

Personal Independence Payment

What is Personal Independence Payment?

Personal Independence Payment (PIP) is a benefit to help you with some of the extra costs you may have because of a health condition or disability.

The amount of PIP you get is based on how your health condition affects you, not on the condition you have. It is tax-free and is not affected by income or savings.

PIP has two parts: Daily Living and Mobility. If you qualify for an award, you will get money for either one or both parts. You may also be able to get a 50% reduction or full exemption on your car tax if you receive the mobility component of PIP.

Can I get Personal Independence Payment?

You may get PIP if:

- You are aged between 16 and under State Pension age.
- Your health condition means that you have difficulty carrying out daily living or mobility activities safely, to an acceptable standard, as often as you need to and in a reasonable time.
- You have needed help for at least three months and are likely to need help for at least another nine months.

Daily Living activities include:

- Preparing food.
- Eating and drinking.
- Managing your treatments.
- Washing and bathing.
- Managing your toilet needs.
- Dressing and undressing.
- Reading.
- Communicating and mixing with other people.

- Making decisions about money.

Mobility activities include:

- Planning and following journeys.
- Moving around.

How to claim



If you feel that this benefit is appropriate to you please call the Department for Work and Pensions on **0800 917 2222** to start the process. You will be asked for some basic details, so it would be helpful to have the following information to hand:

- National Insurance number.
- Full address, including postcode.
- Date of birth.
- Bank or building society account details.
- Daytime contact number.
- GP or other health professional's details.
- Information about time spent abroad.
- Details of stays in a care home or hospital.



You will then receive a form so you can describe in detail how your condition affects your daily life. If you would like any assistance to complete this form, please call the **St Barnabas Welfare and Benefits Team** on **01476 513544**.

This form is then passed to a health professional, who will make an assessment, and in most cases, this will involve a face-to-face consultation with the applicant. Once this consultation has taken place, all the information, including the advice from the health professional and any information the applicant has sent, will be considered by a decision maker at the Department for Work and Pensions, and a decision made.

