Nottinghamshire County Council

Disabled Living Allowance form filling tips for adults with a sight impairment

Care Component

If you need assistance with 'seeing' by someone else acting as your 'eyes' this can count as attention for Disability Living Allowance. The assistance may take the form of someone physically guiding you or speaking instructions to you. It can also include someone reading to you or describing something.

You may need help with the following areas:

Dressing

- Sorting and identifying clothes?
- Ensuring that clothes are clean?
- Ensuring that your clothes are colour coordinated?
- Ensuring clothes are worn the correct way round?

Bathroom

- Checking your face and hands are clean?
- Applying toothpaste to a brush?
- Ensuring there is no toothpaste on your face after brushing?
- Checking that your fingernails and toenails are clean?
- Ensuring hair is correctly groomed?
- Ensuring that make up is applied properly?
- Ensuring that you have shaved properly?

Medication

- Identifying and reading medicine containers?
- Measuring and preparing dosages?
- Administering medication?
- Monitoring a medical condition?
- Following a special diet?

Other help

- Reading correspondence?
- Reading newspapers?
- Identifying spillages and breakages?
- Locating things you have dropped?
- Checking that your home is clean?
- Sorting clothes for laundry?
- Reading washing instructions?
- Reading the settings on a washing machine?

In the kitchen

- Identifying and locating items?
- Distinguishing between different tine and packages?
- Reading cooking and defrosting instructions?
- Reading use-by dates and checking food is fresh?
- Checking that fruit and vegetables are clean?
- Reading the settings on cookers and microwaves?
- Determining cooking times?
- Checking food is properly cooked?

- Dishing up food onto plates?
- Cleaning up work surfaces?
- Washing up cutlery and crockery?

At mealtimes

- Cutting up food?
- De-boning chicken, fish, chops etc?
- Identifying where food is on a plate?
- Ensuring drinks are poured properly?
- Checking liquid levels in cups?
- Identifying food or drink spilt on clothes?
- Reading menus in canteens and restaurants?

Leisure activities

- Describing television pictures?
- Guiding in pubs?
- Locating toilets in public places?
- Guiding when swimming or exercising?
- Tending the garden?

When shopping

- Identifying items?
- Guiding in shops and supermarkets?
- Reading: price tags?
  sell by dates?
  labels on tins and packets?
  shop receipts?
- Using cheque books or credit and debit cards?

Mobility Component

Higher Rate Mobility

To qualify for higher rate mobility component you must be certified as severely sight impaired and, using appropriate corrective lenses if necessary, either:

- have a visual acuity of less than 3/60. (This means you can only read the top line of an eye test chart from 3 metres away); **or**

- if your visual acuity is more than 3/60, but less than 6/60 (this means that you can read only the top line of the eye test chart from 6 metres away) you must also have
  - a complete loss of your peripheral vision and
  - severely restricted central vision (this means no more than 10 degrees in diameter), sometimes called **tunnel vision**

If your sight is too poor to be measured in this way, for example you can only “count fingers”, or only have light and dark perception, you will qualify. If your visual acuity is better than 6/60 you will not qualify, for example if your acuity is 6/36 or 6/18.

Lower Rate Mobility

For Lower Mobility the award is based on whether you can walk safely in unfamiliar places.

You may also want to consider whether you need help with the following points:

- Do you need help in unfamiliar areas?

- What about familiar areas:
  at night-time
  in poor light
  in artificial light
  in bright sunlight or glare?

- **Reading:**
  Road and street signs?
  Maps?
  Timetables?
  Bus numbers and destination boards?

- **Crossing roads:**
  Checking for traffic
  Using pedestrian and zebra crossings?

- **Negotiating:**
  Roadworks and potholes?
  Steps and stairs?
  Loose paving and kerb stones, etc?

- **Avoiding:**
  Bollards and pillars?
  Lamp posts and bus stops?
  Cars parked on pavements?
  Overhanging branches?
  Gates left open?
  Dustbins?
  Other pedestrians?

Are there any other times when you need help with seeing?

If you need further advice on claiming Disability Living Allowance you can find out where your nearest advice centre is located by contacting Nottinghamshire County Council on the contact details provided below or visit our benefit advice pages at:
www.nottinghamshire.gov.uk/benefitsadvice

Contact information:

Phone: 0300 500 80 80
Monday to Friday: 8am to 8pm
Saturday: 8am to 12 noon

Email: enquiries@nottscc.gov.uk
Website: www.nottinghamshire.gov.uk
Minicom: 01623 434993
Phone 0300 500 80 80 if you need the information in a different language or format.

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