**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 land 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 fatigue – 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)

**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.