

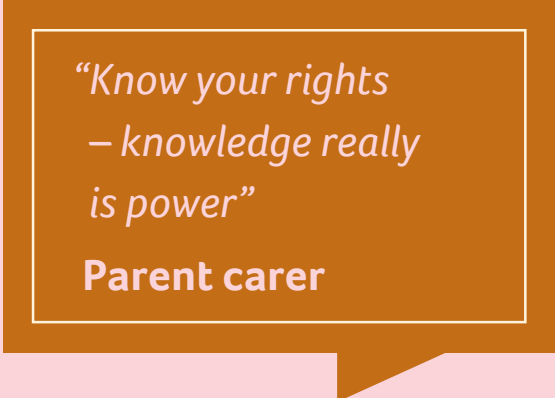
PERSONAL INDEPENDENCE PAYMENT



INFORMATION FOR PARENTS OF DISABLED CHILDREN
IN ENGLAND & WALES



contact



*“Know your rights
– knowledge really
is power”*

Parent carer

The information in this guide is accurate as of July 2026.

This guide covers England and Wales.

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WHAT IS PERSONAL INDEPENDENCE PAYMENT?

Personal Independence Payment (PIP) is a disability benefit for adults. When your child reaches 16 it will replace their claim for DLA.

Although PIP looks similar to DLA in some respects, it uses entirely different rules to decide whether you qualify for the benefit, and at what rate.

You may be asked to attend a face-to-face meeting with a health professional when you are being assessed for PIP.

In Scotland a new benefit called Adult Disability Payment has replaced Personal Independence Payment. For this reason this factsheet only applies to young disabled people in England and Wales.

PIP has two parts – called components. There is a daily living component and a mobility component. Depending on their needs, your son or daughter may qualify for one of these components, or for both at the same time.

PIP is not means-tested so it makes no difference what savings or income you or your son or daughter has. It can also be paid regardless of whether they are working, and it does not depend on National Insurance contributions.

If your son or daughter starts to get PIP this does not mean that you lose any benefits that you get for them as a member of your family. PIP can be paid alongside child benefit and any other payments that you get for them as a dependent child.

WHO CAN CLAIM PIP?

The main thing that will determine whether your child qualifies for PIP is how their condition affects their ability to carry out certain key activities necessary for independent living. See page 17 for more details of the activities that are considered.

Anyone who is applying for PIP must also:

- ***be aged between 16 and state pension age, and***
- ***meet the ‘required period’ condition (see below), and***
- ***not be subject to immigration control, and***
- ***meet certain tests linked to their residence and presence in the UK.***

WHAT IS THE ‘REQUIRED PERIOD’ CONDITION?

IF YOUR CHILD DOESN’T ALREADY GET DLA

If your child isn’t already on DLA and makes a claim for PIP, you normally must show that they met the relevant disability tests for the previous three months (see page 17), and also expect to continue to meet them for at least a further nine months. This does not mean that you will necessarily have to wait three months before payments start – as you may be able to show that they met the disability tests in the three months before they claimed.

IF YOUR CHILD ALREADY GETS DLA

If your child is moving from DLA to PIP, you won’t have to show that they met the tests in the previous three months. But their needs must still be expected to last for at least nine months. They may also be exempt from meeting the three month test if reclaiming PIP within two years of a

previous award ending. This will apply so long as they are claiming the same component of PIP, and they have the same condition (or a condition that has developed from the original condition) as before.

IF A CHILD IS TERMINALLY ILL

These tests do not apply to either component if a claim is made on the grounds of a terminal illness, see pages 8 and 31.

RESIDENCY RULES

You can only receive PIP if you are treated as habitually resident in the UK. In addition, normally you can only claim PIP if you have spent at least 104 weeks in the UK over the last three years. But some people are exempt from this ‘past presence’ test, for example some EEA nationals, some UK nationals who have lived in another EEA country and refugees and their family members. Seek further advice from our freephone helpline.

Regardless of how long your child has spent in the UK they cannot normally claim PIP if their immigration status means that they have no recourse to public funds. Seek specialist advice from an immigration adviser before making a PIP claim for a young person who has no recourse to public funds.

“My son has complex needs which affect his development, motor skills and behaviour. However, it never entered my head that he may be able to claim a benefit. I made a claim which has now been granted. This will make a big difference to us as a family.”

Parent carer

WHEN WILL MY CHILD BE ASKED TO CLAIM PIP?

Disabled young people aged 16 or over who do not already get DLA will need to claim PIP. They do not have the option of claiming DLA instead.

If your son or daughter gets DLA they will normally need to make a claim for PIP at age 16. They will not be moved onto PIP automatically. Your child will be invited to make a claim for PIP shortly after their 16th birthday. This is the case even if their award is not due to run out at 16. This also includes young people with an indefinite award of DLA. The only exceptions to this are:

- ***if a young person is claiming DLA under the special rules for the terminally ill. In this case their DLA award will continue until their existing award expires. They should be invited to claim PIP about 20 weeks before their existing award ends.***
- ***if a young person is a hospital in-patient on the date they would normally be asked to claim PIP. In this case their DLA payments will be extended temporarily until they have been discharged from hospital.***

Before your child turns 16, the Department for Work and Pensions (DWP) will contact you as their parent to let you know how to claim PIP, and to find out if your child needs an appointee (a person responsible for making claims on their behalf, usually a parent – see page 42).

They should write to you:

- ***when your child is aged 15 years and 7 months***
- ***three months later – they will send you a reminder***
- ***shortly after your child turns 16. The DWP will then send a letter to your child (or to you if you have been made their appointee) inviting them to make a claim for PIP.***

If your child's current DLA award is due to run out on their 16th birthday, their DLA payments can continue temporarily until a decision has been made on their PIP claim. However, if they fail to claim PIP when invited to do so, their DLA payments will stop.

MOVING FROM DLA TO PIP

Just because your child gets DLA, it doesn't mean that they will automatically qualify for PIP. They will have to make a claim for PIP once invited to do so by the DWP. You need to do this within 28 days by phoning the PIP claim line. If they don't claim when the DWP asks them to, their DLA payments will stop. If you think that they will have difficulties making a claim within this deadline, they (or you) can ask the DWP for an extension, which they may agree to.

If your child doesn't make a claim within the 28 day period (or within any extended period that the DWP have agreed to) their DLA payments will be suspended. The DWP must write to them (or you) to tell them this is happening. If your child's payments are suspended they will be given a further 28 days to claim PIP. If they claim PIP, their DLA award will be restored until a decision on their PIP claim is made.

If they still don't claim before the second 28 day deadline, their DLA award will end. They (or you) will not be able to appeal that decision. They can still make a claim for PIP but this will begin on the date they contact the PIP new claims helpline to start the process. It will not be backdated and if there is a period with no claim of either DLA or PIP, it will impact other benefits that you or they receive, such as Carer's Allowance and Universal Credit.

Note: In 2025 the DWP consulted on the possibility of changing the age at which a young person claims PIP. At the time of writing the government has yet to respond to that consultation so the age currently remains 16.



HOW DO I CLAIM PIP?

To claim PIP your son or daughter will need to complete two forms:

- ***a Personal Independence Payment claim form (PIP1 form) – normally completed over the telephone***
- ***How your Disability Affects You questionnaire (PIP2 form) – either a paper form or online claim.***

To start a PIP claim, they must telephone the PIP new claims number on: 0800 917 2222 (textphone 0800 917 7777).

If you are your child's appointee (see page 42) you must make this call rather than them. If English is not your first language, ask the Department for Work and Pensions (DWP) staff member answering your call to use the DWP telephone interpreting service.

COMPLETING THE PIP1 CLAIM FORM

First, your child needs to complete a Personal Independence Payment claim form (PIP1 form). This is usually done over the phone with a DWP worker, and should take no more than 20 minutes. However, if they have difficulties using the phone, a paper form can be sent by post. You can write to the DWP at Freepost DWP PIP 1 to ask them to send you a PIP1 form. Or you can ask someone from the DWP to make a home visit to help complete the form.

SPECIAL RULES FOR TERMINALLY ILL CHILDREN

Terminally ill children who turn 16 can continue to get DLA rather than PIP. A DLA award under the special rules for the terminally ill will continue until the end of the existing award.

What information do I need?

To complete the PIP1 form, the telephone helpline will ask basic questions such as your child's name, contact details, nationality, bank account details and for details of the main health professional supporting them. This form is also used to check that your child meets the main basic qualifying conditions. For example, that they are at least 16 and meet certain tests linked to their immigration status and presence in the UK.

ONLINE CLAIMS

The DWP is in the process of allowing PIP1 claim forms to be completed online but this is only available in some areas. If you are your child's appointee you cannot claim in this way and will still need to start the claim process using the telephone helpline. You will be sent a paper form to complete.

COMPLETING THE PIP2 QUESTIONNAIRE

Once the DWP has completed the signed PIP1 form and established that your child meets the basic qualifying conditions, you will be asked to complete a questionnaire called *How Your Disability Affects You* (PIP2). If they are told they do not meet the basic rules, seek advice from our helpline.

When you make your initial call to claim PIP, you'll have the choice of receiving a paper PIP2 form by post or completing your claim online. Unlike the PIP1 form the option of completing a PIP2 form online is available in all areas. The paper form and online form are identical. If you opt to claim online, you'll receive an email link. You'll need to create a password and enter some basic personal information to prove who you are. You must do this within seven days of the DWP sending you the link. If you miss this deadline, you'll need to ask the DWP to send you a new link.

Once you've completed this first stage, you should receive a security code to access your online form.

What information do I need?

The PIP2 questionnaire gathers information about a young person's ability to do a range of different activities. This is their (or yours as their appointee) opportunity to give a detailed explanation of how their condition affects them, so give as much detail as possible. You can also attach additional evidence, such as information from school, college or health staff or other professionals supporting your child, or from friends or relatives who help with everyday activities. This is a good idea as the more supporting evidence you provide the better the chances you will get a decision without needing a face-to-face assessment.

When must I send the form back?

Your son or daughter, or you as their appointee, must complete the questionnaire within a month. The same deadline applies to both paper and online claims. If you have opted to complete a paper form the date for return will be stated in the covering letter. If the questionnaire is not returned by that date, the claim for PIP will normally be turned down. Any existing DLA payments will also stop.

The DWP can make exceptions with late returns of PIP2 but only if it accepts that there was a good reason for not completing and returning the PIP2 questionnaire in time.

DWP guidance does state that if the DWP has identified that a claimant has a mental or cognitive disability and does not return the questionnaire, it will refer the person directly to a healthcare professional rather than closing down the claim automatically. The health care professional will attempt to gather more information about the disabled person's needs and complete a report which is then sent to the PIP Unit.



For more information see Contact's webpage on [completing the PIP questionnaire](#).

ASKING FOR MORE TIME TO COMPLETE THE QUESTIONNAIRE

If more time is needed to complete the form, your son or daughter, or you as their appointee, should telephone the DWP and ask for an extension (a later return date). However, you must do this before the original one month deadline is up. The DWP is only likely to grant a long extension, or more than one extension, if it agrees that the young person, or you as their appointee, have good reasons for not completing the form sooner.

THE PERSONAL INDEPENDENCE PAYMENT ‘CONSULTATION’

As well as having to complete the necessary claim forms, PIP1 and PIP2 (see page 12), most young people applying for Personal Independence Payment (PIP) will be asked to take part in an assessment by a healthcare professional. This is known as a ‘consultation’. Sometimes decisions are made without a consultation (based on the paperwork only) however your child may be asked to attend a face-to-face assessment or to have a consultation via a video call or by telephone call instead. At time of writing most assessments are being carried out by telephone call. However your son or daughter’s assessment is carried out it will be at a pre-arranged time.

Who carries out the consultation?

Your son or daughter’s usual GP will not carry out the consultation. Instead, a healthcare professional under contract to the Department for Work and Pensions (DWP) will carry it out. The healthcare professional will work for one of several companies including Capita, Ingeus, Serco and Maximus. The assessment can also be carried out directly by the DWP, depending on where in the UK you live. If your child is asked to attend a face-to-face consultation this will normally take place in a medical centre, but they can be carried out at home. When deciding whether a home assessment is necessary the assessment provider should take into account factors such as:

- ***whether your child’s condition precludes them from travelling, and***
- ***whether this has been verified by a GP or consultant, and***
- ***any accessibility issues at the planned location for the consultation.***

The healthcare professional assessing the young person will:

- ***look at their ability to carry out a range of activities, and***
- ***look at their PIP2 questionnaire, and***
- ***look at any other medical evidence that has been gathered.***

You must be given at least seven days' notice of a face-to-face consultation (unless less notice has been agreed). The young person can bring someone to the consultation for support.

Is it always a consultation?

In some cases, the DWP may decide that there is no need for a consultation. Reasons for this include the evidence they have already received or the distress a face-to-face consultation might cause. Instead, they will make an assessment based on the questionnaire and any other evidence your son or daughter or the appointee has provided. Those claiming under the special rules for the terminally ill won't have to take part in a consultation.

WHAT HAPPENS AT THE CONSULTATION?

At the consultation, the healthcare professional will ask the young person about their condition, their day-to-day life and how they manage at home and out of doors. They can also use their own observations of how your child behaves, moves and interacts. If your child has a physical health condition they can carry out a basic medical examination. After the consultation, the healthcare professional will complete a report and send it to the DWP.

FAILURE TO TAKE PART IN THE CONSULTATION

If your child is asked to take part in a consultation you should try to make sure they do so. If they don't take part and the DWP thinks they didn't have a good reason not to, they will be refused PIP. When deciding whether someone has a good reason for not taking part, the DWP must take into account their disability and state of health. They will contact the young person to ask why they did not take part. If the DWP decides they did not have good reason for not taking part, you can ask them to reconsider (see page 33) and then appeal.



WHAT TESTS ARE USED TO DECIDE IF SOMEONE GETS PIP?

PIP is made up of two parts, called components: a daily living component and a mobility component. People applying for PIP are awarded points according to how well they can carry out 10 daily living activities and two mobility activities:

10 DAILY LIVING ACTIVITIES

- *preparing food*
- *taking nutrition (eating and drinking)*
- *managing therapy or monitoring a health condition*
- *washing and bathing*
- *managing toilet needs or incontinence*
- *dressing and undressing*
- *communicating verbally (speaking)*
- *reading and understanding signs, symbols and words*
- *engaging with other people face-to-face (mixing with people)*
- *making budgeting decisions (making decisions about money).*

TWO MOBILITY ACTIVITIES

- *planning and following a journey*
- *moving around.*

PIP ACTIVITIES & POINTS SYSTEM

The tables that follow outline the scoring system that is used to decide whether a young person qualifies for PIP, and at what rate. In making sense of the tests set out in the tables it is important to understand how certain words are interpreted by the DWP.

DEFINITIONS

assistance:	means physical intervention by another person and does not include any help provided through speech
supervision:	means the continuous presence of another person for the purpose of ensuring your safety. In deciding whether there is a real risk of harm, both the likelihood and the seriousness of the harm must be taken into account
prompting:	means reminding, encouraging or explaining by another person. The person prompting you does not always need to be in the disabled person's presence, so prompting via the phone can count.
unaided:	means without supervision, prompting, assistance or the use of an aid or appliance
aid or appliance:	means any device which improves, provides or replaces impaired physical or mental function

DAILY LIVING COMPONENT

Activity 1. Preparing food	Points
can prepare and cook a simple meal unaided	0
needs to use an aid or appliance to be able to either prepare or cook a simple meal	2
cannot cook a simple meal using a conventional cooker but is able to do so using a microwave	2
needs prompting to be able to either prepare or cook a simple meal	2
needs supervision or assistance to either prepare or cook a simple meal	4
cannot prepare and cook food	8

prepare: this means make food ready for cooking or eating. This includes being able to peel and chop vegetables.

cook: heat food at or above waist height. Problems bending down to use a low oven aren't considered.

simple meal: a cooked, one-course meal for one using fresh ingredients

This activity assesses a claimant's physical or mental capacity to cook a range of simple main meals, and not whether or not they actually cook for themselves. Factors such as special dietary requirements or cultural/religious differences aren't taken into account.

Activity 2. Taking nutrition	Points
can take nutrition unaided	0
needs (i) to use an aid or appliance to be able to take nutrition or (ii) supervision to be able to take nutrition or (iii) assistance to be able to cut up food	2
needs a therapeutic source to be able to take nutrition	2
needs prompting to be able to take nutrition	4
needs assistance to be able to manage a therapeutic source to take nutrition	6
cannot convey food and drink to their mouth and needs another person to do so	10

take nutrition: cut food into pieces, convey food and drink to one's mouth and chew and swallow food and drink, or take nutrition by using a therapeutic source. Can include monitoring over-eating or prompting to ensure sufficient calories are consumed

therapeutic source: parenteral or enteral tube feeding, using a rate-limiting device such as a delivery system or feed pump.

Activity 3. Managing therapy or monitoring a health condition

Points

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

(i) therapy: therapy to be undertaken at home, prescribed or recommended by (a) registered (i) doctor; (ii) nurse; or (iii) pharmacist; or (b) health professional regulated by the Health Professions 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'

(ii) manage medication or therapy: take medication or undertake therapy where a failure to do so is likely to result in deterioration in health.

needs either (i) to use an aid or appliance to be able to manage medication or (ii) supervision, prompting or assistance to manage medication or monitor a health condition

1

(i) medication: medication to be taken at home which is prescribed or recommended by a registered doctor, nurse or pharmacist

(ii) monitor health: detect significant changes in a health condition which are likely to lead to a deterioration in health and take action advised by a registered doctor, registered nurse or health professional who is registered by the Health and Care Professions Council, without which health is likely to deteriorate.

needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week

2

needs supervision, prompting or assistance to manage therapy that takes more than 3.5 but no more than 7 hours a week

4

needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week

6

needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week

8

note: any action which falls under the definition of monitoring a health condition cannot be treated as therapy – no matter how much time is spent in monitoring the disabled person's condition

note: It is the time taken to supervise, prompt or assist someone to manage therapy that is measured, not how long the therapy itself takes.

note: Help with managing a special diet can count as therapy if the diet is recommended by a health professional and help is needed with both the nature and timing of food and drink, and a failure to follow the diet will lead to a quick deterioration in health.

Activity 4. Washing and bathing	Points
can wash and bathe unaided	0
needs to use an aid or appliance to be able to wash or bathe	2
needs supervision or prompting to be able to wash or bathe	2
needs assistance to be able to wash either their hair or body below the waist	2
needs assistance to be able to get in or out of a bath or shower	3
needs assistance to be able to wash their body between the shoulders and waist	4
cannot wash and bathe at all and needs another person to wash their entire body	8

bathe: includes getting into or out of an unadapted bath or shower. If you have an adapted bath you need to explain what problems you would have using an unadapted one

washing: means cleaning one's whole body, including removing dirt and sweat

note: someone who needs to remove hearing aids to bathe or shower should score 2 points under this activity.

Activity 5. Managing toilet needs or incontinence	Points
can manage toilet needs or incontinence unaided	0
needs to use an aid or appliance to be able to manage toilet needs or incontinence	2
needs supervision or prompting to be able to manage toilet needs	2
needs assistance to be able to manage toilet needs	4
needs assistance to be able to manage incontinence of either bladder or bowel	6
needs assistance to be able to manage incontinence of both bladder and bowel	8

toilet needs: getting on and off an unadapted toilet, evacuating bladder and bowel, and cleaning oneself. Help in dressing or undressing is not taken into account. If you have an adapted toilet you need to explain the problems you would have using an unadapted one

manage incontinence: manage involuntary evacuation of the bowel or bladder, including use of a collecting device or self catheterisation, and clean oneself afterwards

note: incontinence pads and colostomy bags fall within the definition of an aid or appliance. If it's reasonable to use pads most days as a precautionary measure, your child should be treated as needing an aid or appliance, even if incontinent on a minority of days.

Activity 6. Dressing and undressing	Points
can dress and undress unaided	0
needs to use an aid or appliance to dress or undress	2
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
needs assistance to be able to dress or undress their lower body	2
needs assistance to be able to dress or undress their upper body	4
cannot dress or undress at all	8

this descriptor assesses the ability to put on and take off un-adapted clothing. Can include the need for help with fastenings, zips and buttons, and includes putting on and taking off socks and shoes

note: selecting appropriate clothing can cover choosing clothing suitable for the weather as well as not reusing dirty clothes.

Activity 7. Communicating verbally	Points
can express and understand verbal information unaided	0
needs to use an aid or appliance to be able to speak or hear	2
needs communication support to be able to express or understand complex verbal information	4
needs communication support to be able to express or understand basic verbal information	8
cannot express or understand verbal information at all even with communication support	12

communication support: support from a person trained or experienced in communicating with people with specific communication needs, including interpreting verbal information into a non-verbal form and vice versa. It is not limited to interpreters and can include friends or family

complex verbal information: information in native language conveyed verbally in either more than one sentence or one complicated sentence

basic verbal information: information in native language conveyed verbally in a simple sentence

note: for the purpose of this test lip-reading is not considered an acceptable way to interpret verbal communication

note: not limited to hearing loss. Verbal communication difficulties due to mental health problems are also relevant.

Activity 8. Reading and understanding signs, symbols and words	Points
can read and understand basic and complex written information either unaided or using spectacles or contact lenses	0
needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex written information	2
needs prompting to be able to read or understand complex written information	2
needs prompting to be able to read or understand basic written information	4
cannot read or understand signs, symbols or words at all	8

read: includes reading signs, symbols and words but does not include reading Braille

complex written information: more than one sentence of written or printed standard size text in native language

basic written information: signs, symbols and dates written or printed in standard size text in native language

note: illiteracy which does not result from a physical or mental condition cannot be taken into account.

Activity 9. Engaging with other people face-to-face	Points
can engage with other people unaided	0
needs prompting to be able to engage with other people	2
needs social support to be able to engage with other people	4
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 would result in a substantial risk of harm to the claimant or another person	8

engage socially: interact with others in a contextually and socially appropriate manner, understand body language and establish relationships. Establishing relationships means more than simply responding to questions

social support: support from a person trained or experienced in assisting people to engage in social situations. Can be provided by friends or family

psychological distress: distress related to an enduring mental health condition or an intellectual or cognitive impairment

note: This activity assesses the ability to mix with people in small groups or in one-to-one situations rather than with others in a crowd. The test implies some engagement with people you do not know. Social support may be given before or during an activity.

Activity 10. Making budgeting decisions	Points
can manage complex budgeting decisions unaided	0
needs prompting or assistance to be able to make complex budgeting decisions	2
needs prompting or assistance to be able to make simple budgeting decisions	4
cannot make any budgeting decisions at all	6

simple budgeting decision: decisions involving calculating the costs of goods, and calculating change required after a purchase

Complex budgeting decisions: decisions involving calculating household and personal budgets, managing and paying bills, and planning future purchases

note: You may score points if you cannot budget effectively due to impulsivity caused by your condition.

MOBILITY COMPONENT

Activity 11. Planning and following journeys	Points
can plan and follow the route of a journey unaided	0
needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant	4
cannot plan the route of a journey	8
cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid	10
cannot undertake any journey because it would cause overwhelming psychological distress to the claimant	10
cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid	12

psychological distress: distress related to an enduring mental health condition or an intellectual or cognitive impairment

assistance dog: dog trained to guide or assist a person with a sensory impairment

orientation aid: specialist aid designed to assist disabled people to follow a route safely

note: Your ability to undertake a range of journeys not just short or local routes needs to be considered.

Activity 12. Moving around	Points
can stand and then move more than 200 metres either aided or unaided	0
can stand and then move more than 50 metres but no more than 200 metres either aided or unaided	4
can stand and then move unaided more than 20 metres but no more than 50	8
can stand and then move using an aid or appliance, more than 20 metres but no more than 50 metres	10
can stand and then move more than 1 metre but no more than 20 metres either aided or unaided	12
cannot either aided or unaided (i) stand or (ii) move more than 1 metre	12

stand: stand upright with at least one biological foot on the ground

aided: with supervision, prompting, or assistance, or with the use of an aid or appliance

note: in measuring how far someone can move around, any pain, severe discomfort or breathlessness is a factor in deciding whether they move around to an acceptable standard.



For more details about the types of things to highlight when completing the PIP questionnaire, [see our videos on each of the PIP activities](#)

“People saying ‘I wish I had all that money for nothing’ hurts – I’d give it all up just to see her walk.”

Parent carer



HOW THE POINTS SYSTEM WORKS

The DWP must take into account your child's ability not just to carry out an activity, but to carry it out 'reliably'. This means being able to carry it out:

- **safely** – in a manner that is not likely to cause harm to themselves or others. Not being able to carry out a task safely means that there is a real possibility of harm which cannot be sensibly ignored. You do not have to prove that the risk is more likely than not. Instead the decision maker needs to take into account not only the likelihood of harm occurring, but also the consequences of the possible harm that may occur. If there could be severe consequences this is still relevant even if it's relatively unlikely to happen.
- **repeatedly** – as many times as reasonably required. So, if you experience difficulties at some point during a day, you should score points for that day.
- **in a reasonable time period** – no more than twice as long as someone without any health problems.
- **to an acceptable standard** – of a standard that is 'good enough' and which most people would normally achieve. The effects of any pain and breathlessness experienced will be relevant in deciding whether an activity is carried out to an acceptable standard.

So if someone is able to wash and bathe themselves independently they would not normally score any points for that activity. However, if that person was at risk of falling when washing and bathing themselves, or couldn't wash themselves to an acceptable standard, or would take hours to do so, they may still score points.

If your child uses an aid or appliance, or could be reasonably expected to, this will be taken into account when assessing their ability to carry out an activity.

Every activity in the table has a set of descriptions. For example, the first daily living activity above is called ‘preparing food’, and there are six descriptions in that activity:

- ***the first description is ‘can prepare and cook a simple meal unaided’***
- ***the second is ‘needs to use an aid or appliance to be able to either prepare or cook a simple meal’, and so on.***

Each of these descriptions has a number of points a person can score. The number of points varies depending on how limited a person’s abilities are.

How the points add up

If more than one description in an activity applies to your son or daughter, they are awarded the one that gives them the most points.

For example: in the activity ‘making budgeting decisions’, the descriptions are:

- ***can manage complex budgeting decisions unaided – 0 points***
- ***needs prompting or assistance to be able to make complex budgeting decisions – 2 points***
- ***needs prompting or assistance to be able to make simple budgeting decisions – 4 points***
- ***cannot make any budgeting decisions at all – 8 points.***

In this example, if a young person needs assistance to make complex budgeting decisions (worth 2 points) and also needs assistance to make simple budgeting decisions (4 points) they will be awarded the highest score that applies – 4 points.

The scores they have been awarded in each of the 10 daily living activities are then added together to decide whether the person qualifies for the daily living component and at what rate – standard or enhanced.

Their score in each of the two mobility activities is added together to decide whether they qualify for the mobility component and at what rate.

A young person will only be awarded points for an activity if their ability to carry it out is affected for at least half of the days over a 12 month period.

VARIABLE CONDITIONS

You don't need to show that an activity description applies to your son or daughter for the whole of the day. So long as it applies at some point during a day (and is more than momentary), it should be treated as applying to them.

If their condition varies on different days, then:

- ***if only one description applies on more than 50 per cent of the days, that is the description the DWP will use to award points***
- ***if two descriptions apply on more than 50 per cent of days, the description with the higher number of points applies.***

Where no single description applies on more than 50 per cent of days, you will still score points if two or more of the different descriptions (not counting the one that scores zero points) added together apply on over 50 per cent of days. If this applies, their score will be based on the description that applies for the greatest number of days.

So in the activity of preparing food, someone may need prompting to cook a simple meal on 33 per cent of days (2 points) but also need assistance to prepare a meal on an additional 25 per cent of days (4 points). Because the two descriptions added together apply on 58 per cent of days they will score points for this activity, and 2 points will be awarded since that description applies for the greater number of days. If 2 descriptions applied for an equal number of days, for example each applied on 33 per cent of days, then the higher score is awarded.

HOW MUCH IS PIP?

DAILY LIVING COMPONENT

The Department for Work and Pensions (DWP) adds together the young person's score from the 10 daily living activities to decide whether they get the daily living component. It also uses this score to decide whether they should get paid the daily living component at the standard or enhanced rate.

POINTS	RATE	WEEKLY AMOUNT
0–7		no award
8–11	standard rate	£76.70
12+	enhanced rate	£ 114.60

MOBILITY COMPONENT

The DWP adds together the scores from the two mobility activities to decide if they get the mobility component. This score also decides whether they should get the mobility component at the standard or enhanced rate.

POINTS	RATE	WEEKLY AMOUNT
0–7		no award
8–11	standard rate	£30.30
12+	enhanced rate	£80

TERMINALLY ILL APPLICANTS

If your son or daughter is terminally ill and not expected to live for more than 12 months, they will automatically qualify for the enhanced rate of the daily living component. They won't have to take part in a consultation.

To claim under the 'special rules' for the terminally ill you will need to arrange for the DWP to be sent a medical report called a SR1 form. This can only be completed by a medical professional such as your GP, consultant or specialist nurse. You will not be asked to pay for this report. Call the PIP claim line to discuss making a claim under the special rules. If you're in England you can ask the medical professional to send the SR1 directly to the DWP. Otherwise you can ask the PIP Helpline what address to send a paper SR1 to.

Terminally ill claimants will be asked questions about their mobility problems during their initial telephone claim. This is to decide whether they qualify for the mobility component. However they are not expected to complete the PIP2 questionnaire. Don't delay making a claim while waiting for the SR1 report. This can always be sent later.

GETTING A DECISION ON A PIP CLAIM

A case manager at the DWP will decide whether a young person is entitled to PIP, and at what rate. They take into account all of the information in the claim form, the consultation health professional's report, and any other information you or the young person have provided.

The DWP will send you a decision letter outlining the reasons for the decision. It will explain the number of points your son or daughter was awarded for each daily living and mobility activity. If they are awarded PIP, the letter should also set out how long the award is for. If they are refused PIP or awarded a lower rate than was paid under DLA, you may also get a telephone call from the case manager explaining the reasons for the decision.

Once a decision is made on a PIP claim, DLA continues to be paid for the first 28 days after the young person's next DLA pay day. After that the PIP decision comes into force.

HOW LONG WILL PIP BE AWARDED FOR?

Most awards will be made for a fixed period but the length can vary depending on how likely it is that needs will change over time. From April 2026, the DWP has said that for claimants aged 25 or over it will award for at least four years on an initial claim and for at least six years on award reviews. However, at the time of writing it is not clear if this will also apply to those aged 16-24. It's possible that shorter awards may apply.

If it's unlikely your son or daughter's condition will change, awards can be made for a longer period. However, even an indefinite award will normally be reviewed every 10 years. No matter how long PIP has been awarded for, it can be reassessed at any time if the DWP feels it needs to check that a young person still meets the qualifying conditions.

WHAT IF I DISAGREE WITH THE DECISION?

If you disagree with the decision on your son or daughter's PIP claim, they (or you if you are their appointee) can ask the DWP to look at it again. This is known as a 'mandatory reconsideration'.

You can do this over the telephone or in writing but you must do this within one month of the date of the decision, although a late request may be accepted in certain circumstances. Another DWP decision maker will then have a fresh look at the case and give you a new decision in writing. A decision maker is more likely to change the decision if you or your child can provide further evidence to support the claim.

Once they have made a decision on your reconsideration request, the DWP will send you two mandatory reconsideration notices in the post. One is your copy, the other is to send to the Courts and Tribunal service if you decide to appeal.

If you are unhappy with the new decision

If you are not happy with the outcome of the mandatory reconsideration you can appeal directly to Her Majesty's Courts and Tribunals Service. But you can't appeal until after you have a decision on your request for a mandatory reconsideration. Your appeal request can either be made **online at the GOV.UK website** or made in writing using **appeal form SSCS1 which you can download from GOV.UK**.

You need to ask for an appeal within one month of getting the mandatory reconsideration notice, and you must include a copy of the notice with your appeal request, unless you make the request online, in which case you will be asked for the date and address on the decision letter. If you miss the one month deadline to appeal, a late appeal may be accepted but this will be at the discretion of the Tribunal.



Advice Now has information on **appealing a PIP decision**

PIP & STAYS IN HOSPITAL OR RESIDENTIAL ACCOMMODATION

PIP can be affected by overnight stays away from home. There are different rules depending on whether your child is in hospital or residential accommodation.

If a young person is in hospital and was aged 18 or over when their stay as an in-patient started, payment of both the daily living and mobility components of PIP are suspended after 28 days.

If a young person is aged 16 or 17 when their period as a hospital in-patient started they are not affected by these rules and their PIP payments should continue without interruption. This remains the case even if they turn 18 while in hospital.

If a young person is in residential accommodation that is paid for out of public funds, including a residential school, the daily living component stops being paid after 28 days. This applies to all PIP claimants including those aged 16 or 17. The mobility component is not affected.

When working out when payments of a young person's PIP will stop, it is important to know that different stays in hospital or care separated by fewer than 28 days at home are added together to count the number of days they have been away.

For further information on these 'linking rules' contact our freephone helpline or see our free factsheet on [**Benefits if your child is in residential accommodation.**](#)



GETTING AN EXISTING PIP AWARD CHANGED

If your child is on PIP and their circumstances change so that they need more help, you can ask the DWP to look at your child's award again. This is known as a supersession request. You can ask for this at any time. However, you should seek advice before doing this as there is a risk that the award could go down instead of up. Seek further advice from Contact's free helpline or from a local advice project.

PIP REVIEWS WHEN YOUR EXISTING AWARD IS COMING TO AN END

If your child has a current PIP award that is fixed for a period of time, they may be sent a review form to complete up to a year before their existing award is supposed to run out. However, this does not happen in all cases. If this does not happen your child can contact the PIP Unit up to six months before their award ends and ask to make a renewal claim. If only three months remain on an award and no new claim has been made, the DWP should contact your child to remind them to make a renewal claim.

If no review or renewal form has been completed and received by the DWP before your child's existing award runs out, their PIP payments will stop and other benefits may also be affected. Given this you should make sure that your child asks for a renewal claim in plenty of time, if their award has not already been reviewed by the PIP Unit automatically.

DELAYS IN RENEWAL CLAIM DECISIONS

Decisions about PIP renewal claims are currently taking up to a year to be made, although steps are being taken to address this. At the time of writing the DWP has a temporary policy of automatically extending an existing PIP award for 12 months when a review has started but not completed on the date that the existing award was due to end.

If your child is unlikely to receive a full decision before their existing claim is due to end, the DWP may decide to write to them or you as their appointee, stating that they are extending their current award. This means that they will continue to be paid at the same rate as before until a final decision is made. It is not the same as a renewal decision. If you feel that your child's needs have changed significantly and they should be receiving a higher rate of PIP, then please contact our helpline for further advice.

*"Getting the decision overturned was so important.
It was the difference between my son being able to
come home at weekends or having to stay in care."*

Parent carer

PIP & ITS EFFECT ON OTHER BENEFITS

PIP is never treated as income in calculating other benefits. In fact getting PIP can actually lead to an increase in other benefits, or help you qualify for other entitlements.

The following is a brief checklist of benefits and entitlements which may become available following an award or increase of PIP. Call our freephone helpline for more detailed advice.

CARER'S ALLOWANCE

If a young person gets the daily living component of PIP at either rate (standard or enhanced) you may be able to get Carer's Allowance as their carer. You must be providing at least 35 hours of care each week. To get Carer's Allowance, you must not be a full-time student and not be earning more than a set amount after certain deductions and costs each week. At the time of writing this is £204 per week. If the only thing that stops you from getting Carer's Allowance is that your earnings are too high, you may still qualify for an extra payment known as the carer's element if you are getting Universal Credit.

UNIVERSAL CREDIT

If you are getting Universal Credit and a young person who is included in your claim receives PIP, you will qualify for extra Universal Credit payments. These extra payments will be made at a higher rate if your child gets the PIP daily living component at the enhanced rate. Make sure you let the office paying you Universal Credit know if your child is awarded PIP or has their PIP award increased to the enhanced rate for daily living.

If your Universal Credit includes help with rent costs, no deduction should be made for a young adult who lives with you so long as they qualify for PIP daily living component.



See our free factsheet ***Universal Credit – the essentials*** available from our helpline **0808 808 3555**.

HELP WITH RENT & COUNCIL TAX

If you get Housing Benefit, an award of PIP for a dependent child or young person may lead to extra Housing Benefit if you are not already getting your rent met in full. Depending on the council tax reduction scheme, a PIP award for a dependant young person may also lead to more help towards your council tax bill.

If a young person is 18 or over and receives the daily living component of PIP at any rate you might qualify to be ‘discounted’ as a carer for council tax. Depending on who else lives in your home this could lead to more help with your council tax.



See our guide ***Help with Council Tax bills***, available on our website or free from our helpline **0808 808 3555**.

EXEMPTION FROM ‘BENEFIT CAP’

If a young person for whom you claim benefits as part of your family gets PIP, you will be exempt from the household benefit cap which limits the amount of benefit that an out-of-work family can receive.

BLUE BADGE FOR DISABLED PARKING

A young person will be automatically entitled to a Blue Badge for disabled parking in England if they score eight points or more in the PIP activity of ‘moving around’ (see table on page 24). They will also qualify automatically if they score 10 points for planning and following a journey – but only if this is awarded on the specific basis that they ‘cannot undertake any journey because it would cause overwhelming psychological distress’ (see table on page 25). If they score 10 points or more for planning and following a journey for a different reason they will not qualify automatically but may still qualify via a local authority assessment instead. In Wales PIP claimants are automatically eligible for a Blue Badge if they either get eight points or more for the PIP activity of ‘moving around’ or 12 points or more under the PIP activity of ‘planning and following a journey’.

If they don’t qualify for a blue badge automatically your son or daughter might still qualify via a local authority assessment. For instance in England they can qualify for a blue badge if your local authority assess that they are unable to undertake a journey without:

- ***it causing very considerable difficulty when walking, which may include very considerable psychological distress; or***
- ***being at risk of serious harm when walking; or it posing, when walking, a risk of serious harm to any other person.***



Find out about the **Blue Badge rules** in the different nations.

HELP WITH ROAD TAX

If a young person is awarded the mobility component of PIP at the enhanced rate, you may be exempt from paying road tax. If they qualify for the mobility component at the standard rate you may be eligible for a 50 per cent reduction instead.

HELP WITH GETTING A CAR

If you're interested in getting a car and your son or daughter is awarded the mobility component of PIP at the enhanced rate, you can hire or buy a car through the Motability Scheme. To be eligible, their award of the enhanced rate mobility component must have at least 12 months left to run.

If your child is unable to drive and needs help to pay for driving lessons, or you help to get a deposit for a car through the scheme, then you may qualify for a grant from Motability.



To find out more [visit Motability](#) or call **01279 635 999**

HELP WITH BUS TRAVEL

All local authorities operate schemes that allow disabled people of any age to apply for a bus pass or voucher for free bus travel. In some areas, a named carer accompanying the disabled person is also entitled to free travel. Schemes operate differently from one local authority to another so contact your local council to check out what's available in your area.

OTHER CONCESSIONS

It is also worth checking to see if there are any special schemes, concessions or facilities available to families with disabled children in your area. Call our freephone helpline for local contacts 0808 808 3555.

CLAIMING OTHER BENEFITS

If your child is 16 or over it may be possible for them to claim Universal Credit in addition to the PIP that they claimed once they turn 16. However, this will depend on their educational status, age and other factors.



Call our helpline on **0808 808 3555** for detailed advice if your son or daughter is likely to be moving into rented supported accommodation or other forms of special accommodation such as homeless accommodation.

Claiming PIP for your child does not stop you from continuing to get Child Benefit or other benefits for them as a dependant, such as Universal Credit child elements. **However, if your son or daughter gets Universal Credit in their own right this DOES mean that any Child Benefit you get for them will stop, along with other benefits you receive for them as a dependent child.**

WHEN CAN MY CHILD CLAIM UNIVERSAL CREDIT?

Normally a young person who is still in school or college full-time cannot qualify for Universal Credit unless they are without parental support or have a child of their own. However, a young person in education may be able to qualify if they are getting DLA or PIP and they went through a DWP medical assessment known as the work capability assessment and established that they had a limited capability for work BEFORE they started their current period of receiving education.

If this applies to your child, for example they had a break in receiving education and established a limited capability for work before starting their current course you may have a choice between continuing to claim benefits for your child as part of your family, or helping them to claim Universal Credit in their own right as a young disabled adult. Which option will leave your household better off will depend on your individual family circumstances.

If your son or daughter did not establish that they had a limited capability for work before starting their current period receiving education they are likely to be refused Universal Credit while they remain in education. This may change once your child reaches the September after their 19th birthday – but only if they are still in non-advanced education at that age.

Someone who remains in full-time non-advanced education beyond the August after their 19th birthday will often start to qualify for Universal Credit from that point onwards. This is because someone in non-advanced education who reaches that age can only be refused Universal Credit as a student if the DWP believe that their attendance on their course is incompatible with any work-related conditions attached to their claim.



The rules covering Universal Credit claims by young people in education are very complex so call our free helpline for detailed advice on **0808 808 3555** or use our [UC eligibility flow chart checker for students](#).

“The advice and reassurance from Contact has made me feel better as I know where to get advice and information. Knowing there is that support there at end of the line is very reassuring.”

Parent carer

WHEN A YOUNG PERSON IS UNABLE TO MANAGE THEIR BENEFIT CLAIMS

A child turning 16 is usually expected to take on responsibility for any benefits they claim in their own right, including PIP. But if they're unable to manage their affairs, you can become their 'appointee' for benefit claims.

WHAT IS AN APPOINTEE?

Becoming an appointee means you are responsible for making any claims, giving any information required, and telling the Department for Work and Pensions (DWP) about any changes that may affect your child's entitlement to benefits. The benefits will be paid to you on their behalf. Becoming an appointee for benefit purposes does not mean you have any wider rights to deal with their affairs.

HOW DO I BECOME AN 'APPOINTEE'?

The DWP should write to you about this in the six months before your child turns 16. They do this at the same time as giving you information about making a claim for PIP. If this doesn't happen then contact the DWP to ask that an appointee be considered. This is usually a straightforward process and should not delay any claims that you are making.

You can't become an appointee simply because it is more convenient for you or your child. The DWP can only agree to you becoming their appointee if they believe that your child lacks the capacity to manage their affairs. Usually this will be due to mental incapacity but in exceptional circumstances it can be because of a physical disability.

If you have already been appointed by the courts to look after their affairs, you won't have to do anything else.

The government has consulted on changing the age at which young disabled people move from DLA to PIP. However at the time of writing, no decision has yet been made and the current age remains 16. Call our free helpline for updates.

GET IN CONTACT

Our helpline advisers can support you with any issue about raising your disabled child: help in the early years, diagnosis, benefits, education and local support.



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We are Contact, the charity for families with disabled children.

We support families with the best possible guidance and information.

We bring families together to support each other.

We help families to campaign, volunteer and fundraise to improve life for themselves and others.

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