

Personal Independence Payment (PIP) self-assessment tool

This self-assessment tool can help you understand how you may be assessed for Personal Independence Payment (PIP). If you need information about using it, you can speak to a Macmillan money adviser by calling our Support Line on **0808 808 00 00**, Monday to Friday, 8am to 6pm.

This information is not a claim form. It is for information purposes only.

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Initial considerations

- What health conditions do you have?
- Have you had difficulties because of health conditions or treatment for longer than 3 months?
- Is it reasonable to expect your difficulties might continue for a further 9 months?

General principles

The Department for Work and Pensions (DWP) also has to consider whether you can carry out the activities:

- safely – in a manner unlikely to cause harm to yourself or another person either during or after completion of the activity
- to an acceptable standard
- repeatedly – as often as the activity being assessed is reasonably required to be completed in a reasonable time
- in a reasonable time – no longer than twice as long as it would take someone without your health conditions.

Variable health conditions

- If 1 descriptor in an activity applies for more than 50% of the time, choose that descriptor.
- If more than 1 descriptor in an activity applies for more than 50% of the time, choose the descriptor with the highest points score.
- Where 1 descriptor in an activity is not satisfied for more than 50% of the time, but several different descriptors on that activity when added together are satisfied for more than 50% of the time, choose the descriptor satisfied for the highest proportion of the time.

PIP descriptors

In the following tables, choose the descriptor that best suits your situation. If you need more information about each descriptor, you can review [the definitions on pages 10 to 12](#).

Daily living activities

Activity	Descriptor	Points	
Preparing food	What problems do you have preparing and cooking a simple meal using fresh ingredients? Do you need any support from another person or need aids or appliances to assist you?		
	a) Can prepare and cook a simple meal unaided.	0	
	b) Needs to use aid or appliance to be able to prepare or cook a simple meal.	2	
	c) Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2	
	d) Needs prompting to be able to either prepare or cook a simple meal.	2	
	e) Needs supervision or assistance to either prepare or cook a meal.	4	
	f) Cannot prepare and cook food.	8	
Taking nutrition	Can you eat/drink without help from anyone or without using adapted utensils?		
	a) Can take nutrition unaided.	0	
	b) Needs: (i) to use an aid or appliance to be able to take nutrition; or (ii) supervision to be able to take nutrition (iii) assistance to be able to cut up food.	2	
	c) Needs a therapeutic source to be able to take nutrition.	2	
	d) Needs prompting to take nutrition.	4	
	e) Needs assistance to be able to manage a therapeutic source to take nutrition.	6	
	f) Cannot convey food and drink to their mouth and needs another person to do so.	10	

Managing therapy or monitoring a health condition	Have you any problems with taking or remembering to take any medication (e.g., opening bottles, taking blood sugars)?		
	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.	0	
	b) Needs any 1 or more of the following: (i) to use an aid or appliance to be able to manage medication (ii) supervision, promoting or assistance to be able to manage medication (iii) supervision, prompting or assistance to be able to monitor a health condition.	1	
	c) Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2	
	d) Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 hours a week but no more than 7 hours a week.	4	
	e) Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 hours a week but no more than 14 hours a week.	6	
	f) Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	8	
Washing and bathing	Do you have any problems or need help/prompting with washing, bathing or showering?		
	a) Can wash and bathe unaided.	0	
	b) Needs to use an aid or appliance to be able to wash or bathe.	2	
	c) Needs supervision or prompting to be able to wash or bathe.	2	
	d) Needs assistance to be able to wash either their hair or their body below the waist.	2	
	e) Needs assistance to be able to get in or out of a bath or shower.	3	
	f) Needs assistance to be able to wash their body between the shoulders and the waist.	4	
g) Cannot wash and bathe at all and needs another person to wash their entire body.	8		

Managing toilet needs or incontinence	Do you have any problems remembering to go to the toilet or need help when you get there?		
	a) Can manage toilet needs or incontinence unaided.	0	
	b) Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2	
	c) Needs supervision or prompting to be able to manage toilet needs.	2	
	d) Needs assistance to be able to manage toilet needs.	4	
	e) Needs assistance to be able to manage incontinence of either bladder or bowel.	6	
	f) Needs assistance to be able to manage incontinence of both bowel and bladder.	8	
Dressing and undressing	What problems, if any, do you have getting dressed or undressed?		
	a) Can dress and undress unaided.	0	
	b) Needs to use an aid or appliance to be able to dress or undress.	2	
	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.	2	
	d) Needs assistance to be able to dress or undress their lower body.	2	
	e) Needs assistance to be able to dress or undress their upper body.	4	
	f) Cannot dress or undress at all.	8	

Communicating verbally	What problems, if any, do you have talking to people or getting them to understand you?		
	a) Can express and understand verbal information unaided.	0	
	b) Needs to use an aid or appliance to be able to speak or hear.	2	
	c) Needs communication support to be able to express or understand complex verbal information.	4	
	d) Needs communication support to be able to express or understand basic verbal information.	8	
	e) Cannot express or understand verbal information at all even with communication support.	12	
Reading and understanding signs, symbols and words	Do you have any problems reading or understanding letters or labels (e.g., on medication)?		
	a) Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	0	
	b) Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read and understand either basic or complex written information.	2	
	c) Needs prompting too be able to read or understand complex written information.	2	
	d) Needs prompting to be able to read or understand basic written information.	4	
	e) Cannot read or understand signs, symbols or words at all.	8	

Engaging with other people face to face	Do you have problems meeting and/or socialising with other people?		
	Engage socially means:		
	<ul style="list-style-type: none"> • interact with others in a contextually and socially appropriate manner • understand body language; and establish relationships. 		
	a) Can engage with other people unaided.	0	
	b) Needs prompting to be able to engage with other people.	2	
c) Needs social support to be able to engage with other people.	4		
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 could result in a substantial risk of harm to the claimant or another person.	8		
Making budgeting decisions	Can you manage and pay your household bills without any support from anyone?		
	a) Can manage complex budgeting decisions unaided.	0	
	b) Needs prompting or assistance to be able to make complex budgeting decisions.	2	
	c) Needs prompting or assistance to be able to make simple budgeting decisions.	4	
	d) Cannot make any budgeting decisions at all.	6	

Mobility activities

Activity	Descriptor	Points	
Planning and following a journey	Do you have any problems planning or making journeys outdoors?		
	a) Can plan and follow the route of a journey unaided.	0	
	b) Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	4	
	c) Cannot plan the route of any journey.	8	
	d) Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	10	
	e) Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	10	
	f) Cannot follow the route of a familiar journey without another person, assistance dog or orientation aid.	12	
Moving around	Do you have any problems standing or moving around? (i.e., Can you move more than 200 metres? For reference, the length of a double-decker bus is approximately 10 metres.)		
	a) Can stand and then move more than 200 metres, either aided or unaided.	0	
	b) Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4	
	c) Can stand and then move unaided more than 20 metres but no more than 50 metres.	8	
	d) Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	10	
	e) Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	12	
	f) Cannot, either aided or unaided: (i) stand; or (ii) move more than 1 metre.	12	

Total scores

Total	Score
Daily living activities	
Mobility activities	

How much PIP you get depends on the result of an assessment of your needs. The assessment gives you a score for the daily living part and a score for the mobility part of PIP:

- If you get under 8 points in either the daily living or the mobility part, you cannot claim that part of PIP.
- If you get 8 to 11 points, you will get the standard rate for that part.
- If you get 12 points or more, you will get a higher enhanced rate for that part.

After self-assessment, if you wish to discuss your points score, please speak to a Macmillan money adviser by calling our Support Line on **0808 808 00 00**, Monday to Friday, 8am to 6pm.

PIP definitions

Please read these definitions to help understand the terms used by the DWP when you have the PIP2 form to complete, or when you pick a descriptor to describe your situation.

Aided means with:

- a) the use of an aid; or
- b) supervision, prompting or assistance.

Aid or appliance means any device which improves, provides or replaces the claimant's impaired physical or mental function; and includes prosthesis.

Assistance means physical intervention by another person and does not include speech.

Assistance dog means a dog trained to guide or assist a person with sensory impairment.

Basic verbal information means information in the claimant's native language conveyed verbally in 1 sentence.

Basic written information means signs, symbols and dates written or printed in standard size text in the claimant's native language.

Bathe includes getting into or out of an unadapted bath or shower.

Communication support means support from a person trained or experienced in communicating with people with specific communication needs, including interpreting verbal information into non-verbal form and vice versa.

Complex budgeting decisions means decisions involving:

- a) calculating household and personal budgets
- b) managing and paying bills; and
- c) planning future purchases.

Complex verbal information means information in the claimant's native language conveyed verbally in either multiple sentences or 1 complicated sentence.

Complex written information means more than 1 sentence of written or printed standard size text in the claimant's native language.

Cook means to heat food at or above waist height.

Dress and undress includes putting on and taking off socks and shoes.

Engage socially means:

- a) interact with others in a contextually and socially appropriate manner
- b) understand body language; and
- c) establish relationships.

Manage incontinence means manage voluntary evacuation of the bowel or bladder, including use of a collecting device or self-catheterisation, and clean oneself afterwards.

Manage medication means take medication or undertake where a failure to do so is likely to result in a deterioration in the claimant's health.

Manage therapy means undertake therapy, where a failure to do so is likely to result in a deterioration of the claimant's health.

Medication means medication to be taken at home, which is prescribed or recommend by a registered doctor, nurse or pharmacist.

Monitor health means:

- a) detect significant changes in the claimant's health condition which are likely to lead to deterioration in the claimant's health; and
- b) take action advised by a registered doctor, registered nurse or health professional who is registered by the health professionals' council, without which the claimant's health is likely to deteriorate.

Orientation aid means a specialist aid designed to assist Disabled people to follow a route safely.

Prepare, in the context of food means make food ready for cooking or eating.

Prompting means reminding, encouraging or explaining by another person.

Psychological distress means distress related to an enduring mental health condition or an intellectual or cognitive impairment.

Read includes reading signs, symbols and words, but does not include reading Braille.

Simple budgeting decisions means decisions involving:

- a) calculating the cost of goods; and
- b) calculating the change required after a purchase.

Simple meal means a cooked, 1-course meal for 1 person using fresh ingredients.

Social support means support from a person trained or experienced in assisting people engage in social situations.

Stand means stand upright with at least 1 biological foot on the ground.

Supervision means the continuous presence of another person for the purpose of ensuring the claimant's safety.

Take nutrition means:

- a) cut food into pieces
- b) convey food or drink to one's mouth; and
- c) chew and swallow food or drinks; or
- d) take nutrition by using a therapeutic source.

Therapeutic sources means a parenteral or enteral feeding tube, using a rate-limiting device such as a delivery system or feed pump.

Therapy means therapy to be undertaken at home, which is prescribed or recommended by a registered doctor, nurse or pharmacist, or health professional regulated by the health professional council, but does not include taking or applying or otherwise receiving or administering, medication (whether orally, topically or by any other means), or any action which in the claimant's case falls within the definition of 'monitor a health condition'.

Toilet needs means:

- a) getting on and off an unadapted toilet
- b) evacuating the bladder and bowel, and
- c) cleaning oneself afterwards.

Unaided means without:

- a) the use of an aid or appliance; or
- b) supervision, prompting or assistance.