

Personal Independence Payment

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Daily Living Activities

Add together the highest score from each activity that applies to you.

ACTIVITY		POINTS
1	Preparing food	
a	Can prepare and cook a simple meal unaided	0
b	Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
c	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2
d	Needs prompting to be able to either prepare or cook a simple meal.	2
e	Needs supervision or assistance to either prepare or cook a simple meal.	4
f	Cannot prepare and cook food.	8
2	Taking nutrition	
a	Can take nutrition unaided.	0
b	Needs – (i) to use an aid or appliance to be able to take nutrition; <i>or</i> (ii) supervision to be able to take nutrition; <i>or</i> (iii) assistance to be able to cut up food.	2
c	Needs a therapeutic source to be able to take nutrition.	2
d	Needs prompting to be able to take nutrition.	4
e	Needs assistance to be able to manage a therapeutic source to take nutrition.	6
f	Cannot convey food and drink to their mouth and needs another person to do so.	10
3	Managing therapy or monitoring a health condition	
a	Either – (i) does not receive medication or therapy or need to monitor a health condition; <i>or</i> (ii) can manage medication or therapy or monitor a health condition unaided.	0
b	Needs any one or more of the following: (i) to use an aid or appliance to be able to manage medication; <i>or</i> (ii) supervision, prompting or assistance to be able to manage medication. (iii) supervision, prompting or assistance to be able to monitor a health condition.	1
c	Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2

d	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week.	4
e	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
f	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	8
4 Washing and bathing		
a	Can wash and bathe unaided.	0
b	Needs to use an aid or appliance to be able to wash or bathe.	2
c	Needs supervision or prompting to be able to wash or bathe.	2
d	Needs assistance to be able to wash either their hair or body below the waist.	2
e	Needs assistance to be able to get in or out of a bath or shower.	3
f	Needs assistance to be able to wash their body between the shoulders and waist.	4
g	Cannot wash and bathe at all and needs another person to wash their entire body.	8
5 Managing toilet needs or incontinence		
a	Can manage toilet needs or incontinence unaided.	0
b	Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2
c	Needs supervision or prompting to be able to manage toilet needs.	2
d	Needs assistance to be able to manage toilet needs.	4
e	Needs assistance to be able to manage incontinence of either bladder or bowel.	6
f	Needs assistance to be able to manage incontinence of both bladder and bowel.	8
6 Dressing and undressing		
a	Can dress and undress unaided.	0
b	Needs to use an aid or appliance to be able to dress or undress.	2
c	Needs either: (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; <i>or</i> (ii) prompting or assistance to be able to select appropriate clothing.	2
d	Needs assistance to be able to dress or undress their	2

	lower body	
e	Needs assistance to be able to dress or undress their upper body.	4
f	Cannot dress or undress at all.	8
7 Communicating verbally		
a	Can express and understand verbal information unaided.	0
b	Needs to use an aid or appliance to be able to speak or hear.	2
c	Needs communication support to be able to express or understand complex verbal information.	4
d	Needs communication support to express or understand basic verbal information.	8
e	Cannot express or understand verbal information at all even with communication support.	12
8 Reading and understanding signs, symbols and words		
a	Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	0
b	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
c	Needs prompting to be able to read or understand complex written information.	2
d	Needs prompting to be able to read or understand basic written information.	4
e	Cannot read or understand signs, symbols or words at all.	8
9 Engaging with people face to face		
a	Can engage with other people unaided.	0
b	Needs prompting to be able to engage with other people.	2
c	Needs social support to be able to engage with other people.	4
d	Cannot engage with other people due to such engagement causing either – (i) overwhelming psychological distress to the claimant; <i>or</i> (ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person.	8

10	Making budgeting decisions	
a	Can manage complex budgeting decisions unaided.	0
b	Needs prompting or assistance to be able to make complex budgeting decisions.	2
c	Needs prompting or assistance to be able to make simple budgeting decisions.	4
d	Cannot make any budgeting decisions at all.	6

Mobility Activities

Add together the highest score from each activity that applies to you.

ACTIVITY		POINTS
1	Planning and following journeys	
a	Can plan and follow the route of a journey unaided.	0
b	Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant.	4
c	For reasons other than psychological distress cannot plan the route of a journey.	8
d	For reasons other than psychological distress cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	10
e	Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant.	10
f	For reasons other than psychological distress cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.	12
2	Moving around	
a	Can stand and then move more than 200 metres, either aided or unaided.	0
b	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4
c	Can stand and then move unaided more than 20 metres but no more than 50 metres.	8
d	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres.	10
e	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	12
f	Cannot, either aided or unaided, - (i) stand; <i>or</i> (ii) move more than 1 metre.	12