BENEFITS AND MONEY ENGLAND

DLA Difficult Day Workbook

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A workbook for describing a difficult day in enough detail to sit alongside a typical-day account, without turning the claim into only crisis stories.

Disability Living Allowance (DLA) for children is administered by the Department for Work and Pensions. Entitlement depends on care and/or mobility needs, not on a diagnosis alone. Rules, rates and processes can change. Scotland has a different child disability payment. This pack does not decide entitlement and is not a claim form. Check current guidance on GOV.UK before you apply or ask a welfare-rights adviser or a SENDIASS or Citizens Advice service.

Who this is for

Families preparing DLA examples who know a "typical day" does not show the full picture.

What is inside

- Why both kinds of day matter
- A difficult-day walk-through
- A comparison page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Typical and difficult days both matter

Decision makers need a clear picture of the help a child needs most of the time, and of what happens when things are harder. A difficult day should still be factual: what triggered it if you know, what care was needed, how long it lasted, and the effect on the child and the people supporting them. Do not invent a worse day than you have.

A difficult day, start to finish

Approximate date of the day I have in mind

What made it more difficult, if I know

Night before and first thing in the morning

Personal care, meals, and medication

Safety, supervision, and leaving the house or staying in

Communication, overload, or distressed behaviour, and what an adult had to do

Evening, bedtime, and the night that followed

How long the after-effects lasted the next day, if they did

Compared with a more typical day

What is the same even on a better day, and what is extra on a difficult day

How often a day like this happens in a usual month, as honestly as I can say

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Disability Living Allowance (DLA) for children
- GOV.UK: Personal Independence Payment (PIP)
- GOV.UK: Carer's Allowance and related carer support, if relevant
- A local welfare-rights service, Citizens Advice, or Contact
- Your local SENDIASS service, for SEND-related questions

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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