**QUICK GUIDE**

**PERSONAL INDEPENDENCE PAYMENTS**

**What are Personal Independence Payments?**

Personal Independence Payments (PIP) is a government benefit that is designed to help disabled people to live independently.

In Scotland Adult Disability Payments (ADP) have recently replaced PIP.

**Who can apply?**

You can apply for PIP is you can answer **YES** to all of the following:

* You are 16 years of age or over
* You are under state pension age (unless you used to get PIP)
* You have a physical or mental health impairment or disability
* Your impairment has lasted or is likely to last 12 months or more
* You have [difficulty doing certain everyday tasks or getting around](https://www.gov.uk/PIP)

You can get PIP even if you’re working, have savings or are getting most other benefits. You should be fast tracked if you have less than six months to live.

**How does PIP work?**

There are two parts to PIP. There is a daily living part if you need help with everyday tasks and there is also a mobility part if you need help with getting around. You may be able to get both parts, depending on how difficult you find everyday tasks and getting around.

**What are ‘everyday tasks’?**

You may be able to get the daily living part of PIP if you need help with eating, drinking or preparing food, washing, and using the toilet, dressing and undressing, reading and communicating, managing your medicines or treatments, making decisions about money, or socialising and being around other people.

**How can I get the mobility part of PIP?**

You may be able to get the mobility part of PIP if you need help with physically moving around, leaving your home or working out a route and following it. You do not have to have a physical disability to get the mobility part, for example if you have social anxiety you might find it difficult being on a train or a bus.

**How much could I get?**

This will depend on whether you are assessed as needing both parts of PIP and how high your needs are assessed as being. For the daily living

part you could receive between £61.85 and £92.40 a week. For the mobility part you could receive from £24.45 to £64.50 per week.

PIP is tax free and is not affected by your income or savings.

**How do you apply for PIP?**

You will need to phone to make your claim - you can write but it will take longer. You will be sent a paper form to complete and return. You will then usually have an assessment which might be in person or by phone or video call. The assessor will ask how long it takes you to do a task, whether you can do it safely, and whether you need help with the task from another person or by using equipment. They may ask you to perform some tasks. They will also ask how often you need to do the task. If you have a fluctuating impairment they will look at whether there are times when you are more able to do certain tasks.

You will be sent a letter confirming your award. If you do not agree with this then you can ask for ‘mandatory reconsideration’ and the decision will be looked at again. If you still don’t agree you can appeal.

**What other help could I get because of PIP?**

If you get PIP the you are also able to apply for a disabled person’s rail card. If you are assessed as needing the mobility part of PIP then you may also be eligible for other benefits including a Motability vehicle, car tax discount or Blue Badge. You might also be eligible for other benefits including Disability Premium.

**What about Disability Living Allowance?**

Disability Living Allowance (DLA) has now been replaced by PIP, although those born before 8th April 1948 will still receive DLA.

**Does PIP impact on other help I get with my care needs?**

Local councils have faced massive cuts to their government funding and they are finding it much harder to pay for social care. As a result, some councils are starting to take PIP income into account when working out how much you need to pay for social care. UNISON is campaigning for government to fund social care properly to stop this happening.

**More information**

To make a PIP claim phone 0800 917 2222 or textphone 0800 917 7777. More details at **www.gov.uk/pip**

Citizens Advice **www.citizensadvice.org.uk/benefits/**

UNISON benefit check **https://unison.entitledto.co.uk/home/start**

UNISON ‘There for You’ advice line 020 7121 5620