**Personal Independence Payment (PIP) – table of activities, descriptors and points**

# Daily Living Activities

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| Activity | Descriptors | Points |
| **1. Preparing food** | a. Can prepare and cook a simple meal unaided. | 0 |
| b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal. | 2 |
| c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave. | 2 |
| d. Needs prompting to be able to either prepare or cook a simple meal. | 2 |
| e. Needs supervision or assistance to either prepare or cook a simple meal. | 4 |
| f. Cannot prepare and cook food. | 8 |

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| Activity | Descriptors | Points |
| **2. Taking nutrition** | a. Can take nutrition unaided. | 0 |
| b. Needs –1. to use an aid or appliance to be able to take nutrition; or
2. supervision to be able to take nutrition; or
3. assistance to be able to cut up food.
 | 2 |
| c. Needs a therapeutic source to be able to take nutrition. | 2 |
| d. Needs prompting to be able to take nutrition. | 4 |
| e. Needs assistance to be able to manage a therapeutic source to take nutrition. | 6 |
| f. Cannot convey food and drink to their mouth and needs another person to do so. | 10 |

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| Activity | Descriptors | Points |
| **3. Managing therapy or monitoring a health condition** | a. Either –1. does not receive medication or therapy or need to monitor a health condition; or
2. can manage medication or therapy or monitor a health condition unaided.
 | 0 |
| b. Needs either –1. to use an aid or appliance to be able to manage medication; or
2. supervision, prompting or assistance to be able to manage medication or monitor a health condition.
 | 1 |
| c. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week. | 2 |
| d. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5but no more than 7 hours a week. | 4 |
| e. 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 |
| f. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week. | 8 |

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| Activity | Descriptors | Points |
| **4. Washing and bathing** | a. Can wash and bathe unaided. | 0 |
| b. Needs to use an aid or appliance to be able to wash or bathe. | 2 |
| c. Needs supervision or prompting to be able to wash or bathe. | 2 |
| d. Needs assistance to be able to wash either their hair or body below the waist. | 2 |
| e. Needs assistance to be able to get in or out of a bath or shower. | 3 |
| f. Needs assistance to be able to wash their body between the shoulders and waist. | 4 |
| g. Cannot wash and bathe at all and needs another person to wash their entire body. | 8 |

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| Activity | Descriptors | Points |
| **5. Managing toilet needs or incontinence** | a. Can manage toilet needs or incontinence unaided. | 0 |
| b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence. | 2 |
| c. Needs supervision or prompting to be able to manage toilet needs. | 2 |
| d. Needs assistance to be able to manage toilet needs. | 4 |
| e. Needs assistance to be able to manage incontinence of either bladder or bowel. | 6 |
| f. Needs assistance to be able to manage incontinence of both bladder and bowel. | 8 |

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| Activity | Descriptors | Points |
| **6. Dressing and undressing** | a. Can dress and undress unaided. | 0 |
| b. Needs to use an aid or appliance to be able to dress or undress. | 2 |
| c. Needs either -1. prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or
2. prompting or assistance to be able to select appropriate clothing.
 | 2 |
| d. Needs assistance to be able to dress or undress their lower body. | 2 |
| e. Needs assistance to be able to dress or undress their upper body. | 4 |
| f. Cannot dress or undress at all. | 8 |

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| Activity | Descriptors | Points |
| **7.****Communicating verbally** | a. Can express and understand verbal information unaided. | 0 |
| b. Needs to use an aid or appliance to be able to speak or hear. | 2 |
| c. Needs communication support to be able to express or understand complex verbal information. | 4 |
| d. Needs communication support to be able to express or understand basic verbal information. | 8 |
| e. Cannot express or understand verbal information at all even with communication support. | 12 |

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| Activity | Descriptors | Points |
| **8. Reading and understanding signs, symbols and words** | a. Can read and understand basic and complex written information either unaided or using spectacles or contact lenses. | 0 |
| b. 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 |
| c. Needs prompting to be able to read or understand complex written information. | 2 |
| d. Needs prompting to be able to read or understand basic written information. | 4 |
| e. Cannot read or understand signs, symbols or words at all. | 8 |

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| Activity | Descriptors | Points |
| **9. Engaging with other people face to face** | a. Can engage with other people unaided. | 0 |
| b. Needs prompting to be able to engage with other people. | 2 |
| c. Needs social support to be able to engage with other people. | 4 |
| d. Cannot engage with other people due to such engagement causing either –1. overwhelming psychological distress to the claimant; or
2. the claimant to exhibit behaviour which would result in a substantial risk of harm to the claimant or another person.
 | 8 |

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| Activity | Descriptors | Points |
| **10. Making budgeting decisions** | a. Can manage complex budgeting decisions unaided. | 0 |
| b. Needs prompting or assistance to be able to make complex budgeting decisions. | 2 |
| c. Needs prompting or assistance to be able to make simple budgeting decisions. | 4 |
| d. Cannot make any budgeting decisions at all. | 6 |

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# Mobility Activities

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| Activity | Descriptors | Points |
| **1. Planning and following journeys** | a. Can plan and follow the route of a journey unaided. | 0 |
| b. Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the claimant. | 4 |
| c. Cannot plan the route of a journey. | 8 |
| d. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid. | 10 |
| e. Cannot undertake any journey because it would cause overwhelming psychological distress to the claimant. | 10 |
| f. Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid. | 12 |

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| Activity | Descriptors | Points |
| **2. Moving around** | a. Can stand and then move more than 200 metres, either aided or unaided. | 0 |
| b. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided | 4 |
| c. Can stand and then move unaided more than 20 metres but no more than 50 metres. | 8 |
| d. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres. | 10 |
| e. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided. | 12 |
| f. Cannot, either aided or unaided, –1. stand; or
2. move more than 1 metre.
 | 12 |

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