



Disability Living Allowance (DLA) and Personal Independence Payment (PIP) form filling tips for adults with a sight impairment

Anyone over 16 and claiming for the first time must now claim PIP instead of DLA. If you are requesting an increase in your DLA award, you may remain on DLA if you are not yet required to claim PIP. Go to www.gov.uk/pip-checker to see if you are required to claim PIP.

Many sight impaired people use friends and family, informally to help with seeing. Although this may be something that happens every day, it is important that this help is explained when completing either a DLA or PIP form.

DLA Care Component or PIP Daily Living Component

If you need assistance with 'seeing' by someone else acting as your 'eyes' or require supervision due to a sight impairment, this can count as attention and/or supervision for DLA and PIP. The assistance and/or supervision 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:

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.

Washing, bathing and looking after your appearance

- Ensuring you are safe getting in and out of the shower and/or bath
- 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.

In the kitchen

- Identifying and locating items
- Distinguishing between different tins and packages
- Reading cooking and defrosting instructions
- Reading use-by dates and checking food is fresh
- Checking 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 etc
- Identifying where food is on a plate
- Ensuring drinks are poured properly

- Checking liquid levels in cups
- Reading menus in restaurants.

Leisure activities

- Describing television pictures
- Locating toilets in public places.

When shopping

- Using credit and debit cards
- Checking shop receipts and change.

DLA Mobility Component or PIP Mobility Component

DLA - Higher Rate Mobility

To qualify for the 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:
 - o a complete loss of your peripheral vision and
 - o 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.

PIP – Enhanced Rate Mobility

If a person “cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid” they may be entitled to the enhanced rate of mobility in PIP.

You may also qualify for the enhanced rate mobility in PIP if you have a physical disability.

DLA - Lower Rate Mobility

For lower rate 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 -

- Do you need help in unfamiliar areas?
- What about familiar areas:
 - At night-time
 - In poor light
 - In bright sunlight or glare.
- Reading
 - Road and street signs
 - Timetables
 - Bus numbers and destination boards.
- Crossing roads:
 - Checking for traffic
 - Using pedestrian and zebra crossings.

- Negotiating:
 - Steps and stairs, loose paving and kerb stones, etc.
- Avoiding:
 - Bollards and pillars, lamp posts and bus stops
 - Cars parked on pavements
 - Overhanging branches
 - Other pedestrians.

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

PIP – Standard Rate Mobility

If a person “cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid” they may be entitled to the standard rate of mobility in PIP.

You may also qualify for the standard rate mobility in PIP if you have a physical disability.

If you need further advice on DLA and PIP, you can contact Nottinghamshire County Council for more information using the details provided below or have a look at our DLA and PIP web pages and fact sheets.

Contact information:

Phone: 0300 500 80 80

Monday to Friday: 8am to 8pm

Saturday: 8am to 12 noon

(Calls cost 3p a minute from a BT landline. Mobile costs may vary).

Email: enquiries@nottsc.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.