- I dislike certain coloured or textured food so cannot cook
- I am very particular about food. If an item of food (ie one tomato) is imperfect, I am then unable to continue cooking and will have to scrap the whole meal
- I have to follow a specific diet (casein or gluten free) so someone else needs to monitor me and check the packaging for me to make sure I remain safe and healthy.
- I have severe food allergies so someone else needs to monitor me and check the packaging for me to make sure I do not have a serious and dangerous allergic reaction.
- I forget to clean the fridge so it is unhygienic
- I have a ritual, meaning meals take a long time to prepare
- When I do eat, it is junk food like biscuits and chocolate
- I starve myself as a control issue and cannot prepare food
- I shake so spill food a lot and need help to clean up afterwards
- Everything has to be in line with my rigid thinking or I have to start from the beginning again
- I do not check the temperature of microwaved foods
- I eat mouldy food because I don't check if it's safe to eat
- I leave the freezer door open or oven on
- I forget to wipe down food preparation surfaces before cooking
- I have given myself food poisoning by not cooking foods adequately
- I cannot cook because I have a phobia of making a mess or do not like touching messy textures
- I lack motivation to eat because of my autism
- I do not feel hungry so do not know when I should eat
- I get hungry and then forget I am hungry a minute later so don't eat all day
- There are too many steps to cooking so I panic and am unable to do the whole task
- I tend to burn things or don't cook things properly
- I find it difficult to read so cannot follow a recipe
- I struggle with fine motor skills so can't use a knife/peeler/hot pan/scissors





- I forget to turn the oven/hob off
- I do not have the hand eye coordination and dexterity to use a knife safely
- I am too easily distracted and cannot stick to a task
- I am impulsive and touch the hobs and other hot objects
- I am impulsive and will touch sharp objects
- I do not like the smell of food cooking
- I have sensory sensitivities and can't touch raw or uncooked meat
- I cannot cope with the heat of the kitchen so am unable to be in the kitchen for more than \_\_\_\_ minutes with the cooker on
- I have dyspraxia and am at high risk of dropping hot pans/knives and getting scalds
- I am clumsy and lack coordination. I am at high risk of dropping hot pans/knives and getting scalds
- I will walk off in the middle of cooking and forget what I was doing
- 
- I am scared of using the oven/microwave/hobs because...
  - I have burnt myself in the past.
  - I have set fire to the kitchen in the past.
- I am unable to cook when others are in the kitchen because...
  - I have social anxiety and it makes me anxious doing things in front of others
  - The noise is too overwhelming
  - The unpredictability of where others are going to move next makes me anxious
  - I am worried about hurting others or others hurting me
- I am not able to use the oven/microwave/hobs because...
  - I find it too confusing and don't know how to
  - I have never been shown how to
  - It is too dangerous and I wouldn't know what to do if something went wrong
- I have difficulties with
  - Carrying out the cooking process in the right order
  - Washing, peeling, chopping fresh veg/meat
  - Using taps
  - Using a cooker
  - Setting the right temperature
  - Using oven gloves
  - Using sharp knives
  - Easily distracted
  - Not knowing what to do if I cut myself
  - Putting food into pans
  - Cooking correctly (no over/under cooking)
  - Knowing how to check food is properly cooked
  - Lifting hot pans
  - Filling pans with water
  - Remembering to cook for the right length of time





## Daily Living Activities – 2. Taking Nutrition

### 2. Taking Nutrition

**NOTE:** Nutrition means to either cut food into pieces, put food and drink into your mouth and chew and swallow food and drink; or take nutrition using a therapeutic source (such as PEG feeding, or intravenous nutrition intake)

First, pick the descriptor that matches closest to your ability to take nutrition. If more than two do, put both one and then the other (i.e. b and then d)

a. Can take nutrition unaided.

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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.

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c. Needs a therapeutic source to be able to take nutrition.

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d. Needs prompting to be able to take nutrition.

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e. Needs assistance to be able to manage a therapeutic source to take nutrition.

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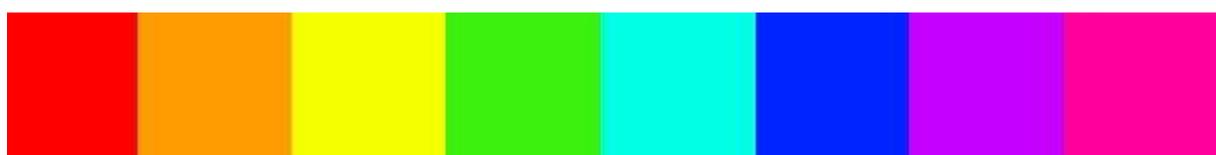
f. Cannot convey food and drink to their mouth and needs another person to do so.

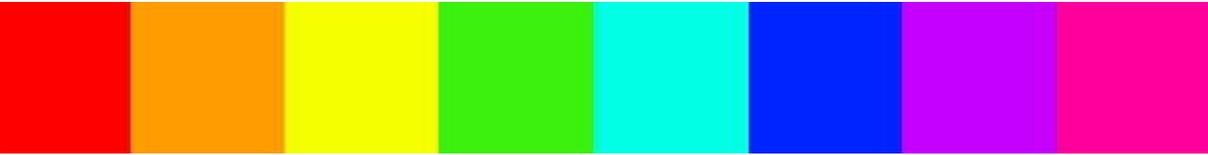
#### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'I can take nutrition unaided'. Move onto the next question.

Example:

I can take nutrition unaided.

Answer is b.

Example aids are: adapted cutlery (i.e. with larger handles), adapted cups that have two handles or a lid to prevent spilling, sectional plates to prevent food touching or a barrier to prevent food falling off a plate.

For (i): Write 'I need to use the following aids to take nutrition: \_\_\_\_\_'. Write how each of these aids help you and what disability they help you with, what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

For (ii): Write 'I need supervision to be able to take nutrition'. Write who helps you take nutrition, how they help you and why they need to help you. Write what would happen if you didn't have their help before moving onto the next question.

For (iii): Write 'I need assistance to be able to cut up food'. Write who helps you cut up food, why you can't do it and how often/what sorts of food they cut up. Write what would happen if you didn't have their help (such as choking or bad indigestion) before moving onto the next question.

Example:

I need to use the following aids to take nutrition: adapted spoon with larger handles and a special barrier to prevent food falling off the edge of my plate.

I need to use an adapted spoon with a large handle due to difficulties with grip. This is because I have rheumatoid arthritis and my hands are painful and have limited movement. I am unable to use a normal spoon due to problems with my grip – I would give up without eating much if this was my only option due to stress and pain.

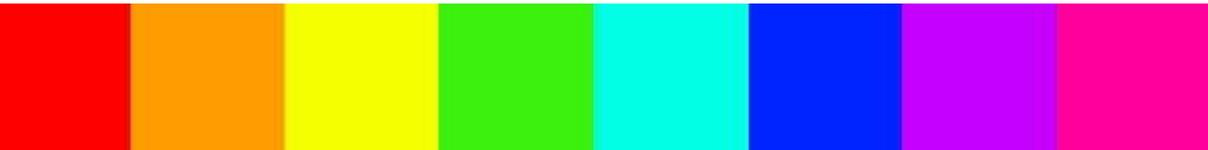
Due to my autism and dyspraxia, I cannot coordinate to use a knife and fork which is why I need to use a spoon. Because I use a spoon, I also have a barrier on my plate to stop the spoon pushing food off of it. Without using the barrier, a large amount of my food would fall off my plate, meaning I would not get sufficient nutrition or would struggle to get food on the spoon.

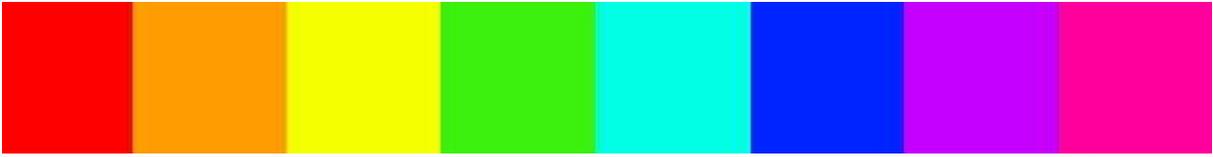
Answer is c.

Write 'I need a therapeutic source to be able to take nutrition' Explain how you get your therapeutic source (intravenous/PEG), why you need to get nutrition this way – what diagnosis and what would happen if you didn't take it, and what professional prescribed it. Move onto the next question.

Example:

I need a therapeutic source to be able to take nutrition. I take PEG nutrition down my nose and through my stomach. This was requested by the dietician and gastroenterologist and is on prescription due to my gastroparesis diagnosis. This means my stomach is paralysed and does not empty food efficiently. If I eat even a small amount of food normally, I become nauseous





and vomit, so I was not getting adequate nutrition and was low in iron, potassium and calcium, which was detrimental to my health and causing extreme weight loss.

Answer is d.

Write 'I need to be prompted to take nutrition.' Write who prompts you and how often. Explain which disability this relates to and why you need prompting. Write how you are prompted. Write what would happen if you were not prompted. Move onto the next question.

Example:

I need to be prompted to take nutrition. My best friend rings me every day at around 5.30pm in order to remind me to eat dinner. This is because my executive function is impacted by my autism and I forget to do so otherwise. I also have sensory processing difficulties and in particular struggle with interoception and cannot ascertain if I am hungry. This means I would go days without eating otherwise. I also get caught up in different tasks and am easily distracted, so may think about eating and then forget without doing it. I do not eat breakfast or lunch due to nausea due to the medication I am taking, so would either eat once a day because of the prompting, or not at all if I were not prompted. This would cause weight loss and nutritional deficiencies.

Answer is e.

Write 'I need assistance to be able to manage a therapeutic source to take nutrition'. Write who assists you and how often. Explain which disability this relates to and why you need assistance including how it compromises your safety. Write how the person assists you. Write what would happen if you weren't assisted. Move onto the next question.

Example:

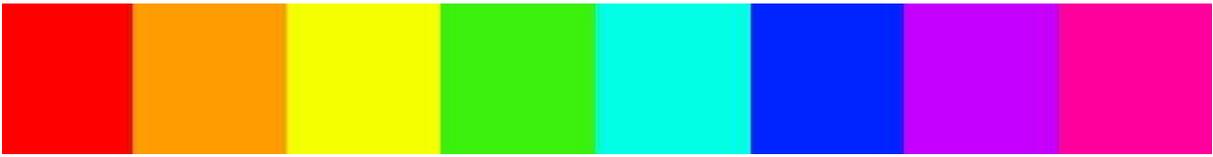
I need assistance to be able to manage a therapeutic source to take nutrition. My support worker assists me every day once a day with this by flushing the system and setting up my feed machine with feed and hydration. This is because I do not understand the feeding machine that pumps my feed intravenously into my arm. There are lots of buttons, it requires regular maintenance and is very confusing. This is because my autism and dyslexia makes reading and processing difficult. I need a therapeutic source of nutrition due to GI tract dysfunction. Without it, I would be severely malnourished and vitamin deficient (and would eventually die). I would be unable to do this without my support worker.

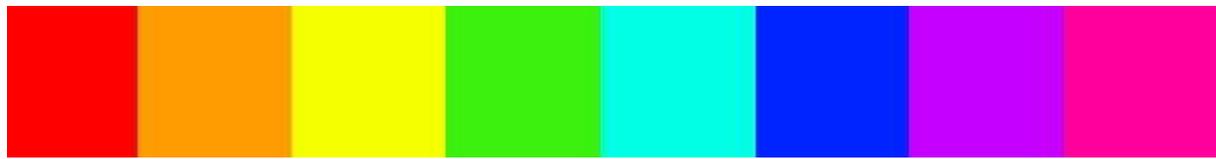
Answer is f.

Write 'I cannot convey food and drink to my mouth and need another person to do so'. Explain who does this for you and which disability or condition prevents you from being able to do this yourself. Explain why you can't do this and how often. Write what would happen if you tried to do this and how it is detrimental. Move onto the next question.

Example:

I cannot convey food and drink to my mouth and need another person to do so. This is because I am quadriplegic. Without hands and legs, I have no way to safely get food from the table and into my mouth. I have a personal assistant who does this for me 3 times a day every day (breakfast, lunch and dinner). If my PA did not arrive to do this for me, I would be unable to eat a meal. If this continued to happen, I would eventually starve.

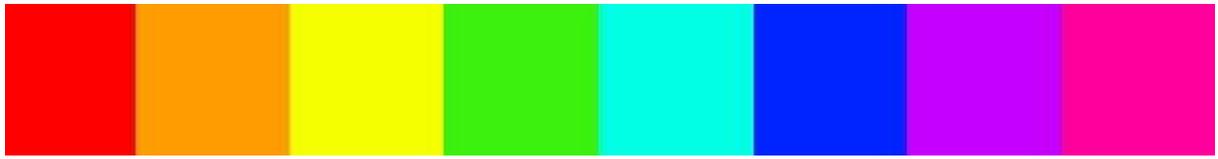




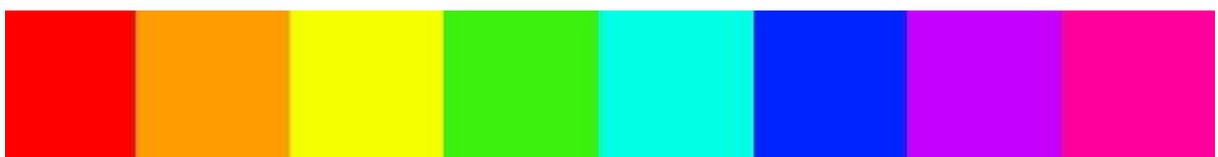
**Feel free to use or add any of the below that also apply to you:**

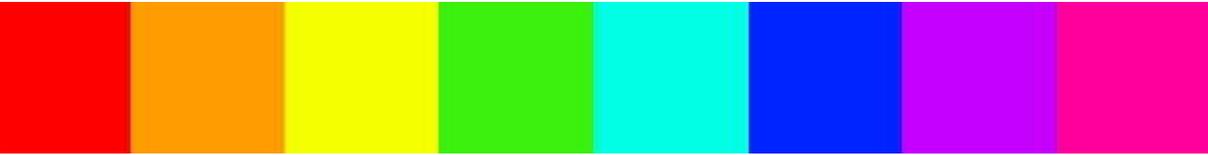
- I lack confidence to try to cook a meal. This is because I have so much day to day anxiety that it is better for someone else to cook.
- I do not have the dexterity and coordination to use a knife and fork
- I am scared of my foods touching so use a sectional plate to prevent this happening
- I do not like food so do not think about eating
- I am too easily distracted and cannot stick to a task
- I do not like the smell of food so cannot eat around others
- I have severe social anxiety so cannot be around others when eating
- I have sensory sensitivities and am unable to eat a varied diet – I do not get adequate nutrition and am lacking in vitamins \_\_\_\_\_
- I need prompts to try new food types
- I only eat dry food or certain brands
- I require help with a special diet – e.g. gluten free
- I need prompts to eat in unfamiliar surroundings
- I have sensory differences that lead to me eating too much/too little
- I regurgitate food if not properly supervised
- I purge if not properly supervised
- I need to follow certain routines about plates or cutlery
- I constantly get up while eating and walk around
- I eat non-food items and need supervision when in the bathroom, kitchen or outside ('pica')
- I only drink when reminded so am at risk of dehydration
- I drink excessively so need supervision when I have access to water/fluids
- I am completely intolerant of people talking or chewing during meals
- I have a fear of germs so can't eat near others
- I refuse to eat in certain places
- I do not understand the need for a balanced diet
- I dislike foods of certain colours or textures
- I forget to drink enough
- I overeat and require verbal prompting to stop eating
- I under eat and need reminding to eat more
- My GP has prescribed shakes/yoghurts to help me put on weight as I have a low BMI
- I get headaches from not drinking enough
- I do not feel hungry
- I am always hungry and don't know when I am full
- I lack motivation to eat
- Due to anxiety, I am unable to eat as it makes me nauseous
- I eat with my hands as I can't use a knife and fork
- I frequently spill drinks and drop food because I cannot physically multi task
- I need my food cut up for me because I have weakness in my arms
- I am at high risk of choking as I eat quickly so need supervision
- I am at high risk of choking as I struggle to swallow so need supervision
- I need someone to help me with support strategies to eat
- I need someone to motivate me to eat
- I have chronic digestive problems so need to follow my diet very closely





- I cannot touch food when eating it. If this happens I have to throw it away
- If I do not follow my diet I will have constipation or diarrhoea
- I have to smell food before eating it
- I have to touch food before eating it
- I am on a casein/gluten free/wheat free diet. This was recommended after a blood test and biopsy showed some intestinal damage.





## Daily Living Activities – 3. Managing Therapy or Monitoring a Health Condition

### 3. Managing Therapy or Monitoring a Health Condition

**NOTE: Therapy includes daily physiotherapy which is to be undertaken at home and was recommended by a registered GP, nurse, pharmacist or health professional. Monitoring a health condition can include the use of medication.**

First, pick the descriptor that matches closest to your ability to manage your therapy or monitor a health condition. If more than two do, put both one and then the other (i.e. b and then d)

a. Either –

(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 either –

(i) to use an aid or appliance to be able to manage medication; or

(ii) supervision, prompting or assistance to be able to manage medication or 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.

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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.

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e. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week.

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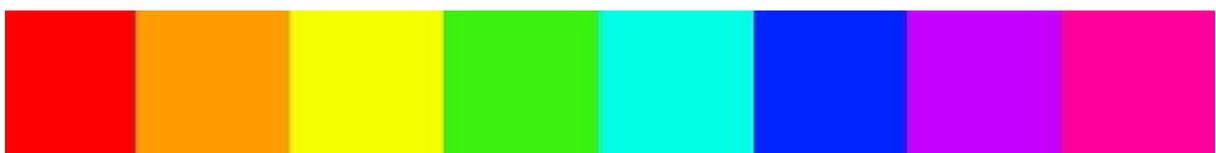
f. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.

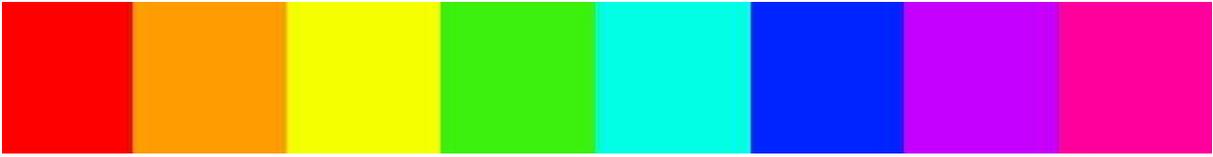
#### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

If (i): Write 'I do not receive medication or therapy or need to monitor a health condition.' Move onto the next question.

If (ii): Write 'I can manage medication or therapy or monitor a health condition unaided.' Move onto the next question.

Example:

I do not receive medication or therapy or need to monitor a health condition.

Answer is b.

Example aids are: dossette box, pill popper, easy read medication list, medication alarm.

For (i): Write 'I need to use the following aids or appliance to be able to manage medication: \_\_\_\_\_'. Write how each of these aids help you and what disability they help you with, what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

For (ii): Write 'I need supervision, prompting or assistance to be able to manage medication or monitor a health condition.' Write who helps you monitor the health condition or manage medication, how they help you and why they need to help you. Write what would happen if you didn't have their help before moving onto the next question.

Example:

I need to use the following aids to be able to manage medication: dossette box and alarm. I need to use a dossette box because my autism and demand avoidance make me extremely anxious around doing tasks. Using a dossette box makes the task more manageable as it consists of just taking medication, rather than trying to work out what I need to take when I am extremely anxious. This prevents overdose and under dose, which would happen frequently if I tried to sort medication when stressed.

I use a medication alarm to remind me when to take medication. Due to my autism and associated hyper focus on special interests, I would forget to take medication without this alarm due to losing track of time and being distracted. I would also prioritise what I was doing over taking medication.

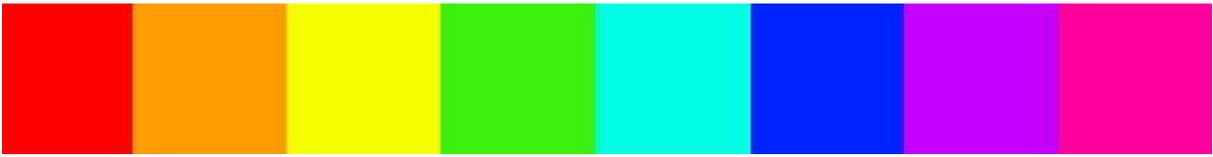
I also need prompting to be able to manage my medication. I take some medication as and when required for sleep. I will be prompted by mum to take it when I have not slept well the night before. If she didn't prompt me, I wouldn't consider taking it and would not get adequate sleep, leading to the next day being wasted.

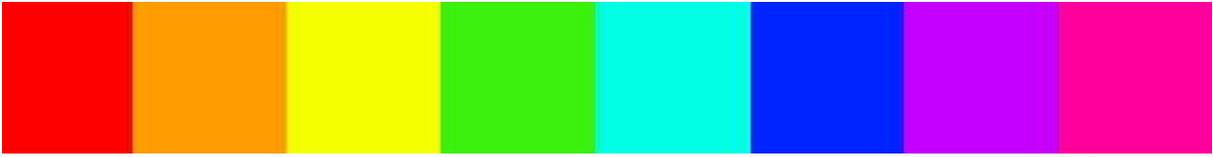
Answer is c.

Write 'I need supervision, prompting or assistance to be able to manage therapy. This takes no more than 3.5 hours a week.' Explain what supervision, prompting or assistance you need, how often and how long for and who helps you. Write who requested you to do it and why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need supervision to do my physiotherapy at home. This takes no more than 3.5 hours a week. This has been requested by my physiotherapist and is to strengthen my right leg due to an injury and having foot drop. Due to my autism and demand avoidance, I am very reluctant to do it. I





will lie when asked if I have done it so my parents can't monitor it with prompting. I require my father to do it with me in order to motivate me to do it. I need to do half an hour of exercises 5 days a week. Not doing it will mean my physical condition will not improve.

Answer is d.

Write 'I need supervision, prompting or assistance to be able to manage therapy. This takes more than 3.5 hours a week but less than 7 hours a week.' Explain what supervision, prompting or assistance you need, how often and how long for and who helps you. Write who requested you to do it and why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need prompting to be able to manage my therapy. This takes more than 3.5 hours a week but less than 7 hours a week. I do one hour of physiotherapy a day to help build up muscle strength due to my cerebral palsy. My mother rings me to prompt me to do it every day at 11am. My cerebral palsy specialist requested me to do it, and it helps me to be more independent. If I didn't do it, I would lose some of the coordination and skills I have gained and would require more care and support than I currently need.

Answer is e.

Write 'I need supervision, prompting or assistance to be able to manage therapy. This takes more than 7 hours a week but less than 14 hours a week.' Explain what supervision, prompting or assistance you need, how often and how long for and who helps you. Write who requested you to do it and why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

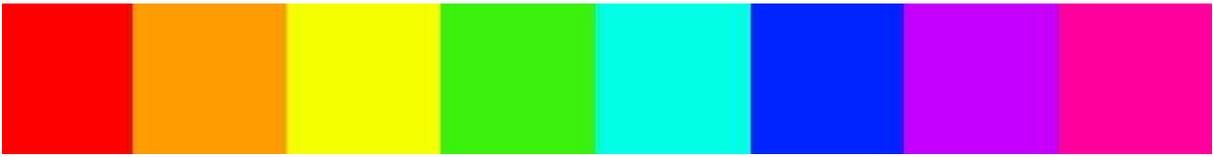
I need assistance to be able to manage my therapy. This takes more than 7 hours a week but less than 14 hours a week. Due to my cystic fibrosis, I need someone to help me to move mucus by hitting my back. I require 1.5 hours of this a day every day of the week. My boyfriend currently does this for me. This has been requested by my specialist and helps me to breathe easier. Without it, I am at a higher risk of developing pneumonia and requiring hospitalisation.

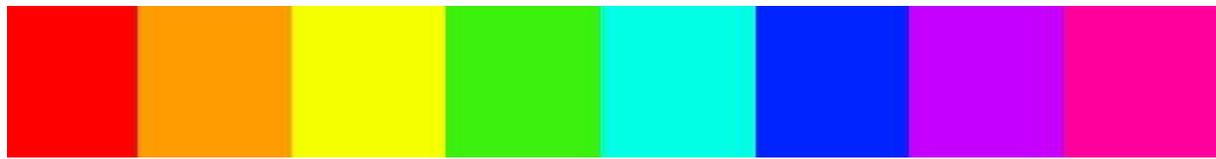
Answer is f.

Write 'I need supervision, prompting or assistance to be able to manage therapy. This takes more than 14 hours a week.' Explain what supervision, prompting or assistance you need, how often and how long for and who helps you. Write who requested you to do it and why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need prompting to be able to manage therapy. This takes more than 14 hours a week. Due to having COPD, I require oxygen therapy for 16 hours a day. I have prompting from my partner every day to start and finish my therapy, as with my autism and executive functioning difficulties, I would otherwise forget. This helps my breathing and prevents hospitalisation – which is what would result if I didn't follow my therapy.

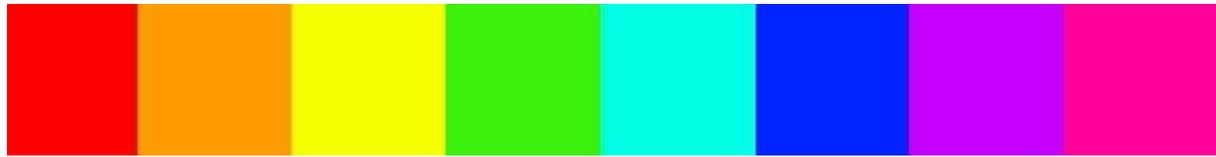




**Feel free to use or add any of the below that also apply to you:**

- If I didn't carry out my therapy or take my medication, my health and wellbeing would deteriorate
- I forget to take my medication
- I will not take my medication
- I can get violent if I am made to take my medication
- I forget how many tablets I have taken
- I have a phobia going to the dentist/optician/doctor so do not go on a regular basis
- I do not believe I have autism (or other conditions) so do not take medication or attend therapy
- The side effects of my medication make me drowsy
- I have overdosed on my medication
- I have to be supervised that I do not take too many tablets or become fixated on my therapy
- Not having medication dossetted makes me anxious
- Someone dossettes my medication for me to make me less anxious
- I use a pill popper to help with lack of coordination due to dyspraxia
- Due to pain and lack of dexterity in my hands, I use a pill popper
- I need to use an easy read medication list in order to know what medication to take and when
- Someone gives me my medication at the correct times
- Someone looks after my medication so I don't have enough to overdose
- I stock up on medication in order that I can take too much at one time as I have suicidal ideation
- I forget to reorder medication and run out
- I cannot afford my repeat prescriptions so do not take medication which I should and which has been prescribed
- Someone helps me to order my medication as I don't remember to check if I am running low
- I can only take medication in liquid form so am unable to take all the medication I should take (as certain ones are not available in liquid)
- I am in too much pain to do my therapy
- I do not have the motivation to do my therapy
- I need someone to remind me what my therapy is each day as it is difficult for me to remember





## Daily Living Activities – 4. Washing and Bathing

### 4. Washing and Bathing

**NOTE:** This is around the ability to wash and bathe – washing referring to cleaning ones whole body including removing dirt and sweat. Bathing means getting in and out of a standard bath or shower and is around the ability to do so reliably.

First, pick the descriptor that matches closest to your ability to wash and/or bathe. If more than two do, put both one and then the other (i.e. b and then d)

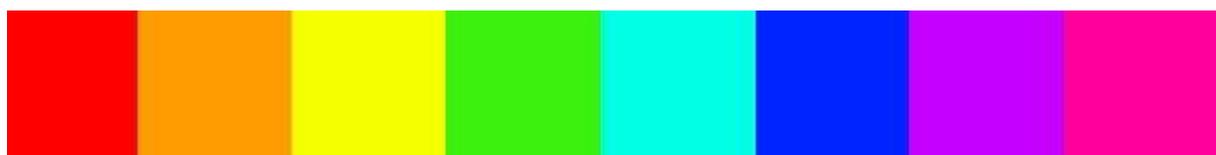
- a. Can wash and bathe unaided.
- b. Needs to use an aid or appliance to be able to wash or bathe.
- c. Needs supervision or prompting to be able to wash or bathe.
- d. Needs assistance to be able to wash either their hair or body below the waist.
- e. Needs assistance to be able to get in or out of a bath or shower.
- f. Needs assistance to be able to wash their body between the shoulders and waist.
- g. Cannot wash and bathe at all and needs another person to wash their entire body.

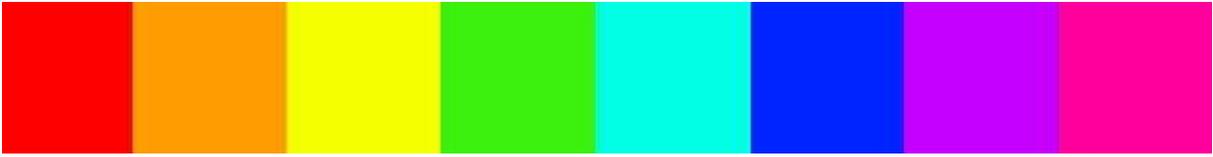
#### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'I can wash and bathe unaided.' Move onto the next question.

Example:

I can wash and bathe unaided.

Answer is b.

Example aids are: bath transfer seat, shower seat, extended handled adapted sponges, bath grab rails and routine board for in the bath.

Write 'I need to use the following aids or appliance to be able to wash or bathe: \_\_\_\_\_'.

Write how each of these aids help you, who they were fitted by and what disability they help you with, what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids to be able to be able to wash or bathe: grab rails and routine board for in the bath.

I use grab rails which have been fitted by an occupational therapist to help me to get in and out of the bath safely as my hip is stiff and painful, so I have limited mobility in that leg. Without them, I risk falling or being unable to get into the bath without significant difficulty. The grab rails helps me to stabilise my body and take some weight off my weaker stiff hip while I lift my good leg over the side of the bath in order to get in. They also help me to get out of the bath by helping me stabilise myself and rise out of the bath.

Due to having autism and difficulties with executive functioning, I struggle to follow the normal set of tasks required to follow in order to successfully and thoroughly clean my body and hair before getting out of the bath. For this reason, I have a routine board on the wall in the bathroom that I follow to make sure I remember all tasks including shaving my legs, washing my hair, using shower gel and washing out shampoo and conditioner. Without it, I forget to use shower gel and get out of the bath unclean and without thoroughly washing.

Answer is c.

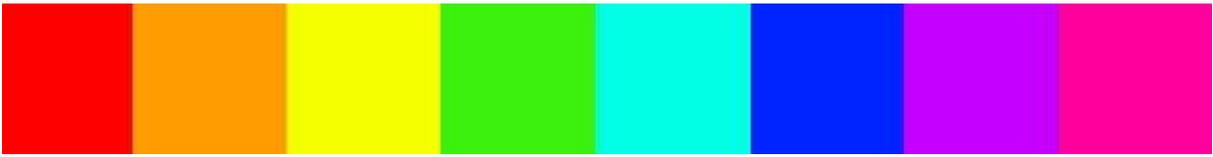
Write 'I need supervision or prompting to be able to wash or bathe.' Explain what supervision or prompting you need, how often and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

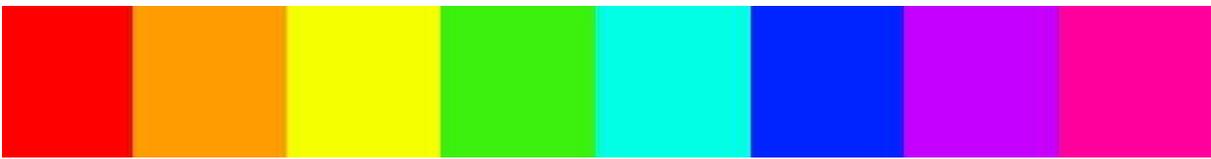
Example:

I need supervision at all times to be able to wash or bathe – and it is unsafe for me to bath, so I always have showers. This is because I have epilepsy and have a very high risk of drowning should I have a seizure in the bath and block the plug with my body. I have approximately 2 seizures a day. My support worker remains outside the open door so she can make sure I am OK and keep talking to her (this shows her I am OK). If I do have a seizure, she is able to make sure I am moved away from covering the plug and receive emergency treatment – including hospitalisation if necessary.

Answer is d.

Write 'I need assistance to be able to wash my hair or body below the waist.' Explain what assistance you need, how often and how long for and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.





Example:

I need assistance to wash my hair. This is because I am unable to bend my arms at the elbows as the joints are fused following an injury. My partner washes my hair for me every other day. With this assistance I am able to maintain good personal hygiene. If he didn't do it, I would be unable to wash my hair at all, and it would be unclean and greasy.

Answer is e.

Write 'I need assistance to be able to get in or out of a bath or shower.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need assistance to be able to get into the bath. I do not have the mobility or strength in my legs due to my multiple sclerosis, and therefore my carer uses a hoist in order for me to access the bath. This is once a day in the morning and is the only way that I can access the bath. Without this assistance, I would be unable to manage my personal care needs.

Answer is f.

Write 'I need assistance to be able to wash my body between the shoulders and waist.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

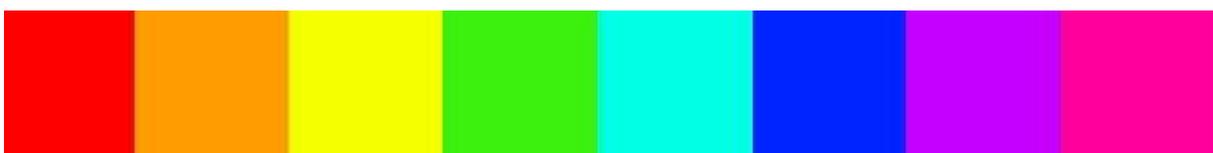
Example:

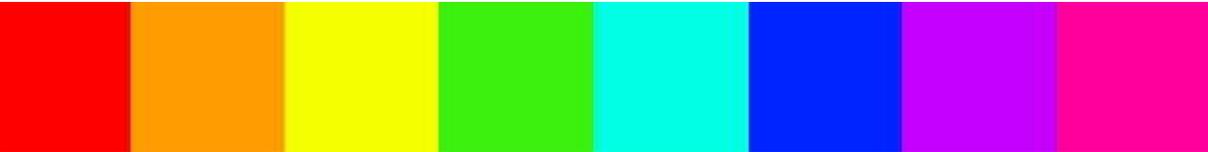
I need assistance to be able to wash my body between the shoulders and waist. I have a double amputation of my arms and struggle to reach the whole area between my shoulders and waist because of this. I have assistance from my family, and they help me to wash my body when I have a shower every other day. This helps to maintain my personal hygiene. Without it, I would be unclean and unable to maintain my personal hygiene.

Answer is g.

Write 'I cannot wash and bathe at all and need another person to wash my entire body.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

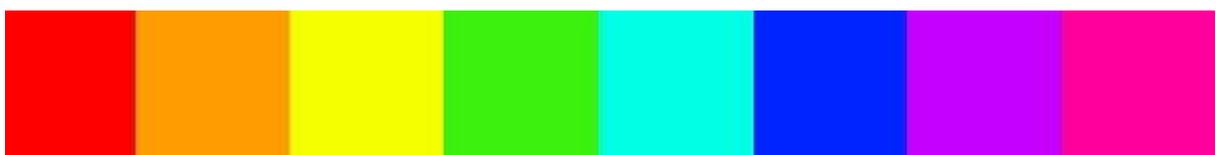
I cannot wash and bathe at all and need another person to wash my entire body. I am morbidly obese and am unable to get to the bathroom at all. I have full time carers who support me daily with sponge baths including washing my hair. I would have very poor hygiene and lots of bed sores without this support, so it is helpful for my hygiene and wellbeing.

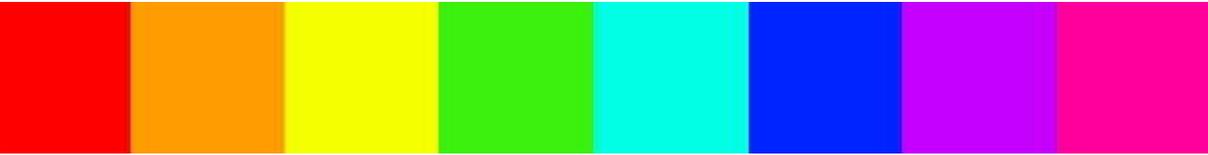




**Feel free to use or add any of the below that also apply to you:**

- I have a sensory sensitivity to water so am only able to wash with wet wipes
- I have OCD so don't know when I am clean enough. I need another person to prompt me and tell me that I am clean and need to stop now
- I need someone to prompt me to have a bath or shower as I won't have one otherwise
- I only have a wash once every \_\_\_\_\_ as I don't have the motivation to have one
- I have a medical condition which involves taking treatment in the bath
- I have a medical condition which is impacted negatively if I don't have frequent baths
- I have OCD and take a long time to complete bathing activities
- I like to have the water excessively hot
- I stay in the shower/bath longer than normal
- I have a wet room
- I have to follow a specific hand washing routine including a certain number of times
- I get distressed as I feel my body is changing
- I cannot look in mirrors as I worry I might see something that causes me stress
- I get distressed due to an eating disorder/body dysmorphia so don't like not having clothes on
- I don't remember how often to wash/shave/clean teeth/bath/shower
- I don't notice when I smell
- I am unable to clean properly because scented products cause a strong sensory dislike
- I cannot tolerate deodorant products
- I smell of body odour as I do not use deodorant
- I cannot reach certain parts of my body due to dyspraxia, so need support with this
- Due to OCD, I scrub my skin until it is sore
- I need help using sanitary towels/tampons as I struggle to place them correctly
- I have accidents as I don't remember when my period is
- After I have washed, I am not clean to an acceptable standard and am reminded to go back and wash
- I struggle with fine motor skills and can't put toothpaste onto a toothbrush
- I can't brush my teeth due to hypersensitivity to taste
- I like the feel of water and often flood the bathroom whenever unsupervised
- I cannot flush the toilet as I hate the sound
- I refuse to get in or out of the bath or shower
- I can't tell when I am being scalded
- I am hypersensitive to touch so can't brush my hair
- I follow the same bath time ritual every day and it lasts an hour or longer
- I require someone to warm the bathroom before use
- I won't enter the bathroom because of the heat/smell/floor surface
- I don't like the feel of a towel, so this leads to a meltdown
- I can go days/weeks without washing/shaving/washing my hair
- I am supposed to put creams on my skin and forget to do this
- I cannot wash thoroughly and hygienically without prompts
- I am unable to turn on the tap due to mobility difficulties so need help with this





## Daily Living Activities – 5. Managing Toilet Needs or Incontinence

### 5. Managing Toilet Needs or Incontinence

**NOTE: If you are incontinent but do not use any aids to manage this and are able to clean up appropriately and without support, you would put a.**

First, pick the descriptor that matches closest to your ability to manage your toilet needs or incontinence. If more than two do, put both one and then the other (i.e. b and then d)

a. Can manage toilet needs or incontinence unaided.

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b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence.

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c. Needs supervision or prompting to be able to manage toilet needs.

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d. Needs assistance to be able to manage toilet needs.

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e. Needs assistance to be able to manage incontinence of either bladder or bowel.

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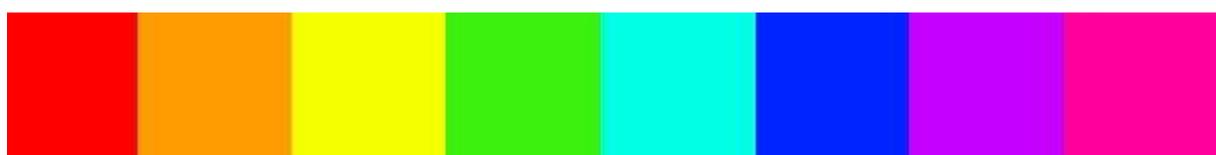
f. Needs assistance to be able to manage incontinence of both bladder and bowel.

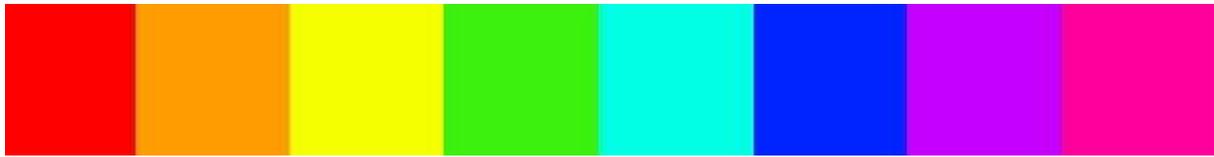
#### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'I can manage toilet needs or incontinence unaided.' Move onto the next question.

Example:

I can manage toilet needs unaided.

Answer is b.

Example aids are: commodes, raised toilet seats, bottom wipers, incontinence pads or pants or a stoma bag

Write 'I need to use the following aids or appliance to be able to manage my toilet needs or incontinence: \_\_\_\_\_'. Write how each of these aids help you, who they were fitted by and what disability they help you with. Write what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids to be able to be able to manage my incontinence: incontinence pads.

Due to my autism, I am unable to tell when my bladder is full (due to poor interoception). For this reason I am incontinent regularly (daily). I wear incontinence pads which I tend to have to change 3 times a day to keep dry and prevent myself getting sore. These are bought from the local chemist at a charge to me. If I didn't use them, I would be too anxious about having an accident out in public and would be reluctant to access the community at all.

Answer is c.

Write 'I need supervision or prompting to be able to manage my toilet needs.' Explain what supervision or prompting you need, how often and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need supervision at all times to manage my toilet needs. I have autism and sensory processing disorder. I am unable to tell when I have been incontinent and need supervision from my family to tell me if and when I need to change as I would not know to myself (once every 1-2 days). If I didn't have this help, I would have poor hygiene and would be susceptible to infection.

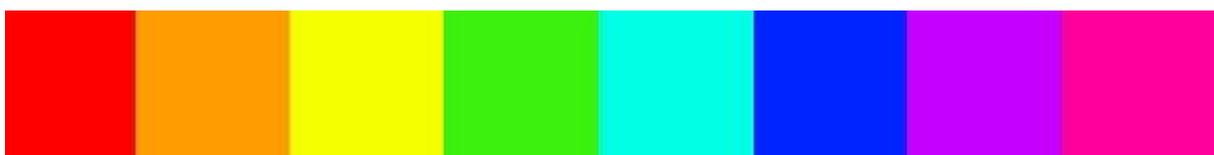
Answer is d.

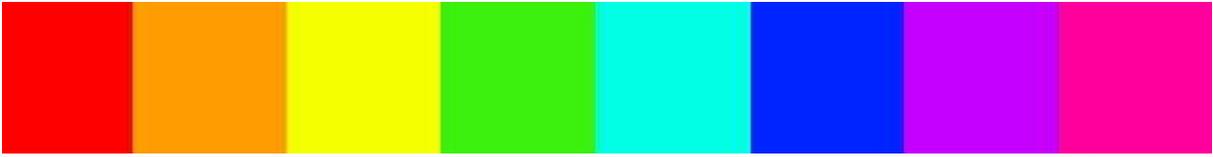
Write 'I need assistance to be able to manage toilet needs.' Explain what assistance you need, how often and how long for and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need assistance to be able to manage my toilet needs. As I have poor dexterity due to dyspraxia, I am unable to remove my trousers and pants in order to use the toilet. Someone needs to physically do this for me. This is usually by either my carer (who supports me for 5 hours a day) or my family. If I didn't have this help, I would be incontinent as I cannot do this myself. This would cause me huge embarrassment.

Answer is e.





Write 'I need assistance to be able to manage incontinence of either bladder or bowel.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

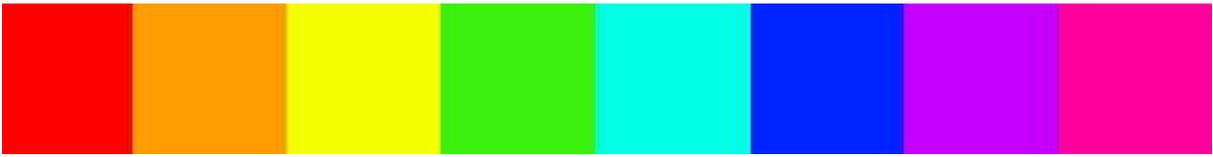
I need assistance to be able to manage my bladder incontinence. I have very poor bladder control due to my connective tissue disease. I never have enough warning that I need to use the toilet to urinate so am incontinent multiple times a day. I also have very severe joint pain so am unable to take off my trousers, pants and incontinence pad myself – nor can I wipe myself, so someone needs to do it for me. If I didn't have this help, I would be unable to wear an incontinence pad, clean myself and replace the pad, or leave the house due to fear of embarrassment. My live-in carer does this for me and takes care of all my bladder incontinence needs.

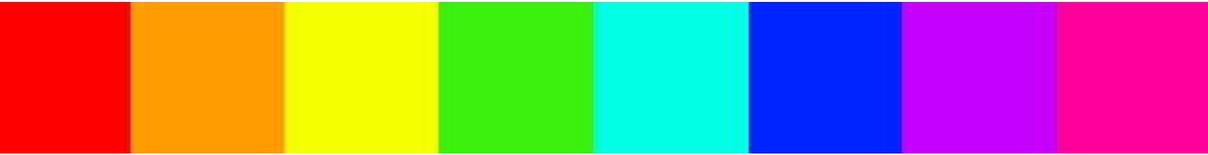
Answer is f.

Write 'I need assistance to be able to manage incontinence of both bladder and bowel.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

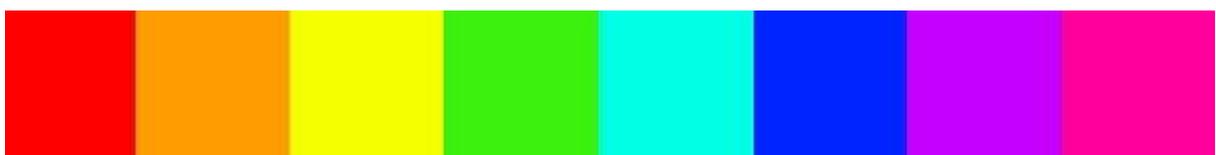
I need assistance to be able to manage incontinence of both bladder and bowel. I have both a stoma and catheter but due to limited mobility in my hands (paralysis from shoulders down), I am unable to clean and replace these myself. My carer does this for me throughout the day and night. If I didn't have this support, I would not be able to replace either my stoma or catheter and it would cause serious health issues. My carer supports me to keep safe and healthy when managing incontinence of my bladder and bowel.

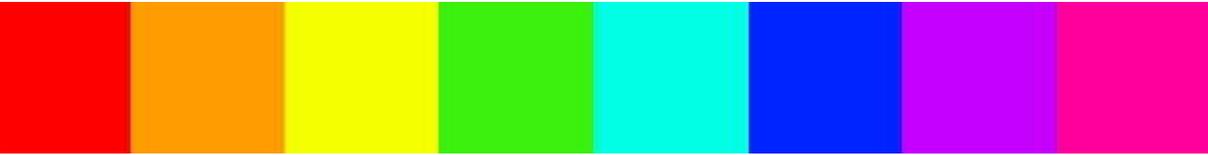




**Feel free to use or add any of the below that also apply to you:**

- I am unable to motivate myself to clean up after an accident
- I need help to clean the toilet
- I have a phobia of the toilet so cannot use it
- I suffer with incontinence
- I have a phobia of blood so can't change my sanitary towel or tampon
- I cannot use the toilet in a 'normal' way (**explain how you use the toilet**)
- I go to the toilet in inappropriate places
- I need someone to tell me when to use the toilet as I don't know when
- I have a phobia of public toilets
- I am unable to cope with the noise of a flushing toilet so do not flush
- I cannot transfer my home toilet routine to unfamiliar toilets
- I need to remove all my clothes to use the toilet
- I do not remember to wipe myself and then get sore
- I don't dispose of sanitary protection
- I forget/won't use sanitary protection
- I have poor coordination and motor skills so can't use tampons independently
- I cannot open the packaging of sanitary towels
- I have sensory sensitivities so can't wear sanitary towels/tampons (or wear them only for a short time)
- Someone has to draw on my pants where the sanitary towel goes
- Someone has to insert my sanitary towel for me
- I do not know how often to change a sanitary product
- I forget to go to the toilet because I am in the middle of a task
- I have anxiety which leads to accidents when I can't make it to a toilet in time
- Anxiety leads to diarrhoea
- I withhold going for a poo because it makes me anxious. I require medication as this gives me stomach pains
- Due to dyspraxia, I have difficulty wiping myself after using the toilet. This leads to soreness and I have to get creams from the doctor for it
- Someone has to let me know when I am getting my period as I am unable to keep tabs on it
- I have allergies/food intolerances which lead to me being incontinent





## Daily Living Activities – 6. Dressing and Undressing

### 6. Dressing and Undressing

**NOTE:** This is around the claimant’s ability to put on and take off un-adapted clothing suitable for the situation – and includes the need for fastenings such as zips or buttons and the ability to put on and take off shoes and socks.

First, pick the descriptor that matches closest to your ability to dress and undress. If more than two do, put both one and then the other (i.e. b and then d)

a. Can dress and undress unaided.

---

b. Needs to use an aid or appliance to be able to dress or undress.

---

c. Needs either -

(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.

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d. Needs assistance to be able to dress or undress their lower body.

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e. Needs assistance to be able to dress or undress their upper body.

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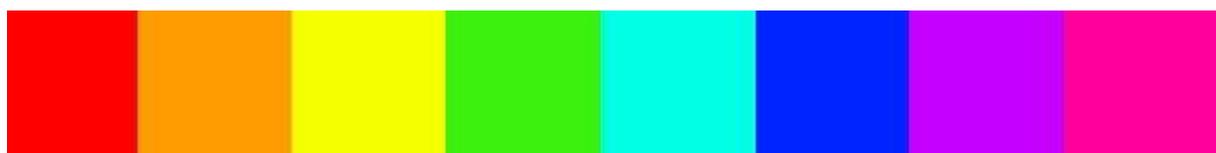
f. Cannot dress or undress at all.

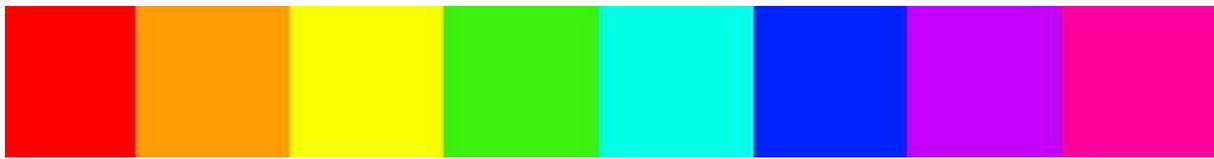
### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'I can dress and undress unaided.' Move onto the next question.

Example:

I can dress and undress unaided.

Answer is b.

Example aids are: shoe horns, front fastening bras, magnetic buttons, a leg lifter, a dressing stick, magnetic fastening shoes, Velcro fastening shoes, sock putting on aid.

Write 'I need to use the following aids or appliance to be able to dress and undress: \_\_\_\_\_'. Write how each of these aids help you, who recommended them (if relevant) and what disability they help you with. Write what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids to be able to be able to dress and undress: Velcro fastening shoes.

Due to my autism and dyspraxia, I have poor fine motor control and dexterity. I am unable to tie shoelaces as it requires a lot of fine motor skills and a complex routine, so in order to be able to put shoes on without the help of another person, I must always use Velcro fastening shoes or other similar alternatives.

Answer is c.

If (i) Write 'I need prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed.' Explain what prompting you need, how often and who helps you. Write why it is helpful for you, plus what would happen if you didn't have the help. Move onto the next question.

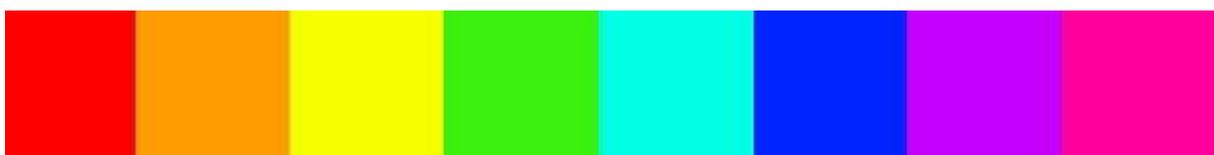
If (ii) Write 'I need prompting or assistance to be able to select appropriate clothing.' Explain what prompting or assistance you need, who helps you, how they help you and why it is helpful. Also include what would happen if you didn't get this help.

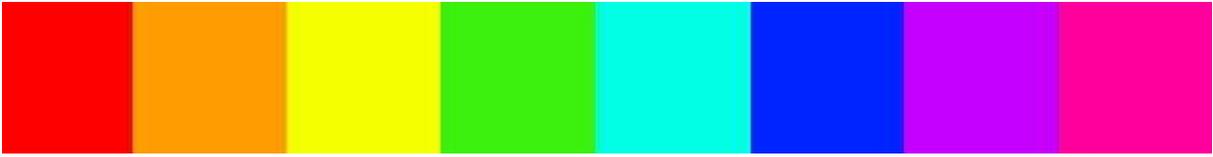
Example:

(i) I need prompting to be able to dress and undress. My mother always tells me when to get dressed. This is because I find wearing clothes really uncomfortable and can't stand the feel. This is because of sensory processing disorder related to my autism. If she didn't prompt me, I would leave the house naked and end up arrested for public indecency again.

(ii) I need prompting or assistance to be able to select appropriate clothing. Due to my autism, sensory processing and difficulties with interoception, I am unable to determine whether I am hot or cold. I will only ever wear a jumper or long trousers if I am prompted to by my girlfriend. Otherwise, I will go out in the cold, and risk getting hypothermia – which I have had before for this reason.

Answer is d.





Write 'I need assistance to be able to dress or undress my lower body.' Explain what assistance you need, how often and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I need assistance to be able to dress or undress my lower body. This is because my spine is fused and I am unable to bend. My wife does this for me every day when dressing and undressing. I am able to do my upper half of my body. If she didn't help me, I would not be able to wear trousers and would be unable to leave the house.

Answer is e.

Write 'I need assistance to be able to dress or undress my upper body.' Explain what assistance you need, how often and who helps you. Write why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

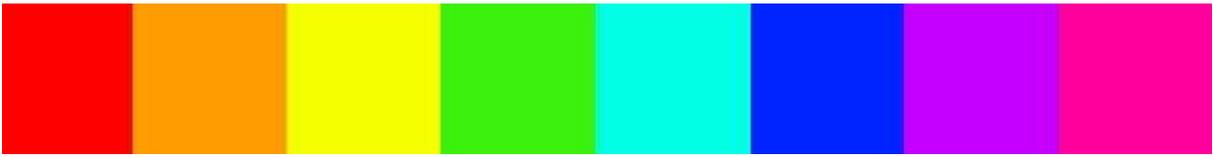
I need assistance to be able to dress and undress my upper body. This is because of my dyspraxia and coordination difficulties. I am unable to get my arms in the correct arm holes and my head in the head hole, and results in a lot of anxiety. If I don't get it right the first time, my mum helps me to do this properly. This happens  $\frac{3}{4}$  of the time. If I didn't have her help, I would have a meltdown and rip my clothes and start to trash the house. Her helping me after my first attempt means I get to try to do it, and keep some of the muscle memory, but do not get to the stage that I am completely overwhelmed and unable to cope.

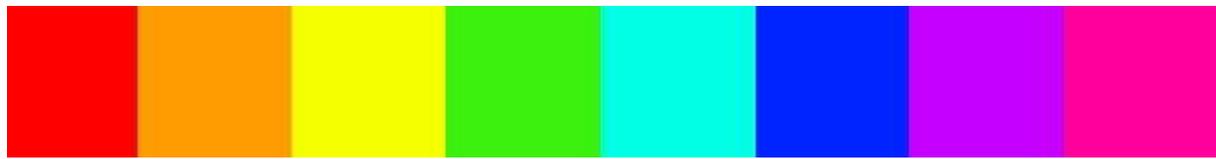
Answer is f.

Write 'I cannot dress or undress at all.' Explain what assistance you need, how often and who helps you. Explain why it is helpful for you, plus what would happen if you didn't do it. Move onto the next question.

Example:

I cannot dress or undress at all. I need someone to take over and put all my clothes on me in the correct order. I am unable to put things on in the correct order and will put shoes on before socks, t shirt on before bra and trousers on before pants. This is always the case and my family support me by doing it for me so I am able to look presentable.

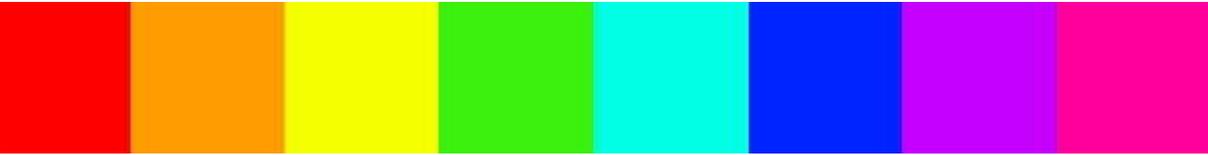




**Feel free to use or add any of the below that also apply to you:**

- I am uncoordinated and take over twice the amount of time others do to get dressed
- I have to sit down to get dressed
- I have to have someone help me choose clothes appropriate for the weather
- I have to have someone tell me when to put on/take off a jacket/jumper
- I need to wear clothes without tags as I find them very uncomfortable
- I do not like wearing clothes and will wear them for as small amount of time as possible
- I refuse to wear a bra as it is uncomfortable, though I have been told I need to wear one
- I am unable to do buttons
- I am unable to use zips
- I am unable to use poppers
- I need reminding to get dressed and undressed
- Someone must physically get me dressed and undressed
- I don't wear clothes appropriate of the weather due to my autism and then get too cold or too hot
- I wear flamboyant clothes so people stare and laugh and take advantage of me
- I am too tired and go to be without undressing
- I take my clothes off at a set time because of a ritual, regardless of where I am
- I have taken clothes off in the street and someone had to re-dress me
- I struggle to make decisions about what to wear because of my anxieties
- I need a lot of encouragement and persuasion to get dressed/undressed
- Someone has to check I am properly dressed and wearing all clothes before I go out
- I can only wear clothes free from tags, buttons and zips
- I follow a visual sheet to show me the process of getting dressed
- I have stickers on my clothes to show me the order to get dressed
- I have to put my clothes in a drier before putting them on so they are not cold. Cold clothes stress me out and cause me to have a meltdown
- I spend my day in my pyjamas most days
- I need my clothes laid out in a specific way so I can dress
- I put clothes on in the wrong order
- I wear clothes that are dirty
- I only wear certain fabrics
- I can only wear tumbled dried clothes and will only use a certain washing product (if sold out or is not available, I will not dress)
- I like to wear the same clothes every day
- I need reminding to wash my clothes
- I will only wear certain colours
- I can't tolerate the smell of clean clothes so need encouragement to dress
- I wear special clothes (weighted vest, all in one, lap blanket, arthritis gloves)
- I will only wear certain fashion or brand labels due to fear of failure and rejection
- I refuse to wear clothes indoors
- When my favourite clothes wear out or need washing, I will become distressed
- I am unable to hang my clothes up or fold them so my clothes are creased
- I can't use an iron so wear creased clothes
- I often put my clothes on back to front





## Daily Living Activities – 7. Communicating Verbally

### 7. Communicating Verbally

**NOTE: This is about your ability to speak to others in a manner that they can understand and your ability to hear and understand what other people are saying to you.**

First, pick the descriptor that matches closest to your ability to communicate verbally. If more than two do, put both one and then the other (i.e. b and then d)

a. Can express and understand verbal information unaided.

---

b. Needs to use an aid or appliance to be able to speak or hear.

---

c. Needs communication support to be able to express or understand complex verbal information.

---

d. Needs communication support to be able to express or understand basic verbal information.

---

e. Cannot express or understand verbal information at all even with communication support.

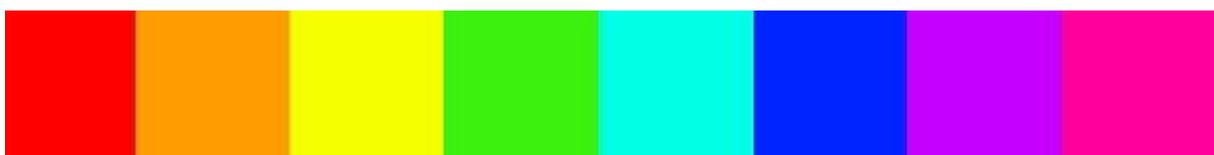
### IMPORTANT INFO

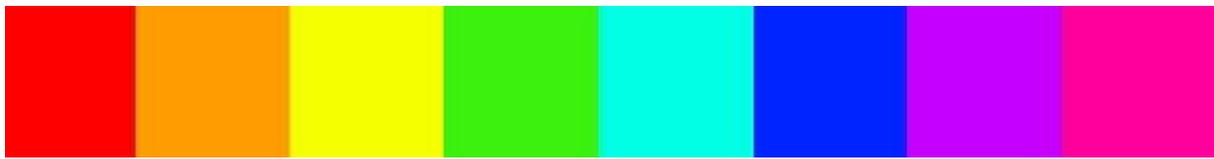
**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Basic communication is one sentence such as ‘would you like a drink?’**

**Complex communication is a complex sentence or multiple sentences such as “I would like tea please, just a splash of milk and no sugar as I always have sweeteners with me when I go out.”**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'can express and understand verbal information unaided.' Move onto the next question.

Example:

I can express and understand verbal information unaided.

Answer is b.

Example aids are: hearing aids, amplifiers, vibrating alarm, ear defenders, ear plugs

Write 'I need to use the following aids or appliance to be able to speak or hear: \_\_\_\_\_'. Write how each of these aids help you, who recommended them (if relevant) and what disability they help you with. Write what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids to be able to be able to speak or hear: ear defenders.

Due to my autism and hypersensitivity to noise, when communicating with others, I need to wear ear defenders. In crowded settings, such as on the high street, in a café or in the workplace; when people are speaking to me, I am unable to hear what they are saying due to the background noise distractions. Wearing ear defenders blocks the background noise to a level where I am able to hear what is being said. I cannot have conversations or hear directions anywhere apart from in someone's home or really quiet when I do not have ear defenders on.

Answer is c.

Write 'I need communication support to be able to express or understand complex verbal information.' Explain what support you need, when you need the support and who supports you. Explain what effect not having this support would have on you and how the support helps you. Then move on to the next question.

Example:

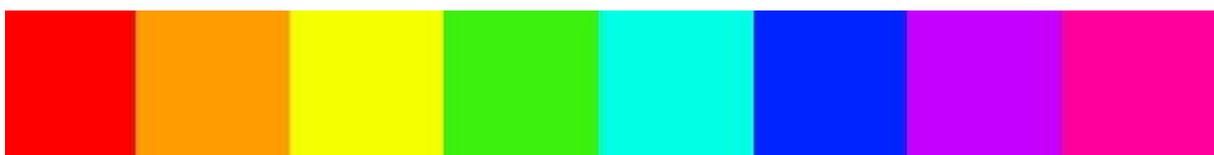
I need communication support to be able to express or understand complex verbal information. Due to my autism spectrum condition, I require longer processing times. I need support from another person (a close friend) when in new social situations to be able to ensure the person talking to me provides these processing times, is patient with me and listens to what I am saying rather than cutting me off. When I am anxious, my processing is even slower, so sometimes I am unable to remember what was said for long enough to process it. I will need the individual helping me to repeat what was said but in a different and simplified way in order that I am able to remember and process what they are talking about.

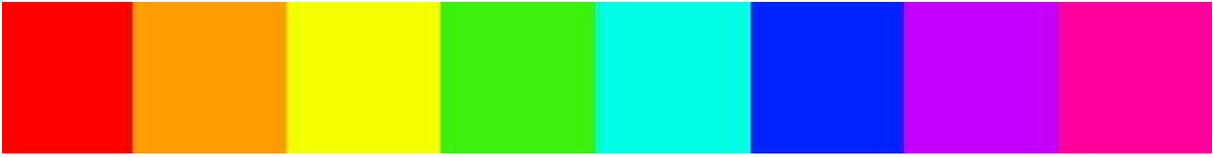
Answer is d.

Write 'I need communication support to be able to express or understand basic verbal information'. Explain what support you need, when you need the support and who supports you. Explain what effect not having this support would have on you and how the support helps you. Then move on to the next question.

Example:

I need communication support to be able to express or understand basic verbal information. My support worker needs to come with me in all social situations in order that they can use Makaton for me. I am unable to understand spoken word but know a variety of different signs so





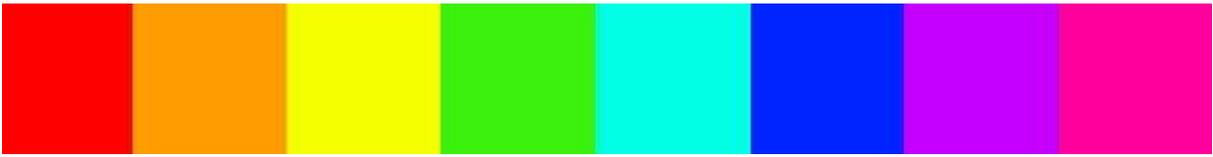
someone can communicate with me and I can understand what they communicate. Without my support worker understanding and translating with Makaton, I would be unable to communicate at all with others and would find ordering a drink from a bar impossibly hard.

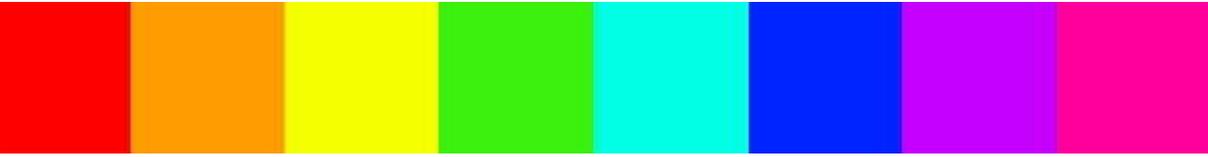
Answer is e.

Write 'I cannot express or understand verbal information at all even with communication support'. Explain how often this is the case and why this is the case. Explain what difficulties this causes and what happens. Then move on to the next question.

Example:

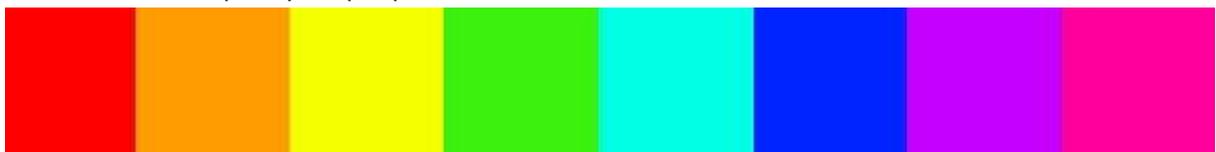
I cannot express or understand verbal information at all even with communication support. I am completely non-verbal and do not understand any alternative communication. I am unable to express my needs and often behave in a way which is seen as challenging because of the frustration this causes. I am supported 24/7 by staff and they try to ascertain from behaviours and movements what I want; however they are unable to explain to me what is going on and what is going to happen, which really stresses me out.

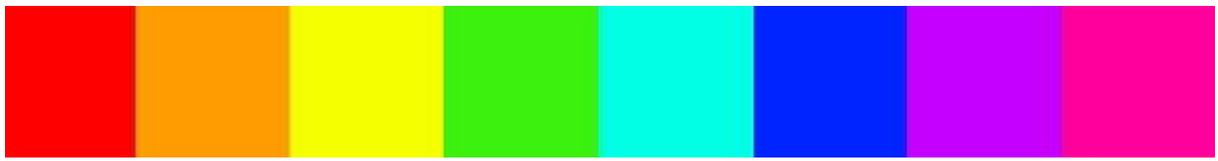




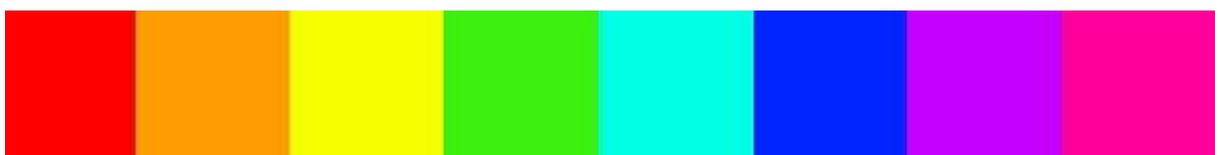
**Feel free to use or add any of the below that also apply to you:**

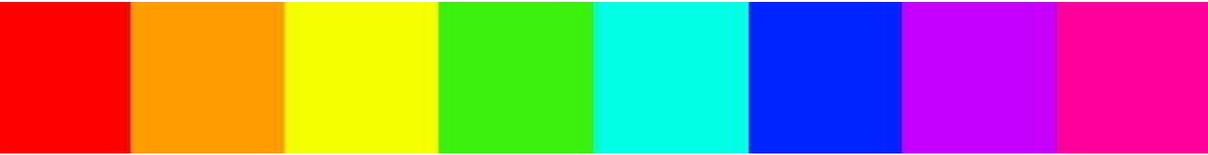
- I have certain trigger words which if said can cause me to behave in ways which can be distressing to others due to anxiety
- I avoid people because I don't know what to say or how to talk to other people
- When people talk to me I don't respond even if I understand their words. This is because I am too anxious and cannot vocalise
- I suffer from mutism (selective/elective)
- I cannot process words spoken by others as I am always wrapped up in my anxiety and fears
- I hear other people but cannot understand the meaning from what they say
- I only process about \_\_\_\_ % of what other people say
- I can only bear to be in one to one communication
- I can only communicate by writing things down
- I cannot process more than one voice at a time. Group conversations are therefore impossible for me
- I cannot look at people's faces
- I do not recognise other people's faces so I cannot communicate with them
- I have a stutter
- I have hearing loss
- I have a speech impediment
- I speak too quietly or loudly for other people
- I am unable to concentrate on what people say
- I am unable to speak up for myself
- I take things that other people say literally and this has led to problems
- I misunderstand the things other people say
- I get into arguments with the public because of how I come across to others
- I find it hard to start/end a conversation
- I can't talk over the phone
- I get angry/frustrated when people misunderstand me
- I fail to read social situations which leads to problems
- I struggle to understand facial expressions/body language which leads to problems
- Answering the phone makes me anxious
- I can only speak to certain types of people
- My medication makes me sleepy and makes talking more difficult
- Medication makes me slur my words so people struggle to understand me
- I have no relationships because of communication difficulties
- I have little family contact due to communication difficulties
- My communication difficulties affect my relationship with \_\_\_\_ because I can't express what I want to say or respond to basic questions
- I cannot ask for help
- I get confused between what is in my head and what someone has said
- I forget messages I have been given
- I forget things I have been told and need things to be written down
- I hide and do not open my post
- I call emergency services for trivial things
- I talk too quickly for people to understand





- I telephone my family at strange hours looking for reassurance to go over something that is bothering me
- I get angry at people and become verbally/physically aggressive
- I do not answer the phone or door due to high levels of anxiety
- I will only speak to people in certain settings/professions
- I use my hands when talking too much and the movements distract the person I am talking too
- I take too long getting to the point and it frustrates others
- I forget what I am talking about mid-sentence and have to stop
- I talk about inappropriate things if they come into my head
- I sometimes tic when anxious
- I have Tourette's and my tics can upset/scare others
- I have vocal stims due to my autism and sensory processing. People find this weird and avoid talking to me
- I use echolalia so don't know the meaning of what I am saying
- I only want to talk about my special interests, so others don't want to talk to me





## Daily Living Activities – 8. Reading and Understanding Signs, Symbols and Words

### 8. Reading and Understanding Signs, Symbols and Words

**NOTE: This is about your ability to speak to read and understand signs, symbols and words in your own language**

First, pick the descriptor that matches closest to your ability to read and understand signs, symbols and words. If more than two do, put both one and then the other (i.e. b and then d)

a. Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.

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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.

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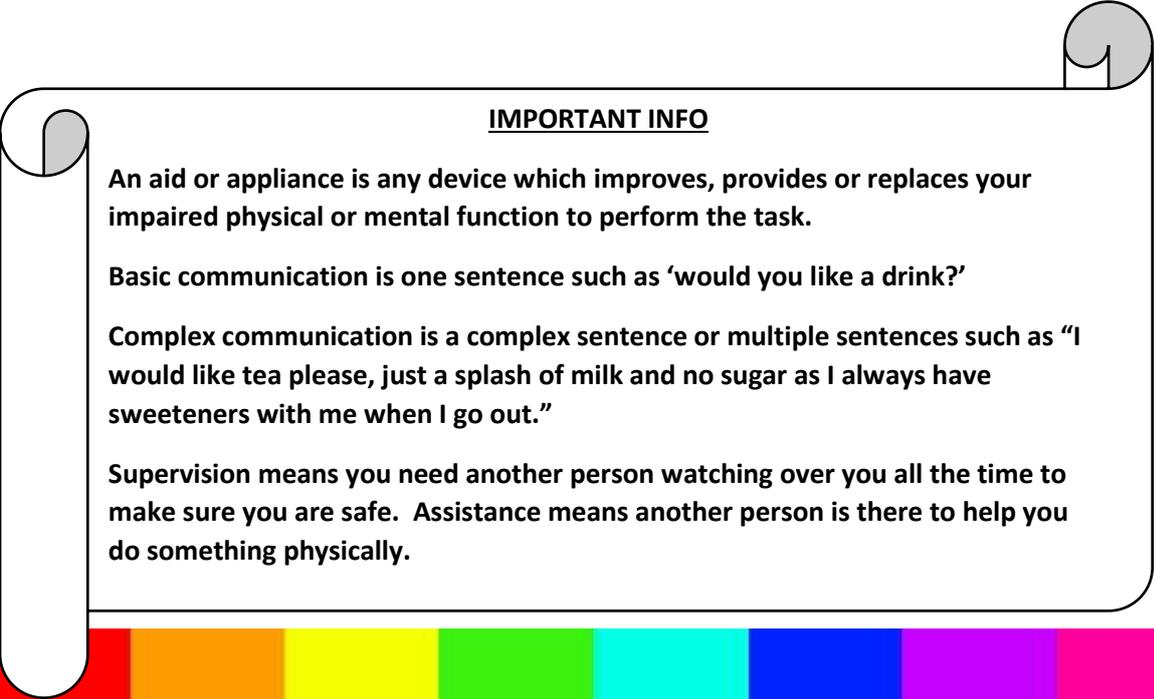
c. Needs prompting to be able to read or understand complex written information.

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d. Needs prompting to be able to read or understand basic written information.

---

e. Cannot read or understand signs, symbols or words at all.



#### IMPORTANT INFO

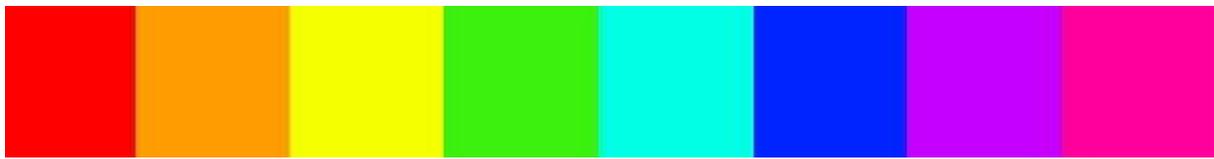
An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.

Basic communication is one sentence such as 'would you like a drink?'

Complex communication is a complex sentence or multiple sentences such as "I would like tea please, just a splash of milk and no sugar as I always have sweeteners with me when I go out."

Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.





Answer is a.

Write 'I can read and understand basic and complex written information either unaided or using spectacles or contact lenses.' Move onto the next question.

Example:

I can read and understand basic and complex written information either unaided.

Answer is b.

Example aids are: coloured overlays, tinted lenses (make sure to include that these are a more permanent type of overlay and should not be counted as spectacles as these are an additional add on), magnifying glass, reader pens

Write 'I need to use the following aids or appliance (other than spectacles or contact lenses) to be able to read or understand either basic or complex written information: \_\_\_\_\_'. Write how each of these aids help you, who recommended them (if relevant) and what disability they help you with. Write what would happen if you didn't use each of the aids and why you need to use each of the aids before moving onto the next question.

Example:

I need to use the following aids or appliance (other than spectacles or contact lenses) to be able to read or understand either basic or complex written information: tinted lenses or coloured overlays.

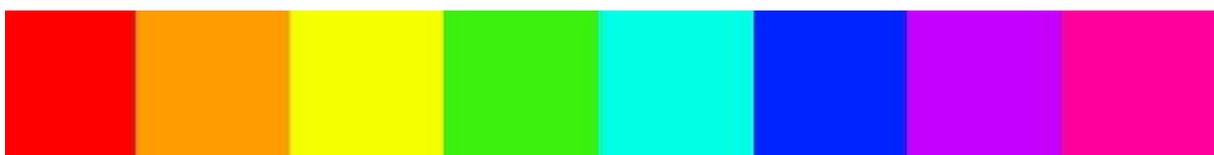
I was requested by a private optometrist to use a green coloured overlay to read due to having scotopic sensitivity (Irlen Syndrome). Without the green overlay, words would change size, move up and down on the page, and I would find it near impossible to read; getting tired and struggling to keep my eyes open within minutes. I found the overlay so helpful, that I went back to the optometrist to see whether tinted lenses would work as a more permanent option, and help with colour sensitivity for reading signs out in the community too. I now use green tinted glasses as an additional add on to my prescription glasses instead of using an overlay most of the time. This means I get the benefit of using an overlay without having to remember to bring it with me everywhere I go – which I found difficult due to my executive functioning associated with my autism.

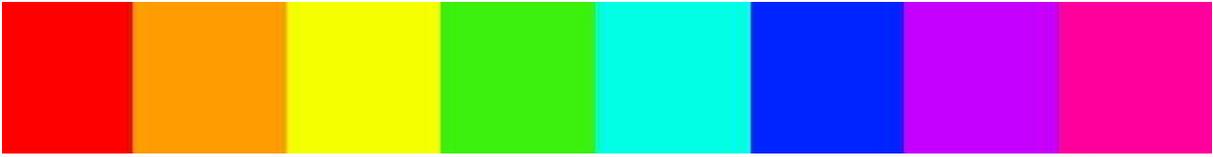
Answer is c.

Write 'I need prompting to be able to read or understand complex written information.' Explain what prompting you need, when you need the support and who supports you. Explain what effect not having this support would have on you and how the support helps you. Then move on to the next question.

Example:

I need prompting to be able to read or understand complex written information. When reading a book, I need my family to tell me when someone is being sarcastic, or need certain terms and idioms translated such as 'it's raining cats and dogs'. This is because of my autism diagnosis and associated rigid thought patterns. My brain works in a way that is very literal. I believe that what I read should be the truth and do not know why someone would write something that isn't





true, or doesn't make sense. If I don't have this support, I am unable to read books, the newspaper or magazine articles because it just doesn't make sense regardless of how long I have to process it. When I don't understand it, it is just not enjoyable and causes me to become anxious and stressed out.

Answer is d.

Write 'I need prompting to be able to read or understand basic written information'. Explain what support you need, when you need the support and who supports you. Explain what effect not having this support would have on you and how the support helps you. Then move on to the next question.

Example:

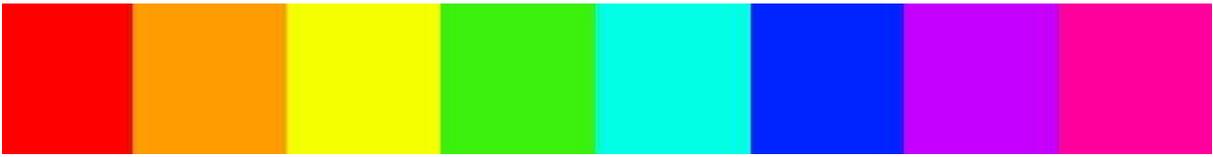
I need prompting to be able to read or understand basic written information. I have very poor literacy due to my dyslexia and autism spectrum condition. I have support from my mother and sister to read all information. They encourage me to sound out even simple words to be able to understand. This is a slow process and takes a long time. I often can't understand the sentence once the words have all been sounded out as I do not have the memory to remember the beginning words of the sentence by the time I have got to sounding out the last words of the sentence. Once I have sounded out the words with the support of my mother or sister, they will read out the whole sentence. I only read simple, shorter articles with them in the news; or books for young primary school aged children. Without their help, I would be unable to make sense of what I am reading, so would not bother to read anything.

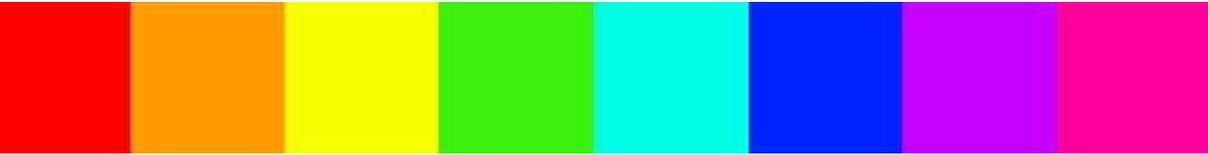
Answer is e.

Write 'I cannot read or understand signs, symbols or words at all'. Explain how often this is the case and why this is the case. Explain what difficulties this causes and what happens. Then move on to the next question.

Example:

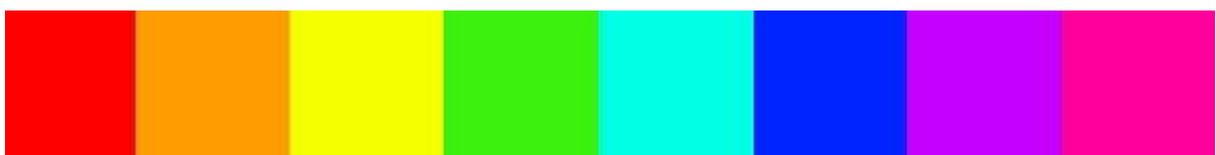
I cannot read or understand signs, symbols or words at all. I am legally blind and only have some light and dark vision. I have no ability to make out words or letters, regardless of font size. This is a permanent disability and will not get any better. This means I am unable to understand road signs, read the news or look at pictures.

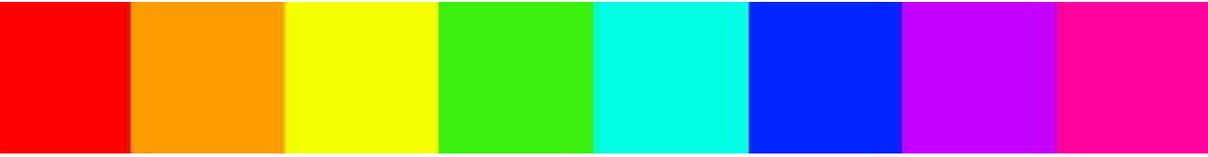




**Feel free to use or add any of the below that also apply to you:**

- I have dyslexia and this causes me difficulties
- I am unable to read
- My anxiety means I cannot settle to read text
- My restless leg syndrome means I cannot settle to read text
- I need another person to read letters out to me as I get headaches when I try to read text
- I ignore or misread important signs in traffic situations or other situations (eg stop signs or unsafe building)
- I have difficulties with reading and writing
- I have irlen syndrome, visual stress or scotopic sensitivity
- I read words but am unable to process the meaning of these words
- I have other visual difficulties when looking at text (what are they?)
- I get frequent headaches when I look at text
- I find words move about on the page
- I find the background is too bright and white to read
- I find words merge into one another
- I cannot read words unless I use tinted lenses or see text on specific colours of paper
- My anxiety and stress mean that I cannot understand what words mean and I miss the intent of signs and symbols
- I cannot read and understand written information
- I have difficulty understanding bank statements
- I cannot read or understand forms or official letters. I need help
- I attend/attended an SEN school/college
- I have/had a statement of SEN or EHC Plan
- I was given a scribe and reader for my exams because I struggle with reading and writing/do not understand the exam questions
- My autism means I have difficulty understanding language and communication, which affects my ability to read
- Although I can read, I often do not understand what I have read and I have poor comprehension
- The pressure of having to read something causes me distress
- I am unable to read because I am legally blind
- Someone reads for me
- I struggle to read because I have very poor coordination and turning pages/holding a book still is very difficult. I need to use a book stand to keep the book from moving





## Daily Living Activities – 9. Engaging with Other People Face to Face

### 9. Engaging with Other People Face to Face

**NOTE: This is around your ability to engage with others and make and keep relationships in “social settings” and not engaging with a professional such as the DWP**

First, pick the descriptor that matches closest to your ability to engage with others face to face. If more than two do, put both one and then the other (i.e. b and then d)

a. Can engage with other people unaided.

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b. Needs prompting to be able to engage with other people.

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c. Needs social support to be able to engage with other people.

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d. Cannot engage with other people due to such engagement causing either –

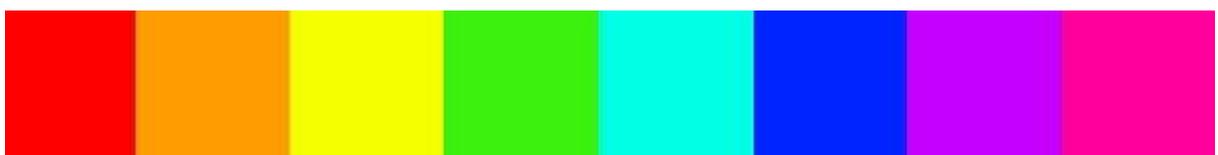
(i) overwhelming psychological distress to the claimant; or

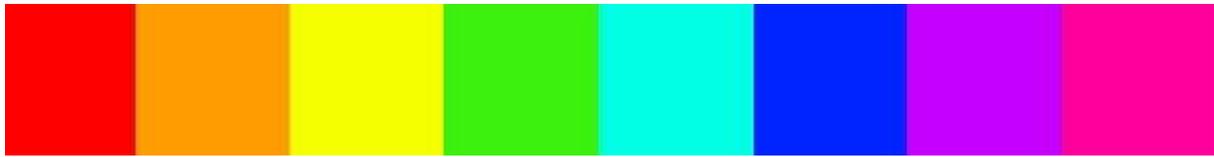
(ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person.

#### IMPORTANT INFO

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**If someone does need prompting by a way of reminding, encouraging or explaining by a person trained or experienced in assisting people in social situations, the DWP will consider whether or not this is ‘social support’.**





Answer is a.

Write 'I can engage with others unaided.' Move onto the next question.

Example:

I can engage with others unaided.

Answer is b.

Write 'I need prompting to be able to engage with other people'. Write what prompting you need and who normally prompts you, plus how often you require prompting. Write how this prompting helps you and what would happen if you weren't prompted. Move onto the next question.

Example:

I need prompting to be able to engage with other people. This is normally by my mother. She accompanies me to meet up with my friends when my depression is particularly bad and I find leaving the house and meeting up with my friends difficult. This helps to bring my moods up and helps me to maintain my relationships which may otherwise be negatively affected. She encourages me to leave the house and helps to keep conversation flowing. Once she can see my mood has improved, she can leave me with my friends to continue the engagement.

Answer is c.

Write 'I need social support to be able to engage with other people'. Explain who provides this and what support they provide. How often this is the case and what would happen if you didn't have this support. Why is this support positive for you. Move onto the next question.

Example:

I need social support to be able to engage with other people. Due to my learning disability, my mother must come with me to meet up with friends. This is to make sure I follow social cues and act appropriately. If I didn't have this support, I would fall out with friends, potentially hurt others and potentially remove my clothing and do other inappropriate acts. This support keeps me safe whilst allowing me to form and keep relationships with others.

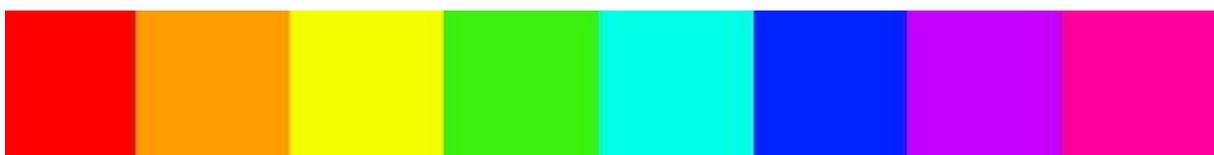
Answer is d.

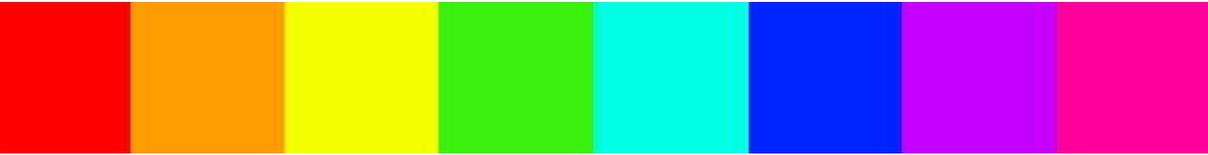
If (i) Write 'I cannot engage with other people due to the engagement causing overwhelming psychological distress. Explain what would happen if you did engage with others and how often this is the case. Move onto the next question.

If (ii) write 'I cannot engage with other people due to me exhibiting behaviour which would result in a substantial risk of harm to myself or others'. Explain what would happen if you did engage with others and how often this is the case. Move onto the next question.

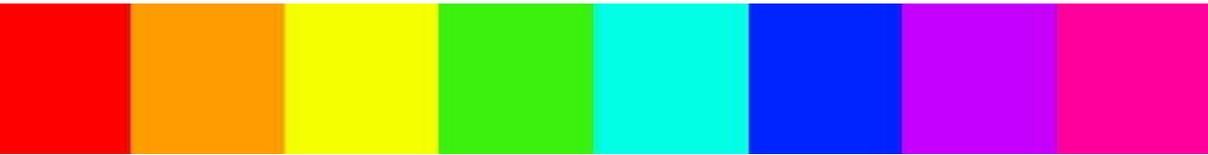
Example:

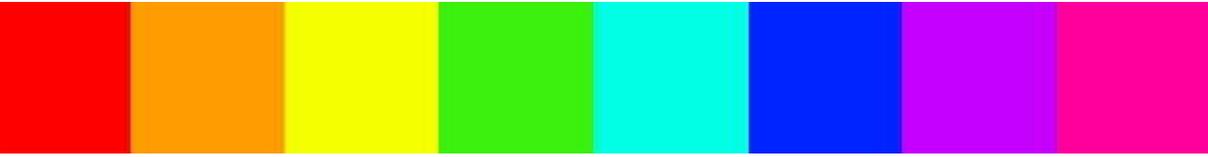
(i) I cannot engage with other people due to the engagement causing overwhelming psychological distress. This is partly due to my severe agoraphobia. I have not left my house in 5 years. Even thinking about leaving the house causes panic attacks, so I am unable to plan to leave the house even. I am unable to have visitors to my home due to my severe obsessive compulsive disorder. I have anxieties around people bringing in germs from outside, so will not have visitors. I do not have any relationships and the stress and anxiety that would bring if I tried would be too detrimental to my mental health and wellbeing.





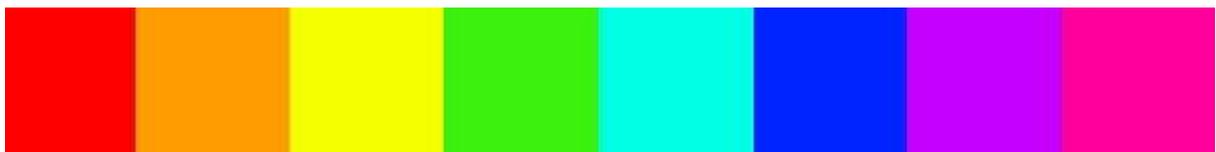
(ii) I cannot engage with other people due to me exhibiting behaviour which would result in a substantial risk of harm to myself or others. I have very little self-control, and should someone upset me by doing something that I did not agree with such as using my trigger words 'train or weather', rather than ask them to stop, I would start beating them. This is because of my autism, conduct disorder and associated difficulties with frustration and impulsivity. I have been arrested 12 times in the last 6 months due to similar incidents, and once I have a meltdown and begin to hurt someone, I do not stop until someone is able to restrain me. I have hospitalised strangers in the past because of this. It is not safe for me to engage with others.

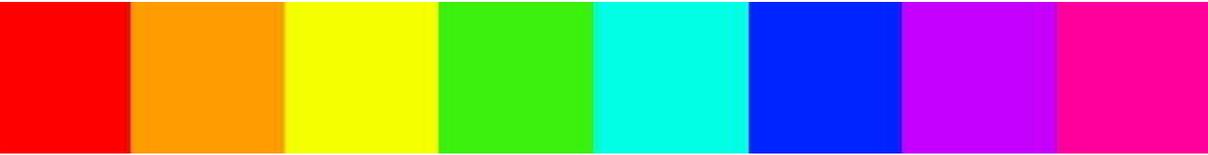




**Feel free to use or add any of the below that also apply to you:**

- I cancel appointments because of anxiety and am unable to engage with other people
- I become agitated and aggressive around other people because of my autism
- If someone talks to me, I panic and become very anxious
- I have had to leave shops without the items I need to buy because of other people
- I have no desire to socialise
- I do not like people, they make me feel unsafe
- It is a challenge for me to mix and interact with other people
- I would like to mix with other people, but I do not have the skills to socialise
- I only meet with people I know every couple of weeks
- I cannot see something from another person's point of view and people get angry with me
- I am over confident and this irritates people
- I get anxious at appointments which means I forget what has been said and need things written down
- I have no friends I see outside of my immediate family or partner
- I find all forms of social interaction stressful even with people I know quite well
- I cannot manage social contact without feeling nervous/stressed/anxious that I have said the right thing
- Mixing with people causes me tiredness, paranoia, anxiety and frustration
- I often refuse to leave the home because I am too stressed/anxious/paranoid to face members of the public
- I get too angry to hold a conversation with others
- I do not understand small talk and I cannot make it successfully. People do not understand what I am trying to say
- I avoid people
- I find it hard to follow what others are saying
- I get flustered and say the wrong things
- I find I cannot follow group conversations
- I get too anxious to talk to people
- In crowds, I have panic attacks
- In crowds, I have meltdowns
- I have behaviour that other people find offensive, threatening and scary so I avoid going out
- I am likely to say or do something that puts me or others at risk
- I find keeping friends/keeping relationships really difficult and exhausting so do not bother
- I avoid eye contact so I don't have to speak to people





## Daily Living Activities – 10. Making Decisions about Money

### 10. Making Decisions about Money

**NOTE: This is around your ability to make simple or complex budgeting decisions. Simple can be such as calculating change to be received following a purchase. Complex can be calculating household or personal budgets, paying bills or planning future purchases.**

First, pick the descriptor that matches closest to your ability to make decisions about money. If more than two do, put both one and then the other (i.e. b and then d)

a. Can manage complex budgeting decisions unaided.

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b. Needs prompting or assistance to be able to make complex budgeting decisions.

---

c. Needs prompting or assistance to be able to make simple budgeting decisions.

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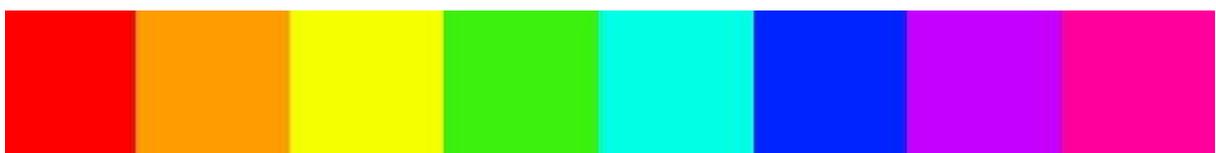
d. Cannot make any budgeting decisions at all.

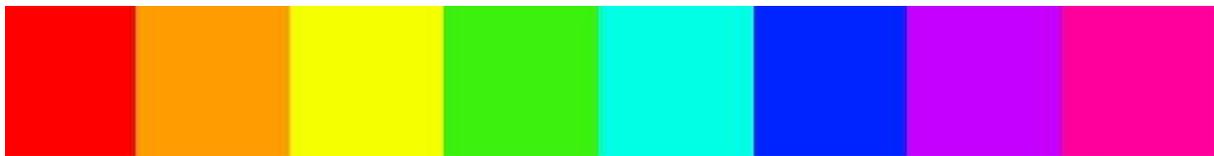
#### IMPORTANT INFO

**An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task.**

**Prompting means that another person must remind or encourage you to do something or explain something to you.**

**Supervision means you need another person watching over you all the time to make sure you are safe. Assistance means another person is there to help you do something physically.**





Answer is a.

Write 'I can manage complex budgeting decisions unaided.' Move onto the next question.

Example:

I can manage complex budgeting decisions unaided.

Answer is b.

Write 'I need prompting or assistance to be able to make complex budgeting decisions'. Write what prompting you need and who normally prompts you, plus how often you require prompting. Write how this prompting helps you and what would happen if you weren't prompted. Move onto the next question.

Example:

I need prompting or assistance to be able to make complex budgeting decisions. My father who is a trained accountant does this for me. He is aware of my income – how much and when this comes in, and keeps a track of all of my outgoings to ensure bills are paid. He ensures direct debits are set up where possible so I don't overspend and that I know exactly how much money I have to spend on things I want to and still have enough left over for food and activities. Without this in place, I would quickly run out of food money as my ADHD and autism makes me very impulsive and I have difficulties with executive functioning.

Answer is c.

Write 'I need prompting or assistance to be able to make simple budgeting decisions'. Write what prompting you need and who normally prompts you, plus how often you require prompting. Write how this prompting helps you and what would happen if you weren't prompted. Move onto the next question.

Example:

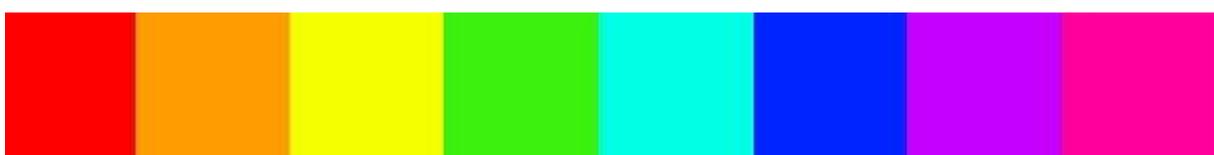
I need prompting or assistance to be able to make simple budgeting decisions. My brother always comes to the shop with me when I go to buy something to check that I receive the correct change from the cashier. This is because with my autism and learning disability, I find subtractions difficult and can't work out how much I am owed (which makes me vulnerable). If he wasn't always with me, I would be short changed frequently and taken advantage of. No one would know.

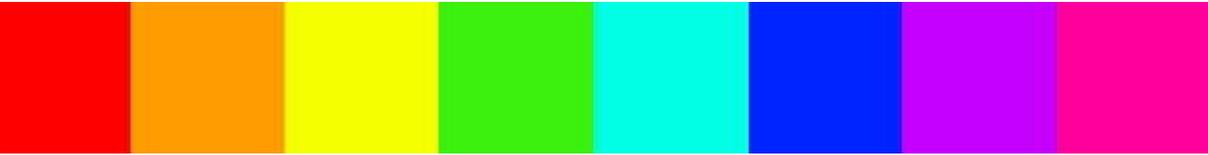
Answer is d.

Write 'I cannot make any budgeting decisions at all'. Write how often this is the case and who manages your money and makes these decisions for you. Write why you need the person managing your money and what would happen if you had access to it and had to make all decisions. Move onto the next question.

Example:

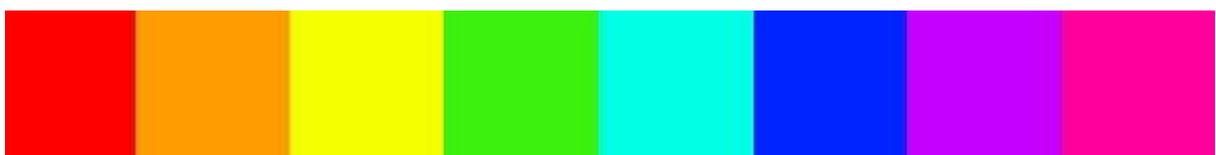
I cannot make any budgeting decisions at all. Money management are responsible for managing my money due to my autism and learning disability. They ensure all bills are paid and that I have a regular allowance for food and activities. This is further managed by my staff to make sure I don't spend it on other things. Staff check my change is correct when I go to the shops and they support me by doing regular checks of money in my house to make sure no one has taken money as I would not tell anyone. Money means nothing to me, so if I didn't have this support, I would not take care of my money at all.

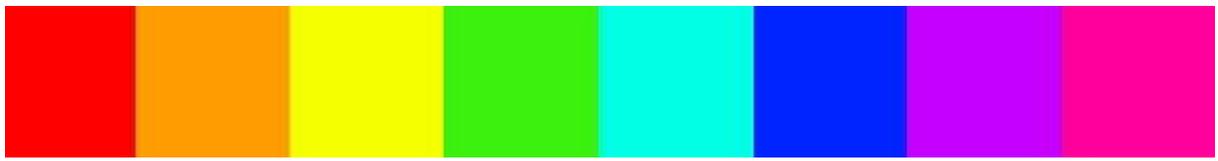




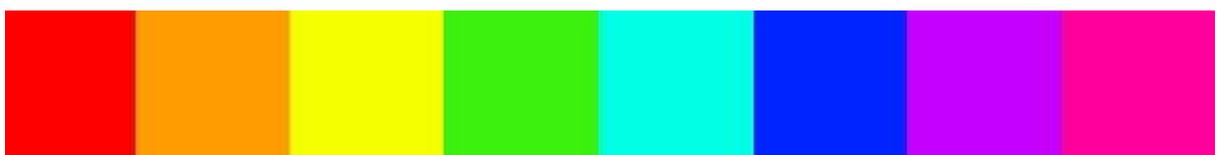
**Feel free to use or add any of the below that also apply to you:**

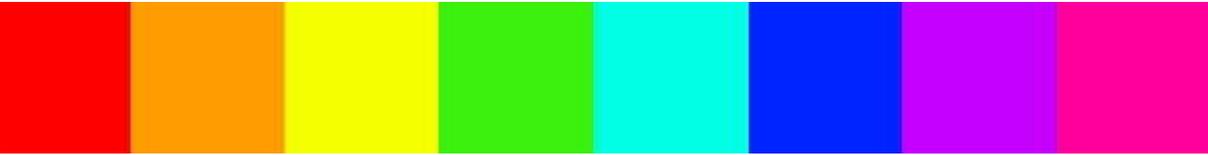
- I cannot make budgeting decisions
- I forget I have to pay bills
- I do not understand I have to pay bills
- I make bad decisions about what I buy because of my autism
- I often lose control of my decision making ability
- I spend all my money without the thought of consequence
- I would be easily exploited over money matters
- I am not interested in money. It does not mean anything to me
- Budgeting and money management is very difficult for me so I need someone to help me
- I have ended up in debt because I am unable to manage my money
- I can add and subtract but do not understand about money. I cannot apply maths to money and everyday life
- I give my money away to other people because I am very trusting of what people tell me
- When I am paying for something, I empty all my money on the counter then start counting it. This annoys people but is the only way I can pay for things
- I have limited understanding of budgeting and each month run out of money
- I have very little or no concept of the value of money
- My parent, partner or other person is Appointee for my benefits, because I cannot keep track of money matters
- I have problems with executive function so I cannot keep on top of money matters and I can easily get into debt or fail to manage bills. It all makes me feel too stressed and upset to manage
- I let someone else take all financial decisions because I cannot manage money or cope with it without getting too stressed and upset because of my autism
- I suffer high levels of anxiety about money matters
- Because I lack understanding and because of anxiety about money, I store or throw away letters from my bank or building society or any official letters from credit card companies
- I have got myself into debt eg credit cards or disagreements with council over rent arrears or benefit overpayments
- I have an obsession about money that affects my ability to budget – my obsession means I spend all spare money
- I have a gambling habit because of my autism
- I give money away to people I thought were friends but turned out to not be
- I have been taken advantage of by emailed or posted offers and special discounts only to find out I have been scammed
- I lose money/wallet/important possessions on a regular basis
- I have been taken advantage of by others – I have lost money or possessions
- I do not understand bank accounts and how they work
- I have a general learning difficulty that affects my ability to budget
- I have specific learning difficulties that affects my ability to manage money eg dyslexia or dyscalculia
- I have severe anxiety/depression that affects my ability to manage money





- I have language processing difficulties and so cannot make sense of letters or bills from credit companies
- I often misunderstand the concept of having to pay back money I have been 'given' through credit
- I often have problems paying bills or understanding official letters that involve money
- I have problems with organisation – due to executive functioning limitations so have major difficulties with paying bills
- I cannot understand bills, official letters and I fail to understand statements or interest rates
- I am not able to process information about money because I have poor grasp of maths
- I am unable to budget expenditure or assess the value of goods
- I struggle to understand bank statements and terms like minimum payment or Annual Percentage Repayment





## Mobility Activities – 1. Planning and Following a Journey

### 1. Planning and Following a Journey

**NOTE: This is around your ability to plan and follow a known or unfamiliar route to get to another location.**

First, pick the descriptor that matches closest to your ability to plan and follow a journey. If more than two do, put both one and then the other (i.e. b and then d)

a. Can plan and follow the route of a journey unaided.

b. Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.

c. Cannot plan the route of a journey.

d. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.

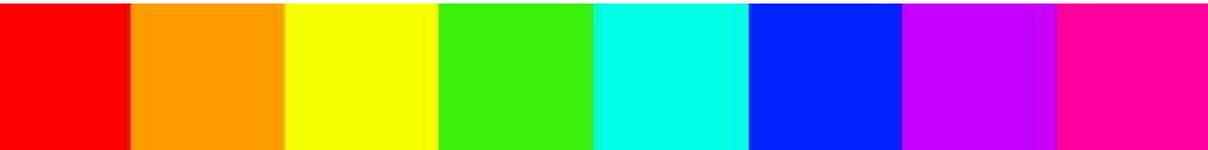
e. Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.

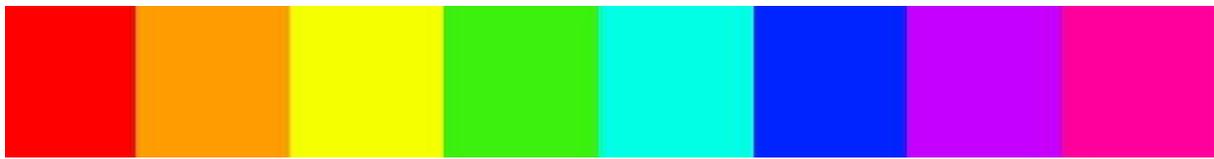
f. Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.

### IMPORTANT INFO

An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task. A sat nav does NOT count as an aid or appliance in this instance.

Prompting means that another person must remind or encourage you to do something or explain something to you.





Answer is a.

Write 'I can plan and follow the route of a journey unaided.' Move onto the next question.

Example:

I can plan and follow the route of a journey unaided.

Answer is b.

Write 'I need prompting to be able to undertake any journey to avoid overwhelming psychological distress'. Write what prompting you need and who normally prompts you, plus how often you require prompting. Write how this prompting helps you and what would happen if you weren't prompted. Move onto the next question.

Example:

I need prompting by a friend or family member to be able to undertake a known or unknown journey. This is because of my autism and associated social anxiety. I get very anxious before leaving the house, and without encouragement and a positive word, I would change my mind prior to leaving the house so would stay in all day. With prompting from another, they can encourage me to continue with my plan to leave the house so I am able to exercise in the local community (go for a walk or jog).

Answer is c.

Write 'I cannot plan the route of a journey'. Write what help you need and who helps you do this. Explain how often you need this help, what sorts of journeys you need this help for and what would happen if you didn't get this help. Move onto the next question.

Example:

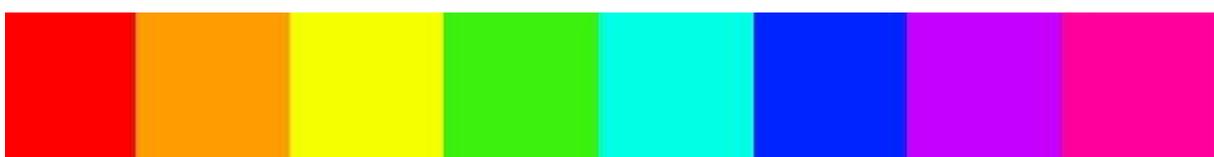
I need my mother or father to plan the route of new journeys for me. This is because of difficulties with planning due to my autism, and difficulties with decision making. With a new journey, there are too many different options that can be taken, and I am unable to decide myself which one to take. I would stare at the map for a long time, not make a decision and just give up; avoiding the journey altogether. Instead, my mother or father will make the decisions and explain to me how to get somewhere using one specific set of directions. This takes a lot of stress and anxiety off of me and allows me to go somewhere new.

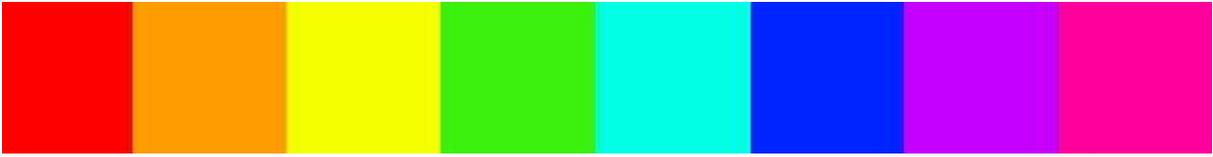
Answer is d.

Write 'I cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid'. Write how often this is the case and who/what you take with you. Explain what role the other person etc has and why you need them. What would happen if you went on your own? Move onto the next question.

Example:

I cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid. Due to my autism and associated severe social anxiety, without my mum to navigate for me and problem solve if we get lost, I will not leave the house. This is the case every day and if she didn't go with me, I would have a panic attack and freeze if I was redirected. I would not be able to leave the house following a situation like this even with others for a very long time due to the trauma.





Answer is e.

Write 'I cannot undertake any journey because it would cause overwhelming psychological distress'. Explain how long this has been the case for. When did you last leave the house? Are there any reasons you do leave the house? What would happen if you left the house even with another person? Move onto the next question.

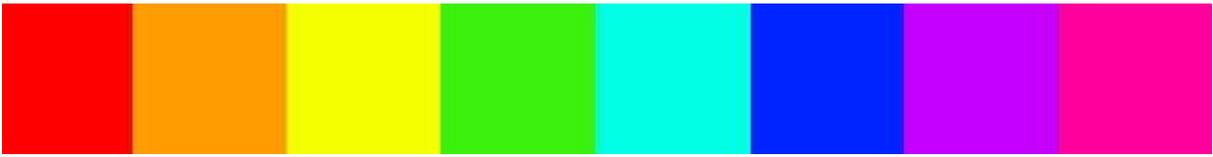
Example:

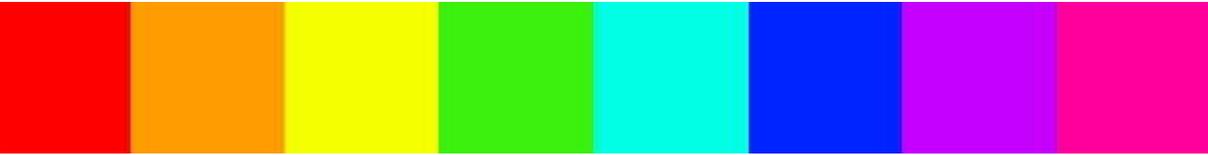
I cannot undertake any journey because it would cause overwhelming psychological distress. I have had a diagnosis of agoraphobia for the past 5 years. In this time, I have only left the house once, and I had to be taken out on a stretcher as I was so ill by this point. I will not leave the house unless I am unconscious or unable to refuse. Even thinking about leaving the house sometime in the future would bring on a panic attack, even if it was with another person.

Answer is f.

Write 'I cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid'. Explain why this is the case and who/what you need with you and how they help you. Explain how often this is the case and what would happen if you left the house on your own to follow the route. Move onto the next question.

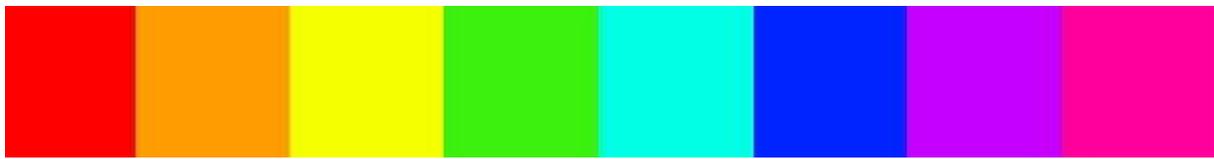
I cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid. This is because I have autism and ADHD, and do not follow any form of road safety or self-awareness. If I tried this on my own, I would forget to stop at roads to look for traffic because I can only focus on getting to my destination and none of the minute details. I would be at high risk of being injured or killed by moving traffic. I need to have my support worker with me to prompt me to stop and remind me to focus on any roads and incoming traffic. This is the case all the time.



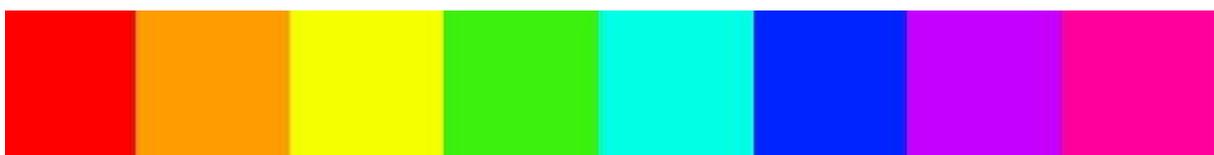


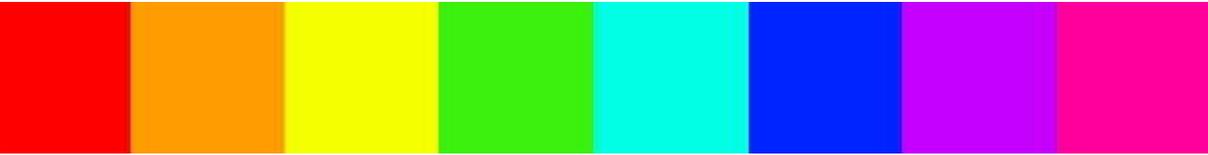
**Feel free to use or add any of the below that also apply to you:**

- I cannot cope with unexpected changes to a journey
  - I cannot cross roads safely in familiar and unfamiliar areas
  - I cannot get home safely from an unfamiliar place as I cannot stop people to ask for directions
  - I cannot recognise familiar locations in the dark so cannot navigate at night
  - I require a journey to be planned by someone else for me
  - Due to my autism I have difficulty following directions
  - Someone needs to keep reminding and prompting me on a journey
  - I lack an awareness of danger for example, running into the road and ending up in an unsafe situation
  - I have severe depression so am aware of how hazards such as roads can help me end my life. Seeing moving traffic is tempting and I am at high risk of running into them and ending up in an unsafe situation
  - I often feel like I might hurt people so avoid going out
  - When I have been out, I have been taken to the police station because I have become agitated and anxious
  - I am suspicious of other people so going out makes me anxious
  - I think I can stop the traffic and will walk into the road without waiting
  - I cross the road to avoid people and do not check the road is safe first
  - I cross the road to get to peoples dogs to say hi and do not check the road is safe first
  - I have to follow a ritual like touching things or not stepping on cracks on the pavement
  - The intensity of the anxiety and fear I feel when I go out makes me miserable and unhappy
  - I cannot cope with loud noises/bright lights/car horns and sirens
  - I cannot go out when it is windy in case a tree falls on me
  - I am scared of catching a disease from going on public transport
  - I get motion sickness so will not use public transport
  - I have a GPS tracker on my phone so people know where I am at all times
  - I cannot anticipate problems outside and plan for them
  - I have to have a visual strategy when going outside, so I know in advance what I will be doing and how long I will be out
  - I have to walk a certain route. If this is not followed I become anxious or aggressive
  - I always have to carry certain objects with me when not in the house
  - I must do things in a certain order before I can leave my home – if the order is broken or not followed I must start again
  - I must check and re-check things before I leave my home. I am always late for medical appointments because of this or don't feel able to go out at all
  - I run off when I am anxious or get lost
  - I disrupt the public with my behaviour when I am out in public
  - I refuse to get out of the car once I reach my destination or arrive home again
  - I do not know how close to stand to others, which causes problems
  - I stare at others, which causes problems
  - I have been conned out of money in public
- 



- I can hit out at others if I get angry in public
- I get in trouble for making inappropriate comments such as 'why are you so fat?'
- I feel sick before I leave my home
- I feel unsafe in new places
- I have to be encouraged to leave my home
- I need to be prepared in advance before I am able to go anywhere new
- I need to take medication to calm myself before I am able to leave my home
- I am paranoid that people are staring at/judging me
- I worry for days in advance if I have to leave my home
- I am unable to sleep the night before I have to leave my home
- I avoid certain places/noises/people
- I become panicky and refuse to move/run off if confronted by objects of phobias such as dogs, bridges or thundery weather
- I suffer from agoraphobic – fear of open spaces and leaving my home
- Because of my anxiety, I miss important information such as road signs, directions or timetables
- I get lost in new places
- I cannot read or understand maps or timetables
- I get lost in the supermarket or out in places I have not been before
- If I get lost I panic and have meltdowns
- I have limited spatial awareness and cannot tell right from left or follow more than one simple direction at a time
- I am unable to use a mobile phone when I am stressed and lost
- I lose things when I am out in public places such as my phone and keys
- I leave my door open when leaving my home
- I forget to check the windows and doors are locked
- I forget to take important things with me when I go out such as keys, coat, phone
- I find it difficult to tell who is trustworthy and who is out to take advantage of me
- I give money away to anyone who says they are homeless and need my money
- I have an odd walking style which makes me look vulnerable





## Mobility Activities – 2. Moving Around

### 2. Moving Around

**NOTE: This is around your ability to move around and is to be done in an ‘upright position’**

First, pick the descriptor that matches closest to your ability to move around the majority of the time.

Pick which one you can do on a good day and which you can do on a bad day.

a. Can stand and then move more than 200 metres, either aided or unaided.

---

b. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided

---

c. Can stand and then move unaided more than 20 metres but no more than 50 metres.

---

d. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.

---

e. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.

---

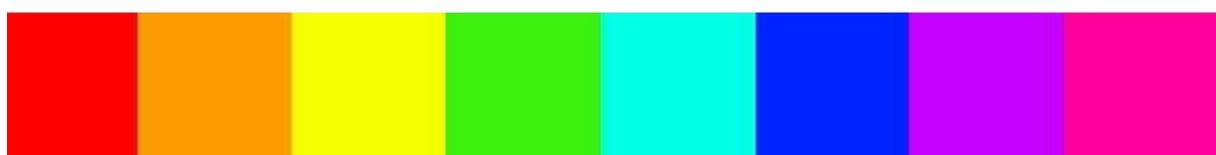
f. Cannot, either aided or unaided, –

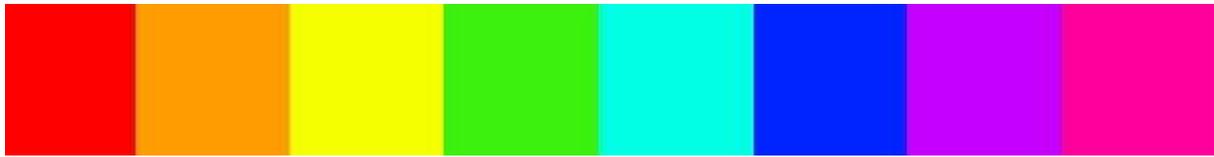
(i) stand; or

(ii) move more than 1 metre.

### IMPORTANT INFO

An aid or appliance is any device which improves, provides or replaces your impaired physical or mental function to perform the task. A crutch and walking stick do count as aids, however a wheelchair or mobility scooter do not.



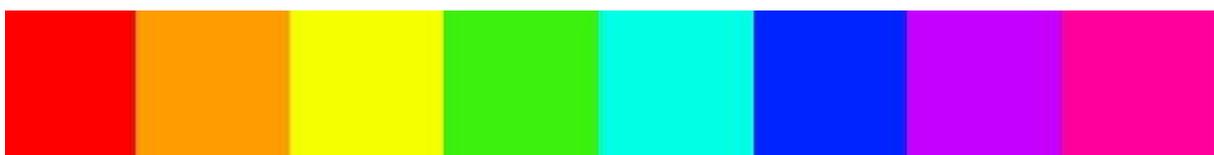


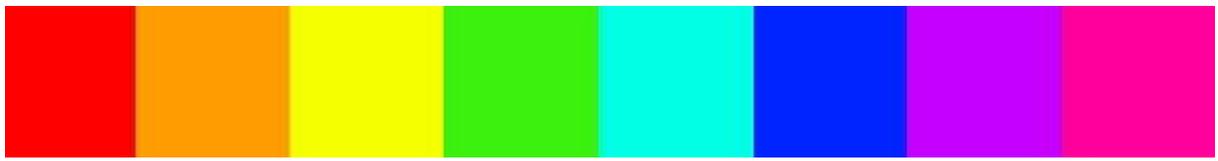
### Answer

Write 'Due to my \_\_\_\_\_ (condition), the majority of the time, I can walk \_\_\_\_\_ metres'. If this is different on a good day and a bad day, explain what you can do on a good day and a bad day. Explain what aids you use if any and why you use them and who recommended you use them if relevant. What would happen if you didn't use them. Write how often you need rest breaks and how long for and why you need them. Explain if it takes longer for you to travel the distance than other people and how much longer plus why. Tell the DWP if you are at risk of injury and why, how often and what effect it has on your mental and physical health. Explain if someone helps you, who helps you, how they help you and why you need their help – do you need them all the time or just sometimes.

#### Example:

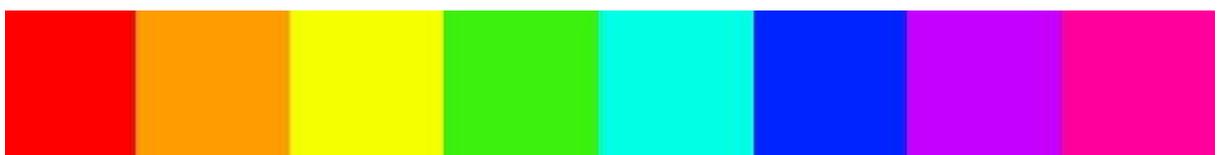
Due to my arthritis and fibromyalgia, the majority of the time I can stand and walk with aids for between 50 and 200 meters. I have good and bad days. On a good day I can walk between 50 and 200 meters with aids, but on a bad day I am completely bed bound due to chronic pain and am unable to even sit up out of bed to dress. I use crutches to get around. This was recommended by a physiotherapist due to balance difficulties due to my arthritis. Without them, I am wobbly and am at risk of falls. I need to take rest breaks for around 30 seconds every 50 meters on a good day to compose myself and refocus because of the severity of my pain. It takes me about 3 times the time as it does most other people to walk the same distance because of my rest breaks and slow movements. I am at high risk of injury because of falls due to trying to do too much for my body to keep up with. I lose my balance and am at risk of hitting my head when I fall due to using crutches. This makes me frustrated and leads to reduced confidence and self-esteem as well as the potential concussion risk and risk of needing medical attention. I live alone and want to be as independent as possible, so do not have or need the help of another person.





**Feel free to use or add any of the below that also apply to you:**

- I walk with an unusual gait. I walk on my tip toes
- I wear orthotics
- Because of hypermobility/chronic fatigue I get very tired
- Because I suffer with chronic pain, I cannot walk without experiencing a lot of pain
- I have poor posture so cannot walk upright
- I have poor coordination skills and bash into objects
- When I stand I get dizzy
- I am likely to fall



## More...

Once you have completed the questions above, if there are any aids or any additional support that you feel would be really useful and would help you, please add these to your initial answers for each specific question. You can use the following format.

Answer is a for wash and bathe.

Write 'Though I can \_\_\_\_\_, I do find this very difficult.' Explain what you find difficult, how this could be made easier and what difference this would make.

Example:

Though I can wash and bathe unaided, I do find this very difficult. Currently I am struggling due to coordination difficulties associated with my dyspraxia to physically get in and out of the bath. I have fallen multiple times, so feel that having grab rails positioned on the bath walls would help me to safely get into the bath without risking injury to myself. This would make the activity much easier and safer.

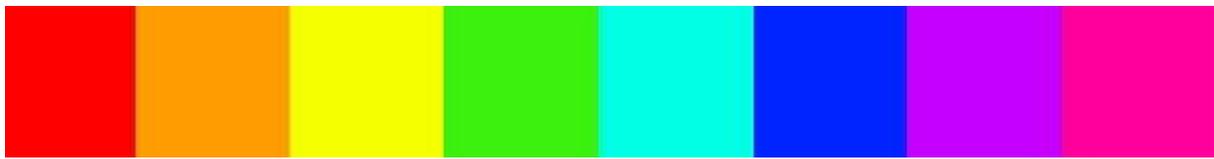
## Evidence

It is worth sending as much evidence as possible. If you can prove every answer you have used for your questions, that will give you the best possible chance of getting the correct PIP award. Send photocopies as they may 'lose' what you send to them.

- Photo evidence – if using aids, take a picture of the aid, with your NI number, your name, the name of the aid and the date on a piece of paper on or next to it



- Evidence of letters from medical specialists. Make sure you add your NI number to the top of each letter and your name
- Evidence of your autism diagnosis (such as your autism report). Make sure you add your NI number to the top of each page and your name



- Your medical summary. You can either request this from your GP surgery (they may charge), or you can open patient access if you have it. Click 'more' then 'medical record' then 'export'. You can select what you want including and create a PDF form to print off to send as evidence. Again you have to make sure you add your NI number and name to the top of each page before submitting it as evidence.
- Prescription. If you have a repeat prescription, send this for evidence of the medication you take to manage your condition/s. Add your NI number and name to the top of the prescription.
- County council letters. If the council has provided an occupational therapist or adaptive equipment, letters from them can be submitted. Again add your NI number and name to the top.
- Letters from individuals who help support you with prompting, supervision or assistance. Make sure they record what they help you with, how often they help, how they help and how long they have been helping – and also what would happen if they didn't help you. Add your NI number and name to the top. A template can be found attached to this document.
- Letters from supporters such as mind, or letters from medical professionals written for the purpose of supporting your PIP application. Again add your NI number and name to the top.
- Care plans from social services. Again add your NI number and name to the top.
- A list of 'issues I face daily due to my autism'. Add your NI number and name to the top.

### **Additional Information Page**

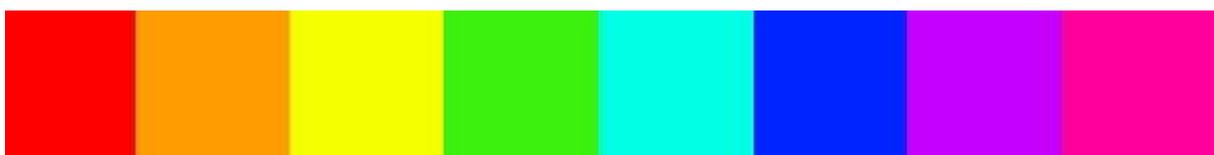
Once you have all your evidence you wish to send off, record what evidence you have included on this page in the below format:

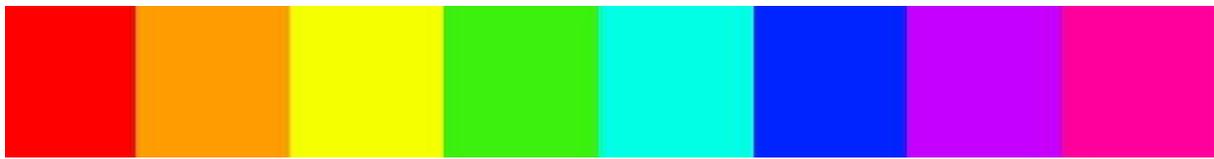
**I enclose the following relevant supporting evidence with my application form:**

- 1. Letter from my occupational therapist**
- 2. Photo showing my toilet frame**
- 3. Photo showing my perching stool**
- 4. Medical record**

After this, check the following list for any additional points you would like to add:

- People find it hard to understand me because I say strange things
- I have hurt myself
- I get urges to set fire to objects / buildings
- I have gone off without telling people where I am going
- I spend money I don't have
- I offend people all the time by saying/asking inappropriate things
- I have to wear ear defenders / ear plugs
- I have stalked someone because I misread the signs of them being kind
- In order to fit in, I study peoples mannerisms and behaviours and mimic them
- I will often just agree with what people are saying to me
- I cannot go to bed or get up without someone encouraging me



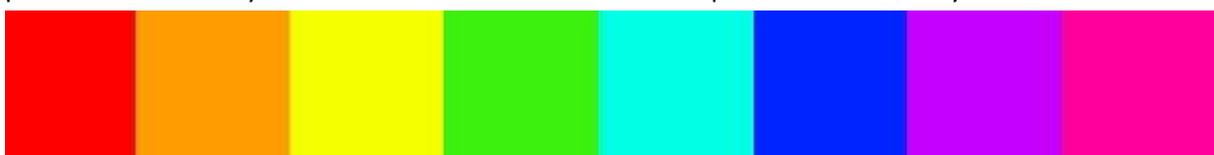


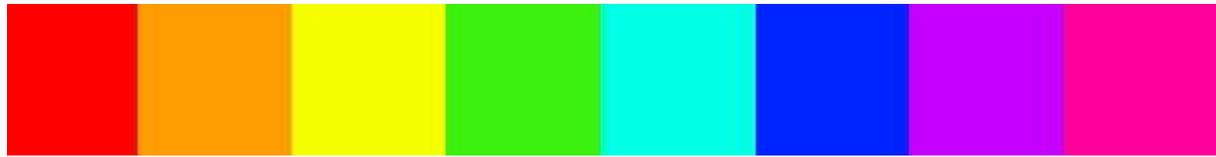
- My sleep is very poor so I feel exhausted when I wake up
- I like to shut myself off from the world
- Day and night feel the same to me and I am often stimming into the early hours
- I cannot switch off my thoughts / worries / anxieties
- Acquiring life skills are difficult to me because I need routines and 'sameness'
- I need to know why we do things and not just what needs doing
- I am very insecure
- I have difficulty understanding what is happening around me
- I can't predict what will happen
- I have broken the law and committed crimes
- I struggle to learn life skills
- I can only go to the shops on quiet days and when I have somebody to go with
- I have obsessions and repetitive behaviour which prevents me learning new skills
- I do not understand the concept of waiting which causes me great anxiety
- I use a timer and visual timetables
- I cannot live independently and require support and supervision
- I am over / under sensitive to touch. I cannot shake hands
- I become easily overwhelmed in loud or crowded settings
- Due to my autism, I dislike certain clothing or layers of clothes
- I have great difficulty understanding and following spoken instructions
- I will often seek out stimulation in the form of touching, stimming, moving, smelling and crashing into things. This causes stress and upset to those around me
- I cannot process multiple information simultaneously
- I cannot start and finish a task
- I have poor planning and organisational skills
- I will often act on impulse and this causes me to get into trouble
- I will display intense emotional reactions and often over exaggerate
- I have shutdowns where I will withdraw and be unresponsive
- I have meltdowns where I will become aggressive, disrupt others and self-harm
- I need tasks broken down with visual strategies so they are clear and concise to me
- My home has motion detectors because I run out of the house then wander off.

### **What next?**

Send your PIP2 form in the Freepost envelope received with the form.

Once this has been sent, you will be contacted by PIP within approximately 2-4 months by letter with a date for an assessment. This will involve a chat for approximately an hour with a medical practitioner normally at an assessment centre. You can request a home visit if you are housebound





due to agoraphobia or physical limitations. You will need to request this by calling the DWP and explaining your personal situation and why you can't attend an assessment centre.

### **Assessment**

The assessment centre directions will be sent to you in your letter, and also how to claim back any travel costs incurred. Make sure you have someone with you, whether family, a friend or an advocate. Once you arrive, you will go to reception, and they will direct you where to sit and wait. When it is your turn, you will be met by your assessor and directed to the room – on this walk, they will be assessing your ability to walk a set distance. You will be able to sit down in the room, and the assessor will go over the questions from your form (take a copy of your initial answers with you to help). They will ask for further details and will ask for confirmation of other details. They will also likely check your joint movements, but if you don't want them to touch you due to sensory reasons, let them know this. When they are satisfied you have answered everything, they will let you know the next steps and lead you out of the room.

You then wait until they make their decision. They will normally send a decision letter in 4-5 months, which will state whether you have been awarded PIP or not, and at what rate? You must then decide if you agree with the decision or not.

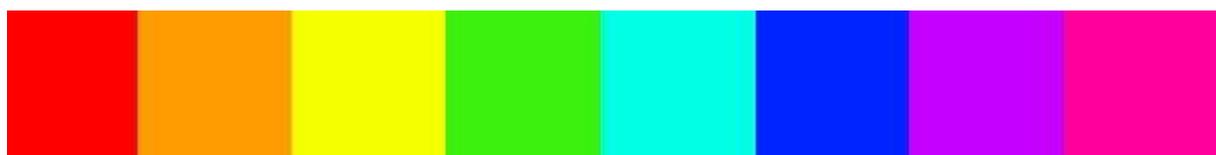
### **I agree with the decision**

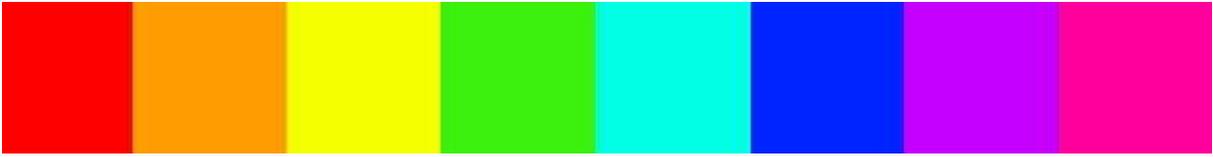
If you agree, you don't need to do anything.

### **I disagree with the decision**

If you disagree with the decision, either because you haven't been awarded anything, or because you haven't been awarded enough; the next step is to request a mandatory reconsideration.

You can send a letter with the following format to request this, along with any additional evidence you feel backs up the points you have made within your mandatory reconsideration:





**DATE**

Personal Independence Payment 9

Post Handling Site B

Wolverhampton

WV99 1AG

**Request For Mandatory Reconsideration: NAME, NI NUMBER**

I am writing to you today on behalf of myself, to ask that you reconsider your decision regarding my claim for Personal Independence Payment.

Would you please reconsider the following activities in my daily living:

DAILY LIVING ACTIVITIES

**AREA OF DAILY LIVING (POINTS I BELIEVE SHOULD HAVE BEEN AWARDED)**

I believe I should be awarded **NUMBER** points because **REASON WHY. WHAT WOULD HAPPEN IF NOT GETTING HELP FROM PERSON/AID.**

**(ETC)**

MOBILITY ACTIVITIES

**AREA OF MOBILITY (POINTS I BELIEVE SHOULD HAVE BEEN AWARDED)**

I believe I should be awarded **NUMBER** points because **REASON WHY. WHAT WOULD HAPPEN IF NOT GETTING HELP FROM PERSON/AID.**

**(ETC)**

I hope that you will look at the points mentioned again and review your decision as this process is causing me considerable stress and anxiety. I enclose the following documents to provide additional information regarding the above activities: GP letter, occupational therapy letter.

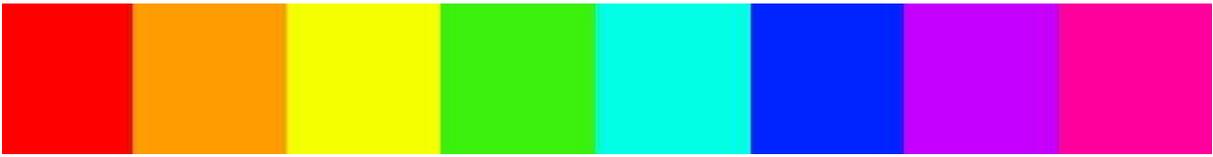
Best wishes,

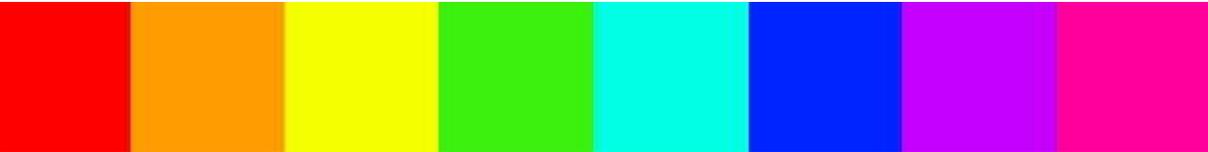
**(SIGNATURE)**

**(NAME)**

After sending this letter off to:

**DATE**





## Personal Independence Payment 9

Post Handling Site B

Wolverhampton

WV99 1AG

You will have another 2-4 months to wait before your claim is reviewed. You can expect to either receive a phone call to offer PIP at a higher level, or a letter with changes or no changes.

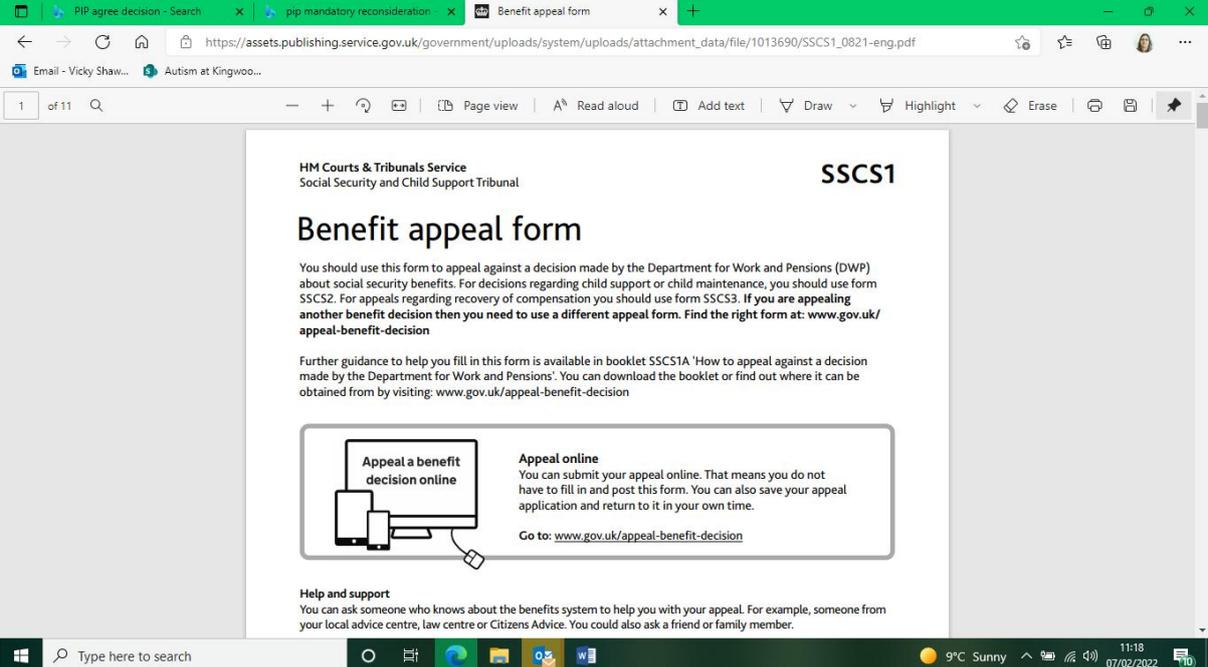
Again, you must decide whether or not you agree with the decision.

### If you agree with the decision

You do not need to do anything else.

### If you disagree with the decision

The next step will be to go to tribunal. You will need to have requested a mandatory reconsideration first and got the results of that. You will then complete form SSCS1. You will be able to request not to have the hearing on certain dates and whether you wish to be involved or not. You will also be able to choose to have a representative with you. This will all be included in the form.



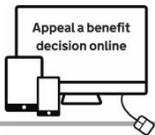
HM Courts & Tribunals Service  
Social Security and Child Support Tribunal

## SSCS1

### Benefit appeal form

You should use this form to appeal against a decision made by the Department for Work and Pensions (DWP) about social security benefits. For decisions regarding child support or child maintenance, you should use form SSCS2. For appeals regarding recovery of compensation you should use form SSCS3. **If you are appealing another benefit decision then you need to use a different appeal form. Find the right form at: [www.gov.uk/appeal-benefit-decision](http://www.gov.uk/appeal-benefit-decision)**

Further guidance to help you fill in this form is available in booklet SSCS1A 'How to appeal against a decision made by the Department for Work and Pensions'. You can download the booklet or find out where it can be obtained from by visiting: [www.gov.uk/appeal-benefit-decision](http://www.gov.uk/appeal-benefit-decision)



**Appeal a benefit decision online**

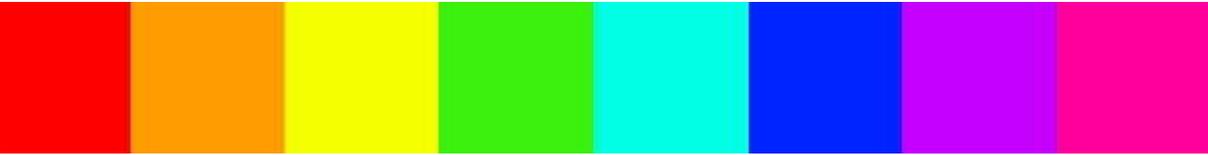
**Appeal online**  
You can submit your appeal online. That means you do not have to fill in and post this form. You can also save your appeal application and return to it in your own time.

Go to: [www.gov.uk/appeal-benefit-decision](http://www.gov.uk/appeal-benefit-decision)

**Help and support**  
You can ask someone who knows about the benefits system to help you with your appeal. For example, someone from your local advice centre, law centre or Citizens Advice. You could also ask a friend or family member.

Once you have sent off your appeal form to HMCTS Benefit Appeals PO Box 12626 Harlow CM20 9QF, you can expect a tribunal date within 3-8 month.





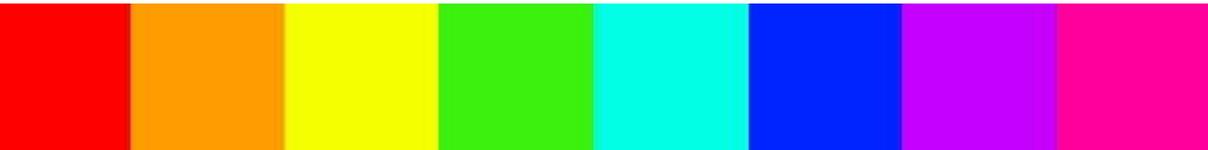
### **The Tribunal (final decision)**

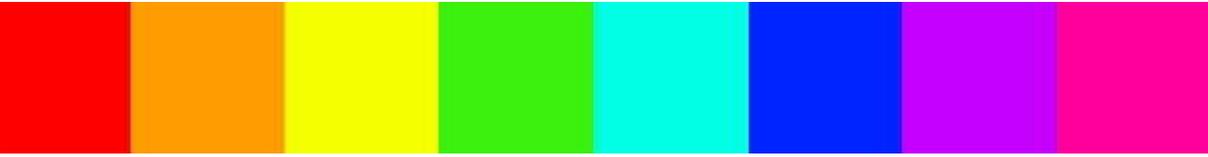
The tribunal tends to take place in a court. On occasion, someone from the DWP may attend, but this is rare. If in court, you will have to put your things in a tray to go through scanners. You will get your things when you get to the other side of the scanner. You will be shown where to wait and will be called in when it is your turn.

At the tribunal, there will be a medical professional, a disability assessor (normally a person who has a disability themselves) and a judge. They will take turns asking you questions to determine whether you should or shouldn't be entitled to PIP and at which level. You need to be yourself and ask as honestly as you can. They will also ask your representative questions. This will last between 30 minutes to an hour.

Once finished, you will either be told you can go, or you will be asked to wait and called back in. They may choose to give you the results there and then and if they do, they will talk you through them. If not, you will be sent home and will be sent a letter at a later date.

You will receive back pay within a few weeks and your PIP pay will start.





## Letter Template for Supporters

For the attention of DWP (PIP)

**NAME OF PERSON; NATIONAL INSURANCE NUMBER OF PERSON**

I am writing in support of **NAME's** application for personal independence payment. I have now known **NAME** for **NUMBER OF YEARS** years. In a **HOW DO YOU KNOW THE PERSON** capacity.

I believe that **NAME** is eligible for PIP for the following reasons:

**WHAT DO YOU DO TO SUPPORT THEM, HOW OFTEN DO YOU SUPPORT THEM, WHEN DO YOU SUPPORT THEM, HOW LONG HAVE YOU BEEN SUPPORTING THEM FOR, WHY DO YOU NEED TO SUPPORT THEM AND WHAT WOULD HAPPEN IF YOU DIDN'T SUPPORT THEM?**

**WHAT DIFFICULTIES DOES THE PERSON HAVE THAT THEY ARE NOT SUPPORTED BY YOU WITH BUT YOU HAVE NOTICED?**

**DOES THE PERSON MASK AND COME ACROSS AS MORE ABLE THAN THEY ARE – WHAT DO THEY SEEM TO BE ABLE TO DO THAT THEY CAN'T?**

I hope that you will consider awarding **NAME** personal independence payment, as the award will enable **WHAT WILL THEY USE THE AWARD FOR / GET OUT OF FROM PIP (SUCH AS BEING ABLE TO AFFORD TIMERS AND WEIGHTED BLANKETS). WHAT WILL THIS DO FOR THEIR QUALITY OF LIFE?**

Kind regards,

SIGNATURE

NAME

JOB ROLE IF RELEVANT

