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Disability Benefits Workshop



Universal Credit

What is Universal Credit?

- UC is a means tested benefit to help those in and out of work.
- It also provides money for individuals, people with children, housing (i.e. rent)
- UC is paid by one payment, once a calendar month
- UC is awarded in two categories:
 - Limited Capacity For Work (LCW) = you can do some form of work
 - Limited Capacity For Work and Work-Related Activity (LCWRA) = you are not expected to work

How can I apply for Universal Credit?

1. Check your eligibility
2. Create an account (gov.uk), you will need an email, telephone number and a bank account details
3. Verify your ID and make your claim
4. Accept the claimant commitment

If you can't apply online

You might be able to apply for Universal Credit over the phone or, in exceptional circumstances, arrange for someone to visit you at home.

You can only use these options in certain situations. You might be eligible if you:

- don't have regular access to the internet
- aren't confident using a computer or smartphone
- have problems with your sight
- have a long term physical disability or mental health condition which stops you from applying online
- have a physical condition that stops you from using a computer or smartphone
- can't read or write

If you need help working out if you can claim by phone or have a home visit, you can talk to one of our advisers.

To make a phone claim or arrange a home visit, you'll then need to ring the Universal Credit helpline. Someone else can call for you. When you call, you'll hear several options - choose 'Universal Credit queries'.

Universal Credit helpline

Telephone: **0800 328 5644**
Telephone (Welsh language): **0800 328 1744**
Textphone: **0800 328 1344**

Relay UK

If you can't hear or speak on the phone, you can type what you want to say: **18001 then 0800 328 5644**

If you don't have a computer or internet access

You can use the internet and a computer for free at your:

- local Jobcentre [?f](#)
- local council [?f](#)
- local library [?f](#)



Universal Credit

Eligibility

If you used to be eligible for / were receiving:

- Housing Benefit
- Income-Related Employment and Support Allowance (ESA)
- Income-based Jobseeker's Allowance (JSA)
- Child Tax Credits (CTC)
- Working Tax Credits (WTC)
- Income Support

Low income

Unable to work due to a health condition or disability

In full time education and responsible for a child

Unemployed / made redundant / looking for work

Working and have children

Receiving statutory sick pay

Gov.uk for more eligibility information

1. Requesting a Mandatory Reconsideration:

This is the first step to challenging a decision and the easiest way to have the decision reversed.

You must apply for reconsideration within 1 month of the initial benefit decision. This deadline can be extended in certain situations. For example, if you were hospitalised or seriously ill and unable to engage in the process during that time frame. Supporting evidence needs to be provided.

When requesting reconsideration, explain why you disagree with the decision and provide any new evidence that supports your claim. This can include doctor's letters, medical records, account statements etc.

You receive the mandatory reconsideration decision letter within 14 days or more depending on the administrative process. The applications can be upheld, overturned, or upheld with an amended benefit award amount.

If the decision remains negative, you can proceed to an appeal.

2. Appealing the Decision:

You can submit an appeal to HM Tribunal within 1 month of the reconsideration decision letter, for independent review.

To lodge an appeal after a negative reconsideration decision, complete form SSCS1 available online on GOV.UK. The completed, signed form can then be posted to the designated HMCTS (His Majesty's Courts and Tribunals Service) address for appeals. The addresses are indicated in the form's instructions.

Include authorization for access to your medical records, supporting evidence on why the decision should be overturned and specify if you want to attend the hearing or not.

Attend the court hearing when scheduled. You can bring someone along for support. Present why the decision should be changed in your situation.

Over 60% of cases overturned in appellants favour, so don't be afraid to appeal a denied claim! (Ministry of Justice, "Tribunal Statistics Quarterly, January to March 2022")

Personal Independence Payment

Personal Independence Payment (PIP)

What is Personal Independence Payment?

- Personal Independence Payment (PIP) is a non-means tested benefit.
- It is additional money to help those with disabilities pay for their daily living and mobility needs.
- It assesses someone's ability to perform tasks **safely**, their ability to do this **reliably** and **how often** it affects them.
- There are two sections that a person is assessed on: **Daily Living** (10 descriptors) and **Mobility** (2 descriptors)

How much can someone get on PIP?

- 8-11 points is the standard rate: £58.10 weekly for **Daily Living** and £26.90 for **Mobility**
- 12+ points is the enhanced rate: £101.75 weekly for **Daily Living** and £71 for **Mobility**

Personal Independence Payment (PIP)

You are eligible for PIP if all of these apply to you:

- You are 16+
- You have a long-term physical or mental health condition or disability
- You have **difficulties** doing certain everyday tasks or getting around
- You expect these difficulties to last for at 12 months from when they initially started

How can I apply for PIP?

- Call the Department of Work and Pensions (DWP) - 0800 812 2022. You will receive your PIP2 form and need to complete it.
- Gather any supporting **medical evidence**.
- Send your PIP form.
- A **medical assessment** Decision.



Location: Mile End
Telephone:
 020 7882 3931
Enquiry form online



Location: St James Park
Telephone: 0207 259 0801



Location: Hackney
Telephone:
 020 3855 4472

What they can help with
*Disability benefits application
 Disability benefits appeal*

What they can help with
*Support with benefits
 Tribunal representation*

What they can help with
Benefits advice

Form Filling Tips

A claimant is to be assessed as satisfying a descriptor only if they can do so reliably.

Activity 1: Preparing food

- Can prepare and cook a simple meal unaided. **0 points**
- Needs to use an aid or appliance to be able to either prepare or cook a simple meal. **2 points**
- Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave. **2 points**
- Needs prompting to be able to either prepare or cook a simple meal. **2 points**
- Needs supervision or assistance to either prepare or cook a simple meal. **4 points**
- Cannot prepare and cook food. **8 points**

Activity 2: Taking nutrition

- Can take nutrition unaided. **0 points**
- Needs - (i) to use an aid or appliance to be able to take nutrition; or (ii) supervision to be able to take nutrition; or (iii) assistance to be able to cut up food. **2 points**
- Needs a therapeutic source to be able to take nutrition. **2 points**
- Needs prompting to be able to take nutrition. **4 points**
- Needs assistance to be able to manage a therapeutic source to take nutrition. **6 points**
- Cannot convey food and drink to their mouth and needs another person to do so. **10 points**

Activity 3: Managing therapy or monitoring a health condition

- Either - (i) does not receive medication or therapy or need to monitor a health condition; or (ii) can manage medication or therapy or monitor a health condition unaided. **0 points**
- Needs any one or more of the following - (i) to use an aid or appliance to be able to manage medication; (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 point**
- Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week. **2 points**
- 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 points**
- 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 points**
- Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week. **8 points**

Activity 4: Washing and bathing

- Can wash and bathe unaided. **0 points**
- Needs to use an aid or appliance to be able to wash or bathe. **2 points**
- Needs supervision or prompting to be able to wash or bathe. **2 points**
- Needs assistance to be able to wash either their hair or body below the waist. **2 points**
- Needs assistance to be able to get in or out of a bath or shower. **3 points**
- Needs assistance to be able to wash their body between the shoulders and waist. **4 points**
- Cannot wash and bathe at all and needs another person to wash their entire body. **8 points**

Activity 5: Managing toilet needs or incontinence

- Can manage toilet needs or incontinence unaided. **0 points**
- Needs to use an aid or appliance to be able to manage toilet needs or incontinence. **2 points**
- Needs supervision or prompting to be able to manage toilet needs. **2 points**
- Needs assistance to be able to manage toilet needs. **4 points**
- Needs assistance to be able to manage incontinence of either bladder or bowel. **6 points**
- Needs assistance to be able to manage incontinence of both bladder and bowel. **8 points**

Activity 6: Dressing and undressing

- Can dress and undress unaided. **0 points**
- Needs to use an aid or appliance to be able to dress or undress. **2 points**
- Needs either - (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or (ii) prompting or assistance to be able to select appropriate clothing. **2 points**
- Needs assistance to be able to dress or undress their lower body. **2 points**
- Needs assistance to be able to dress or undress their upper body. **4 points**
- Cannot dress or undress at all. **8 points**

Activity 7: Communicating verbally

- Can express and understand verbal information unaided. **0 points**
- Needs to use an aid or appliance to be able to speak or hear. **2 points**
- Needs communication support to be able to express or understand complex verbal information. **4 points**
- Needs communication support to be able to express or understand basic verbal information. **8 points**
- Cannot express or understand verbal information at all even with communication support. **12 points**

Activity 8: Reading and understanding signs, symbols and words

- Can read and understand basic and complex written information either unaided or using spectacles or contact lenses. **0 points**
- 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 points**
- Needs prompting to be able to read or understand complex written information. **2 points**
- Needs prompting to be able to read or understand basic written information. **4 points**
- Cannot read or understand signs, symbols or words at all. **8 points**

Activity 9: Engaging with other people face to face

- Can engage with other people unaided. **0 points**
- Needs prompting to be able to engage with other people. **2 points**
- Needs social support to be able to engage with other people. **4 points**
- Cannot engage with other people due to such engagement causing either - (i) overwhelming psychological distress to the claimant; or (ii) the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person. **8 points**

Activity 10: Making budgeting decisions

- Can manage complex budgeting decisions unaided. **0 points**
- Needs prompting or assistance to be able to make complex budgeting decisions. **2 points**
- Needs prompting or assistance to be able to make simple budgeting decisions. **4 points**
- Cannot make any budgeting decisions at all. **6 points**