

The AR1 PIP Review Form, Question by Question

What every question on the current form is asking, in plain English, with the real question numbers. Keep it beside the form as you write.

WHICH FORM THIS GUIDE IS FOR

Form name	Personal Independence Payment Review form
Form code	AR1, bottom right of every page
Print	11/25 Version 3.0 (Version 3.0 is on page 24)
Questions	Q01 to Q85, on 25 pages
Guide dated	31 October 2026

This guide explains the questions. It does not give you answers to copy: only you know what is true for you, and only that should go on the form.

For England and Wales. Northern Ireland: see page 10. Scotland: PIP has been replaced by Adult Disability Payment.

Have you got the right form?

The form is called the Personal Independence Payment Review form. DWP sends it on paper with a return envelope. It has 25 pages and it asks how your health condition or disability affects you now, so that DWP can review if you are getting the right amount of PIP.

AR1 or AR2: look at the bottom of any page

	AR1 (this guide)	AR2 (not covered here)
Who gets it	People with an award of up to 10 years who are due a review. DWP also sends an AR1 when someone reports a change of circumstances.	People with an ongoing award who are due a review at the 10-year point.
How long	25 pages. Footer: 11/25, page number, AR1.	8 pages. Footer: 11/25, page number, PIP AR2.
What it asks	All 12 activities, one by one, Q24 to Q82.	No activity pages. Q16 to Q18 ask if your condition, daily living needs or mobility needs have changed.

Check the print too. This guide follows 11/25 Version 3.0. The earlier 11/24 print asks the same questions with the same numbers. The old "How your disability affects you" form from June 2018, with three boxes per activity, was replaced on GOV.UK on 26 November 2024. If yours is a later print or the numbers do not match, follow your own form.

Your deadline

- The date is on the front page. GOV.UK says you need to return the form within 1 month.
- The form says your PIP may stop if DWP does not get the form and your supporting information back, or you do not contact them, by that date.
- Do not hold the form back while you wait for a letter. The form says to send what you have and send the rest later (see Q85 on page 9).

If you need more time

GOV.UK says to contact the PIP enquiry line. Ring before the date on the front page.

PIP ENQUIRY LINE: 0800 121 4433

Monday to Friday, 9am to 5pm. Free from personal mobiles and landlines. If you use Relay UK, dial 18001 first. A British Sign Language video relay service is linked from GOV.UK (search "disability benefits helpline"). Write down the date, the name of the person you spoke to and any new date they give you.

Other ways to get the form

The same number is on the front of the form for braille, British Sign Language, a hearing loop, translations, large print, Easy Read, audio or something else. If you live in Wales and want the form in Welsh, ask on that number. The Welsh form has the same question numbers.

The tick that skips a whole activity

Every activity starts with a "Can you manage...?" question. If you tick Yes, the form sends you straight past every other box in that activity, so you have told DWP nothing about it on this form.

Where	What it asks	A Yes sends you to
Activity 1, Q24	"Can you manage this activity without any aids or help?"	Activity 2
Activity 9, Q64	"Can you manage this activity safely and without help?"	Activity 10
Activities 2 to 8, 10 and 11	"Can you manage this activity safely and without any difficulty?"	The next activity
Activity 12, Q77	The same wording	Section 6, past the distance, pausing, aid and assistance questions

- There is no "Has anything changed?" question on this form. It asks how you manage now, so "nothing has changed" is not a reason to tick Yes.
- Read the words before you tick. Activity 1 asks about aids or help. Most of the others ask about safety and difficulty.
- If an activity does cause you difficulty, a No opens the boxes where you can say so. Yes is the right tick only when it is true: you manage it safely and without difficulty.

More than half of the days

PIP is decided activity by activity. A descriptor (the line that carries the points) applies if it is satisfied on over 50% of the days of the period looked at, which runs 3 months back and 9 months forward. In a typical week, 4 days or more is more than half. One week is not the test, so think about your usual pattern over time.

Section 5 of the form says: if the effects can change during the day, day by day or from week to week, include as much detail as you can. That is why so many boxes ask "how often". A number of days a week is more use to the reader than "sometimes".

The four reliability words

Under the regulations you only count as able to do something if you can do it in all four of these ways.

SAFELY

In a way that is unlikely to cause harm to you or anyone else, during the activity or after it.

TO AN ACCEPTABLE STANDARD

Not defined in the regulations. The PIP Assessment Guide describes it as "good enough".

REPEATEDLY

As often as the activity is reasonably needed, not once and then finished for the day.

IN A REASONABLE TIME

No more than twice as long as the longest it would normally take someone without your condition.

ONLY WRITE WHAT IS TRUE

You sign a declaration that the information is correct and complete. Wrong information can stop or reduce your PIP, lead to an overpayment or a penalty. Do not make things sound worse than they are, and do not make them sound better either.

Before the activities: Q01 to Q23

Question	What it is asking	Worth knowing
Q01 to Q04	Your name, National Insurance number, phone number and the best time to call.	If you fill this in for someone else, tell them about that person, not you.
Q05	Is someone helping you fill in the form? Their name and how you know them.	Being helped is allowed.
Q06	Do you need DWP to communicate with you in another format?	Say which format.
Section 1	The declaration: your signature and the date.	The form says black ink. Someone acting for you signs on your behalf.
Q07	The healthcare professional who can best tell DWP about your condition and how it affects you: job, name, address, phone and when you last saw them.	For example a GP, hospital doctor, consultant or specialist nurse. Pick the one who knows how it affects you.
Q08 to Q11	Anyone else DWP can contact, and when you last saw them.	The form's examples: community psychiatric nurse, occupational therapist, physiotherapist, support worker, social worker, counsellor, carer, family member or friend. DWP may use these details. Further names go on a separate sheet.
Q12 (Section 3)	Do you consent to your doctor or other professionals giving DWP more information? Then a signature.	You do not have to consent. If you do not, DWP decides on what it already has plus what you give it. You can change your mind on 0800 121 4433.
Q13	Each health condition or disability and when it started.	An approximate date is fine: the form's own example is a month and a year.
Q14	Are you prescribed any medications?	Send a copy of your current prescription if you have one. Do not send fact sheets, leaflets or photos of the medication.
Q15 to Q20	Up to six medications: name, dosage, frequency, how it affects you and "Do you take them as prescribed?"	"How does this affect you?" means effects on you, such as the dizziness in the form's example. More than six: separate sheet.
Q21	Any treatment, therapy or surgery since DWP last looked at your award: when and how often.	Include things that will start: the form asks "when did you have it or when will it start?" Approximate dates are fine.
Q22	Overnight hospital or care home stays you have not told DWP about since the last decision.	Reason, place and dates.
Q23	Do you have a care plan or treatment plan?	Send copies of plans or hospital discharge papers as supporting information.

MY NOTES: NAMES, DATES AND LETTERS TO FIND

How an activity page works

Ten of the 12 activities follow one pattern. Activity 9 and Activity 12 are different and have their own page in this guide. Each activity first tells you what "we can consider" and what "we do not consider", so read those lists before you tick.

Box	What it is asking in plain words
Can you manage?	The tick explained on page 3. No opens the boxes below. Yes skips them.
Aid	"Do you need an aid?" and "What aids do you use and how often?" Aids can be everyday objects: the PIP Assessment Guide says it depends on how you use them. The form lists examples for each activity. Activities 10 and 11 have no aid question.
Prompting	"Do you need prompting?" and "What do they do for you and how often?" Prompting means someone reminding, encouraging or explaining. No physical help is involved. Activity 7 prints this box as "Do you need supporting?"
Help	"Do you need help from another person?" and "What help do you need and how often do you need it?" The word is need. The Assessment Guide says the assessment looks at the underlying need, not whether help is available to you.
Why and when	"Please tell us why and when these needs began." A free box with no tick. Name the condition that causes the need and when it began. If it has got worse, say so and roughly when. If you are unsure of a date, give your best approximate one. If nothing has changed, do not invent a change.

Every question number

Activity	Can you manage?	Aid	Prompting	Help	Why and when
1 Preparing food and cooking	Q24	Q25	Q26	Q27	Q28
2 Eating and drinking	Q29	Q30	Q31	Q32	Q33
3 Managing treatments	Q34	Q35	Q36	Q37	Q38
4 Washing and bathing	Q39	Q40	Q41	Q42	Q43
5 Toilet needs and incontinence	Q44	Q45	Q46	Q47	Q48
6 Dressing and undressing	Q49	Q50	Q51	Q52	Q53
7 Speaking and hearing	Q54	Q55	Q56 "supporting"	Q57	Q58
8 Reading and understanding	Q59	Q60	Q61	Q62	Q63
9 Mixing with other people	Q64	None	Inside Q65	Q65	None. Also Q66 to Q68
10 Spending and money	Q69	None	Q70	Q71	Q72
11 Planning a route	Q73	None	Q74	Q75	Q76
12 Moving around	Q77	Q80 prescribed	None	Q81	Q82. Also Q78, Q79

Running out of space?

The form says to use a separate sheet of paper. Write your name and National Insurance number on each sheet and say which questions your comments refer to.

Activities 1 to 5, with their question numbers

Activity 1 - Preparing food and cooking

Q24 to Q28

It looks at: Preparing and cooking a simple meal for one.

The form can consider: peeling and chopping food; opening packaging; safely cooking, using a microwave or hob to cook or heat food.

The form does not consider: carrying items; cooking skills and cooking for others; food choices; bending to use the oven.

Watch for: Q24 is worded differently: "without any aids or help". Aid examples: perching stool, grabbers, adapted cutlery. If you do not cook or only use ready meals, the form asks how you would manage if you did cook.

Q24 Manage?

Q25 Aid

Q26 Prompting

Q27 Help

Q28 Why, when

Activity 2 - Eating and drinking

Q29 to Q33

It looks at: Taking nutrition, which means eating and drinking.

The form can consider: cutting food into pieces; putting food to your mouth; chewing and swallowing food; a therapeutic source such as tube feeding; remembering when to eat.

The form does not consider: ability to cut and chew tough foods such as steak; quality of food; diet choices; moving food from the kitchen.

Watch for: Aid examples: adapted cutlery or cups, easy to grip kitchen equipment. Being reminded to eat counts as prompting at Q31.

Q29 Manage?

Q30 Aid

Q31 Prompting

Q32 Help

Q33 Why, when

Activity 3 - Managing treatments, taking medication and monitoring your health condition or disability

Q34 to Q38

It looks at: Treatments carried out at home, taking your medication and monitoring changes in your condition, including help with timing and the type of food and drink where your condition would get worse straight away without it.

The form can consider: taking medication as prescribed; opening medication packages; therapy in the home; monitoring pain levels; monitoring blood sugar levels; prescribed or recommended diet.

The form does not consider: therapy out of the home; collecting medication.

Watch for: Aid examples: dosette boxes, alarms. If someone helps with therapy at home, say how long it takes in a week: the scoring goes by hours a week. Q21 covers treatment in general, this activity covers managing it.

Q34 Manage?

Q35 Aid

Q36 Prompting

Q37 Help

Q38 Why, when

Activity 4 - Washing and bathing

Q39 to Q43

It looks at: How you wash and bathe.

The form can consider: washing your body, limbs, face, underarms and hair; using a standard bath or shower; being unable to hear a standard fire alarm without hearing aids.

The form does not consider: shaving; cleaning teeth; cutting toenails.

Watch for: Aid examples: long handled sponge, shower seats, rails, visual alarm. If you do not have a bath at home, the form still asks how you would use one, for example getting in and out.

Q39 Manage?

Q40 Aid

Q41 Prompting

Q42 Help

Q43 Why, when

Activity 5 - Managing toilet needs and incontinence

Q44 to Q48

It looks at: Cleaning yourself and getting on and off the toilet.

The form can consider: getting on and off a standard toilet including using furniture to help; stoma, catheters or similar; incontinence.

The form does not consider: getting to the toilet; stairs; getting dressed after toilet use.

Watch for: Aid examples: commode, raised toilet seats, incontinence pads, stoma bag. The list at the front of Section 5 calls it "Using the toilet and managing incontinence": the same activity.

Q44 Manage?

Q45 Aid

Q46 Prompting

Q47 Help

Q48 Why, when

Activities 6 to 8, 10 and 11

Activity 9 comes on the next page, because it works differently. Activities 10 and 11 have no aid question.

Activity 6 - Dressing and undressing

Q49 to Q53

It looks at: Putting on and taking off clothing.

The form can consider: dressing both upper and lower body; selecting appropriate clothes to wear each day.

Watch for: Aid examples: button hooks, sock aids. Choosing what to wear is part of this activity, so being prompted to choose clothes belongs at Q51.

Q49 Manage?

Q50 Aid

Q51 Prompting

Q52 Help

Q53 Why, when

Activity 7 - Speaking to people, hearing and understanding what they say and being understood

Q54 to Q58

It looks at: How you manage hearing and speaking.

The form can consider: prescribed hearing aids; sign language.

The form does not consider: understanding a language other than your native language.

Watch for: Q56 is printed "Do you need supporting?", with the same examples as prompting. Aid examples: hearing aid, electrolarynx. The scoring talks about support from someone trained or experienced in communicating, and the Assessment Guide says that can include a family member or carer directly experienced in communicating with you, so say who it is.

Q54 Manage?

Q55 Aid

Q56 Prompting

Q57 Help

Q58 Why, when

Activity 8 - Reading and understanding signs, symbols and written words

Q59 to Q63

It looks at: Reading and understanding written or printed information in your native language.

The form can consider: reading and understanding an appointment letter or text message.

The form does not consider: understanding a language other than your native language.

Watch for: Aid example: vision aids. Ordinary glasses or contact lenses do not count as an aid in this activity's scoring. Being able to read a letter is not the whole question: this activity is about understanding it too.

Q59 Manage?

Q60 Aid

Q61 Prompting

Q62 Help

Q63 Why, when

Activity 10 - Making decisions about spending and managing your money

Q69 to Q72

It looks at: Everyday purchases and transactions, such as paying in shops and restaurants, budgeting for and paying your bills.

The form can consider: managing your own bank account; making a purchase; setting up direct debits.

The form does not consider: lack of income.

Watch for: This activity is about the decisions your condition affects, not how much money you have.

Q69 Manage?

Q70 Prompting

Q71 Help

Q72 Why, when

Activity 11 - Planning and following a route to another place

Q73 to Q76

It looks at: Planning a route, leaving your house and following the intended route.

The form can consider: leaving your home; completing a journey; if you drive a car; the last time you went out of your home; using public transport.

The form does not consider: physical restrictions to walking; availability of public transport; being near a toilet; getting in and out of a car.

Watch for: Physical difficulty with standing and moving goes in Activity 12, not here. There is no aid box, but the scoring does mention an assistance dog or orientation aid (a specialist aid to help you follow a route safely). If you use one, say so at Q75 or Q83.

Q73 Manage?

Q74 Prompting

Q75 Help

Q76 Why, when

Activity 9 - Mixing with other people (Q64 to Q68)

It looks at engaging with other people face to face during everyday activities: shop assistants, bus drivers, doctors, friends and family. The form can consider avoiding face-to-face contact, understanding body language and establishing relationships. It does not consider preferring not to mix. It has no aid box, no separate prompting box and no "why and when" box.

Q	What it asks	In plain words
Q64	"Can you manage this activity safely and without help?" Yes goes to Activity 10.	The same trap, with different words: safely and without help.
Q65	"Do you need help from another person?" Then "What do they do for you and how often?" and "Do they need to be with you or do they help you at some other time?"	Help here includes reminding, encouraging, explaining or someone to help keep you calm. The form says: "Tell us even if you do not get the help you need."
Q66	"Tell us who helps you"	Family, friend or health professional. The scoring separates prompting from support by someone trained or experienced. The Assessment Guide says a family member or carer directly experienced in supporting you can count, but a close relationship alone is not enough.
Q67	"What would you do if these people were not there to help you?"	What really happens, or would happen, without them.
Q68	"Do you have any support such as therapy or counselling that helps you mix with people face to face?"	No tick box. What support, when it started, if it has ended, how it has helped. A waiting list counts too: say when you were put on it.

Activity 12 - Moving around (Q77 to Q82)

It looks at moving around physically without severe discomfort. The form can consider lower limb physical restrictions and standing and walking safely. It does not consider weather conditions, slopes or uneven surfaces. The Assessment Guide says symptoms such as pain, fatigue and breathlessness are part of whether you can do it repeatedly.

Q	What it asks	In plain words
Q77	"Can you manage this activity safely and without any difficulty?"	Yes goes to Section 6 and skips everything below, including the distance.
Q78	"How far can you walk on a regular and repeated basis?" One tick.	Not the furthest you have ever managed. Think about the four reliability words and more than half of the days. 50 metres is about 5 buses end to end.
Q79	"Do you need to pause or stop when walking?" "How long for?"	If you do, say how long each stop lasts.
Q80	"Do you need to use a prescribed aid to help you walk?" No, Sometimes or Always. Which aid(s), and how many days a week.	For example walking sticks, crutches and prostheses. This question is about prescribed aids only.
Q81	"Do you need assistance from another person to help you walk?" No, Sometimes or Always.	Ticks only, no box. In the regulations assistance means physical help from a person, not speech.
Q82	"Please tell us why and when these needs began"	The condition, and when the need began. See page 5.

MY NOTES FOR ACTIVITIES 9 AND 12

The distance bands at Q78

The points are not on the form. They come from the descriptors in the regulations, and this is how the two line up. Points from Activities 11 and 12 are added: 8 is the standard mobility rate and 12 the enhanced rate.

Tick at Q78	What the descriptors say	Points
Less than 20 metres (2 buses)	Can stand and then move more than 1 metre but no more than 20, aided or unaided. Or cannot stand or move more than 1 metre.	12
Between 20 and 50 metres (2 to 5 buses)	More than 20 metres but no more than 50: unaided, or using an aid or appliance.	8 unaided, 10 with an aid
Between 50 and 200 metres (5 to 20 buses)	More than 50 metres but no more than 200, aided or unaided.	4
200 metres or more (over 20 buses)	More than 200 metres, aided or unaided.	0

The form has no box for 1 metre. If you cannot stand or move more than 1 metre, the nearest tick is less than 20 metres, and you can say the rest at Q83.

A prescribed aid or one you bought: Q80 and Q83

- Q80 asks about a prescribed aid. If yours was prescribed, tick Sometimes or Always, name it and say how many days a week you need it.
- If you bought your stick or frame, or someone gave it to you, it is not a prescribed aid, so the answer to Q80 is No, and that tick sends you on to Q81.
- That does not mean it does not matter. The descriptors say "an aid or appliance", not a prescribed one, and in the 20 to 50 metre band an aid changes the points. Q83 is the place to say what it is, how often you use it and why.

The last questions: Q83 to Q85

Q	What it asks	In plain words
Q83	"Is there anything else you think we should know about your health condition or disability? For example any results from tests you have had."	Anything with no other box, such as test results or an aid that was not prescribed. You can add a separate sheet.
Q84	Would you like information about the Motability Scheme, if you are eligible?	A yes or no, if you would like the information. DWP says it will not share your details with the scheme.
Q85	"Are you sending any supporting information at a later date?"	If Yes, do not delay the form. Send what you have now and the rest later, as copies with your name and National Insurance number on them.

What to send

- The completed form in the envelope provided, with the address showing through the window. No stamp is needed unless you live outside the UK.
- Copies, not originals, with your name and National Insurance number on each one.
- Your current prescription, care or treatment plans, hospital discharge papers and test results, if you have them. Anything from someone who knows how your condition affects you.
- Not fact sheets, leaflets or photos of your medication. The form asks you not to send those.

Before you post it

- ☐ Section 1 declaration signed and dated, in black ink.
- ☐ Section 3 consent answered, signed and dated.
- ☐ All 7 sections and all 12 activities filled in where they apply (the form's own checklist).
- ☐ Every "how often" box says how often.
- ☐ Every "Can you manage?" tick read again: is that Yes really true?
- ☐ Name, National Insurance number and question numbers on every extra sheet. Q85 answered if more is coming.

What to keep

- A copy or clear photos of the whole form and everything you send with it. It helps if you are asked about it later, and if you need to check what you said.
- The date you posted it. Ask the Post Office for proof of posting if you want a record.
- Your notes from any calls: date, name and what was agreed.

What happens next

GOV.UK says you keep getting PIP while your claim is being reviewed, and that it could be increased, reduced or stopped if your needs have changed. The form says DWP may call you with questions, possibly from a withheld number. It will contact you if you need an assessment with a health professional, and it will write to you with its decision. You do not need to contact DWP unless your circumstances change. If you disagree with the decision, you can ask for a Mandatory Reconsideration, normally within one month of the date on the letter.

NORTHERN IRELAND

PIP in Northern Ireland is run by the Department for Communities PIP Centre, not DWP. No Northern Ireland sample of the review form is published, so we could not check its wording line by line: expect the same 12 activities and layout, but follow your own form's numbers and return address. Use the PIP Centre for questions on 0800 587 0932, not the DWP number above. nidirect says to contact the PIP Centre if you need more time, and that it will text you when it receives your form. The law is the Personal Independence Payment Regulations (Northern Ireland) 2016, with the same four reliability words and the same over 50% rule.

SCOTLAND

This form does not apply. PIP has been replaced by Adult Disability Payment, and reviews are explained on mygov.scot.

See one of your review answers written, free

This guide shows what the form asks. If you would like to see how one activity reads, question by question for the AR1, PIPexpert writes one for you from your conditions and what you tell us. No card, about two minutes. Keep only what is true for you.

See one answer free: pipexpert.co.uk/?start=review

ALSO FREE, FOR THE SAME FORM

Symptom diary: count how many days a week each difficulty happens. Evidence tracker: keep track of what you asked for and what you sent. Carer's statement: a guided template for the person who helps you. All at pipexpert.co.uk/free-tools.html.

Sources checked on 31 October 2026

GOV.UK: example PIP review form (AR1 and AR2), PIP "when your claim is reviewed", disability benefits helpline, PIP Assessment Guide parts 1 and 2, DWP PIP statistics methodology. legislation.gov.uk: Social Security (Personal Independence Payment) Regulations 2013, regulations 4 and 7 and Schedule 1; Personal Independence Payment Regulations (Northern Ireland) 2016, regulations 4 and 7. nidirect: Personal Independence Payment. Form wording quoted from the official sample AR1 on GOV.UK, under the Open Government Licence.

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