

Help with your PIP form

Personal Independence Payment (PIP) can help with extra living costs if you have a long-term physical or mental health condition or disability and find everyday tasks or getting around difficult.

What you need to know

- **It is not means-tested.** Your income and savings do not affect it, you can get it while working and it is tax free.
- **It is about how your condition affects you,** not the name of it. The form asks about 12 everyday activities, from preparing food and washing to managing money and getting around.
- **Mental and physical conditions both count.** You do not need a physical disability to get the mobility part.
- **Who can claim:** people aged 16 or over and usually under State Pension age. The difficulties must be there on more than half of days and be expected to last at least 12 months.
- **It can lead to other help,** such as a Disabled Persons Railcard or a Blue Badge, and someone who cares for you may be able to claim Carer's Allowance.

How to start a claim

England and Wales	Call the PIP new claims line on 0800 917 2222 (Relay UK: 18001 then 0800 917 2222) or write to Freepost DWP PIP 1 . In some areas you can apply online.
Northern Ireland	Call the PIP Centre new claims line on 0800 012 1573 .
Scotland	Apply for Adult Disability Payment instead. Call Social Security Scotland on 0800 182 2222 .

Dates that matter

These dates are for PIP in England, Wales and Northern Ireland. Adult Disability Payment in Scotland has its own time limits: see mygov.scot.

1
month

Send the form back. The "How your disability affects you" form, or the review form if you already get PIP, is due back within 1 month. Need longer? Ask before the month ends: PIP enquiry line **0800 121 4433** (Northern Ireland **0800 587 0932**).

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month

Disagree with the decision? Ask for a mandatory reconsideration within 1 month of the date on the decision letter. A letter must arrive by then. Asking later needs a good reason, such as a hospital stay.

1
month

Still disagree? You can appeal to an independent tribunal, usually within 1 month of the date on the mandatory reconsideration notice.

Start here, free



Scan with your phone camera. Answer a few questions about your condition and see one of your PIP form answers written out in full. No card needed.

Or go to www.pipexpert.co.uk

More free tools

Answer checker

See what a draft answer is missing.

Points calculator

Go through the 12 activities for a points estimate.

Decision analyser

See which scores on a decision letter may be worth challenging.

MR letter tool

Build a mandatory reconsideration letter.

Review reminder

See when your review form is likely to arrive.

Printable packs

A symptom diary, an evidence tracker and a carer's statement.

All free at

pipexpert.co.uk/free-tools.html

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