BENEFITS AND MONEY ENGLAND

PIP Daily Living and Mobility Examples Workbook

Free download · My SEND Friend Shop

A workbook for writing fuller examples against everyday PIP-style activities, to sit beside the official form.

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 supporting adults who already have a claim in mind and need space to write detailed, honest examples.

What is inside

- A reminder about reliability
- Detailed daily living pages
- Detailed mobility pages

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.

Write what happens, not what should happen

Decision makers often look at whether something can be done safely, to an acceptable standard, repeatedly, and in a reasonable time. If you can only do a task on a good day, or only with another person in the room, say so. This workbook does not apply official descriptors for you, and wording here will not match the form exactly — transfer examples carefully.

Daily living, in more detail

Preparing food — what I can do alone, what I cannot, time, safety, and prompting

Eating and drinking — including remembering, pacing, and support

Managing treatments or medication

Washing and bathing

Managing toilet needs

Dressing and undressing, including choosing suitable clothes

Communicating, being with people, and money

Talking, being understood, and understanding other people, including when I am tired or overloaded

Reading and understanding information, including official letters

Mixing with other people, including what goes wrong and what help I need

Budgeting and money decisions

Mobility, in more detail

Planning a journey and following it — familiar and unfamiliar, public transport, getting lost, panic or shutdown

Moving around — how far, what stops me, aids, and whether I can repeat it later the same day

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.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together