

# PERSONAL INDEPENDENCE PAYMENT (PIP)

## FOCUS ON DAILY PAIN AND DISCOMFORT

### Preparing foods

- Cannot stand for long periods of time due to pain
- Pains in my back, legs and knees
- Pain in fingers, shoulders – whole arms
- Poor grip – cannot manage kitchen utensils
- **Avascular Necrosis (AVN)** – pains in my hips
- Lack of energy – Tired all the time- Severe Anaemia
- Difficult to engage fully in learning tasks or take risks in cooking – **lack of concentration**
- Difficult to follow/understand instructions - **learning difficulties**
- Do not know what to do due to learning difficulties – getting confused
- Drowsy, dizzy due to medication, mother/family cooks
- On crutches - **unable to stand and cook unaided**

### How do you do this activity?

- Assistance to organise ingredients – chopping onions, tomatoes, meat, fish, vegetables etc.
- Perching stools/chairs
- Several breaks
- Ready meals
- Microwaves
- Take away

**Need to eat freshly cooked food for nutritional value – weak immune system**

## Eating and Drinking

- Food need to be cut due to pain in hands, poor strength in hands, poor grip in fingers.
- Constipation and lack of appetite  
Hardly hungry - therefore, I need to be reminded to eat.  
Abdominal pains
- Low moods – no desire to eat.
- Drink in small plastic cups;  
Not as heavy as normal cup or glass  
Easier to list up

## Q3. Medication

- I use medication box (**dosette box**)
- Mother needs to organise medication each week. **I still forget to take them.**
- Difficult to understand instructions (learning difficulties)
- I depend on my mother to give me the stronger pain medications.
- Learning difficulties – get confused – cannot engage.
- DWP appointed my mum to look after me because I need supervision
- Hot water bottles are sorted by my mum – due to pains
- Rub ointments and massages are done by my mum
- Hospital appointments are accompanied with my mum. (learning difficulties)

#### **Q4. Washing and bathing**

- I need to be assisted to go in and out of the bath due to pains in my hips, legs, knees and lower back every day.
- I have to sit on a stool to wash or bath.
- My mother needs to wash my back and feet because I cannot reach my back and feet due to pains.
- **AVN** – mum supervise/assist me during bath time to avoid fall.

#### **Q5. Toilet Needs**

- I support myself on the rail and sink in order to sit on and off the toilet.
- I have pain in my back, legs and knees all the time.
- Very uncomfortable doing number 2 (opening bowels), due to constipation.
- Bed wetting – If my mum doesn't wake me up at nights.
- Bath rails, crutches and sink for support to avoid fall.
- Pains on my scrotum/penis make it harder to pee.
- Constipated - Side effects of codeine – makes it harder to do a no2

#### **Q6. Dressing and undressing**

- I need my mother to assist me with dressing and undressing because I always have pain on my joints. I have to wear clothes that are loose in order to reduce the pain and discomfort.
- I cannot stand to dress. I have to sit due pain in my lower back hip and knees
- I need assistance to put on my socks, tights, trousers and shoes as I cannot bend low due to pain in my hip and back.
- I need to dress in multiple layers to keep warm. Sudden changes in the weather triggers crisis.
- **AVN** – had to seat on my bed to get dressed.

#### **Q7. Communication verbally**

- Learning difficulties
- I get my words mixed up. Difficult putting a sentence together
- Mother has to help always; to explain meaning of things to me.
- Easily fatigue – low self-confidence – afraid to express myself.

#### **Q8. Reading and understanding signs, symbols and words**

- Learning difficulty that affects all areas of cognitive and learning
- Do not understand the meaning of what I'm reading
- Difficult to engage fully in learning tasks or take risks
- Psychological barrier to learning
- Struggle to perform everyday activities (learning difficulties)

#### **Q9. Engaging with other people face to face**

- I don't engage. I don't have much social life
- I have difficulty expressing myself in front of people
- Low self-esteem due to, learning difficulties and psychological impact of sickle pains. Easily fatigued – depends heavily on mum.

#### **Q10. Making budgeting decisions**

- I do not know anything about money due to learning disabilities.
- Mum sort out everything for me
- I do not like to carry money with me
- My ability is significantly below average for my age.

## Mobility Activities

### 1, Planning and following journeys

- I don't know how to read a map or plan and follow a journey
- Someone has to accompany me all the time to ensure I would not become emotionally and psychologically overwhelmed.
- This is not a choice – it is a deep rooted emotional reaction (learning difficulties)
- Difficult to understand simple tasks (learning difficulties)

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### 2, Moving around

- I cannot bear body weight due to pain in my lower back, legs and knees so I'm not able to stand and move or walk safely repeatedly.  
**AVN**
- Can only stand and move up to 15 metres maximum, then I have to stop to rest.
- I'm always breathless.
- I don't have the energy.
- Always tired – anaemic due to low oxygen saturation
- **AVN** – pains all the time on my hips
- Pressure on my right leg due to AVN on my left hip.

I need support to motivate due to lack of confidence as I found everyday life very challenging.

