



PIP
Companion

Can I claim PIP with my condition?

What really matters before you apply

A simple guide to understanding how PIP
looks at daily living and mobility,
not just your diagnosis.

 **Free guide**





Free guide

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A lot of people start with the same question:

Can I claim PIP with my condition?

It's an understandable question. But PIP is not decided by the condition name on its own. The better question is often: How does my condition affect my daily living and mobility?



This guide is here to help you think about that more clearly before you apply.



PIP Companion helps you organise your notes, examples and evidence before filling anything in officially.

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What PIP is really based on

- ✓ PIP is not awarded just because of a diagnosis.
- ✓ PIP is not refused just because you work.
- ✓ PIP looks at how a long-term physical or mental health condition or disability affects your daily living and mobility.



Diagnosis alone

Two people can have the same condition but be affected very differently. The important thing is the real-life impact.



Work does not automatically rule it out

PIP is not an out-of-work benefit. Some people work and still have significant daily living or mobility difficulties.



What really matters

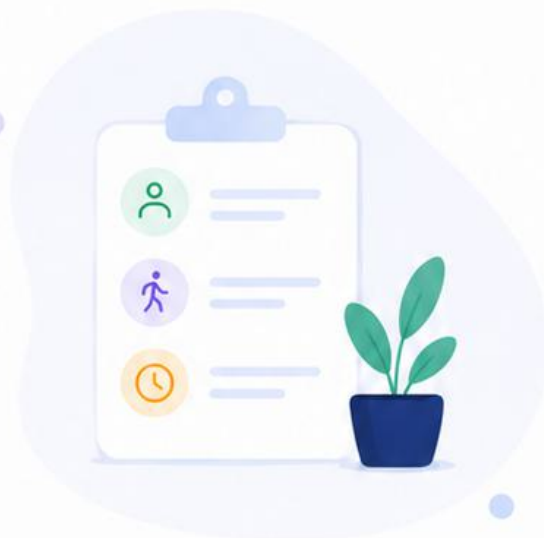
What happens because of your condition? Do tasks cause pain, fatigue, distress, breathlessness or risk? Do you need help, prompting, supervision or an aid? Do tasks take much longer or leave you unable to repeat them?



The condition matters. But the effect on everyday life matters more.

What actually matters

PIP looks at daily living, mobility, and whether tasks can be done safely, reliably, repeatedly and in a reasonable time.



Daily living

This can include preparing food, washing, dressing, communicating, making decisions, managing medication, eating and drinking, or mixing with other people.



Mobility

This can include planning and following journeys, going out, coping with unfamiliar routes, and physically moving around.

The reliability test



Safely

Can you do the task without a real risk of harm, injury, distress or worsening symptoms?



To an acceptable standard

Can you complete it properly, not just partly or poorly?



Repeatedly

Can you do it as often as reasonably needed, not just once?



In a reasonable time

Does it take much longer than it would take someone without your condition?



Being able to do something once is not always the same as being able to do it reliably.



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Things people often get wrong

These are some very common assumptions that can stop people from looking into PIP properly.



I work, so I can't get PIP

Working does not automatically rule someone out. PIP is about the effect of a condition or disability on daily living and mobility.



My condition is invisible, so it won't count

Invisible conditions can still have a very real impact. Pain, fatigue, anxiety, sensory overwhelm, breathlessness and cognitive difficulties can all matter.



My condition varies, so I won't qualify

Fluctuating conditions still matter. It helps to explain the pattern across a typical week or month, not just your best day.



I manage somehow, so it doesn't matter

Managing may still involve help, avoidance, extra time, distress, recovery time, routines or support from other people.



A list of conditions is not enough on its own.

Real examples of what actually happens are usually much more helpful.



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Signs it may be worth looking into PIP

This does not mean you will definitely get PIP. It means it may be worth understanding the rules properly and preparing your notes carefully.



- ☒ You need help from another person
- ☒ You need prompting, reminding or encouragement
- ☒ You need supervision to stay safe
- ☒ You rely on aids, routines or adaptations
- ☒ Tasks take much longer than they should
- ☒ You avoid activities because of pain, fatigue, anxiety or risk
- ☒ You can do something once, but not repeatedly
- ☒ Your condition affects you on most days
- ☒ You need recovery time after ordinary tasks

Examples of the kind of impact that matters



Preparing food

You can make something simple once, but pain or fatigue means you cannot do it again later.



Washing and dressing

You need help, equipment, extra time or recovery time to manage safely.



Going out or moving around

You avoid journeys, cannot manage unfamiliar routes, or your symptoms limit how far you can walk reliably.



A gentle next step

Before you fill anything in officially, start noting real-life examples. Small examples often explain more than general statements.



A simple note-taking format

	Activity	What were you trying to do?
	Difficulty	What happened?
	Support	Did anyone help, prompt, supervise or take over?
	Risk	Was there pain, distress, confusion, fatigue or danger?
	Reliability	Could you do it safely, properly, repeatedly and in a reasonable time?
	Real example	When did it happen, and what was the result?

Example

	Activity:	Preparing food
	Difficulty:	I became dizzy and had to sit down twice.
	Support:	My partner took over lifting the pan.
	Risk:	I was worried I would drop something hot.
	Reliability:	I could not finish safely without help and had to rest afterwards.
	Real example:	This happened last Tuesday when I tried to make lunch.



PIP Companion helps you organise your notes, real-life examples and evidence before filling anything in officially.

It is not connected to the DWP, it is not legal advice, and it cannot guarantee an outcome.

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