BENEFITS AND MONEY ENGLAND

PIP Claim Planner Pack

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A planner for gathering daily living and mobility examples before a Personal Independence Payment claim, usually from age 16.

Personal Independence Payment (PIP) usually applies from age 16 in England, Wales and Northern Ireland. Scotland has a different adult disability payment. PIP looks at daily living and mobility with specific descriptors. This pack helps you prepare examples; it does not submit a claim or decide points or entitlement. Check current GOV.UK guidance.

Who this is for

Young people, and the parents or carers supporting them, who are preparing a PIP claim in England, Wales or Northern Ireland. Scotland has a different Adult Disability Payment.

What is inside

- How PIP is organised, in outline
- Daily living example sheets
- Mobility example sheets
- A before-you-claim checklist

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.

This is preparation, not the claim

PIP is decided against set daily living and mobility activities, often called descriptors, and against how safely, reliably, repeatedly and in a reasonable time a person can manage. The official form, any assessment, and current GOV.UK guidance are what count. This pack helps you collect real examples. It does not score points or predict an award.

If the young person is moving from child DLA, also look at the Child DLA to PIP Transition Pack in this shop, and start in good time. Rules and the age at which PIP applies can need checking on GOV.UK.

Name of the claimant

Date of birth

Who is helping with this planner

Today's date

Daily living examples

For each area, note what is difficult, what help is needed (prompting, supervision, assistance, or aids), how long it takes, and what happens on a bad day. Use the person's own words where you can.

Preparing food, eating and drinking

Managing therapy or monitoring a health condition, and taking medication

Washing, bathing, and managing toilet needs

Dressing and undressing

Communicating, reading, and understanding information

Mixing with other people, and making budgeting decisions

Mobility examples

Planning and following a journey, including unfamiliar places, overwhelm, and needing another person

Moving around, distance, aids, pain, fatigue, or stopping

Before the official form

- [ ] Read the current PIP information on GOV.UK
- [ ] Ask a welfare-rights adviser to look at a draft if I can
- [ ] Gather existing reports or a supporting letter
- [ ] Keep a short diary if examples are hard to remember
- [ ] Note any assessment invitation and get advice before attending if needed

The examples I must not leave out

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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