

DAILY DIARY EXAMPLE

MS, Epilepsy, Brittle Asthma

FACTSHEET

There seems to be an influx of people with conditions such as MS and Epilepsy/ chronic brittle asthma, being turned down for PIP at present, after changing over from DLA to PIP. Mostly due to the assessor not being fully aware of the time affected. Therefore it's crucial to tell them in detail.

FIGHTBACK TIP: As with all fluctuating conditions, it is vital that you describe exactly how you are effected every day even after an episode, attack or crash. Be specific as to days in an average week, month, year, you are unable to complete each descriptor.
I know it's difficult to estimate but there is no greater way than to start recording a Simple Diary and seeing for yourself on paper, so that you know the percentage of days you cannot do each task.

Explain if you have help with the diary. For instance;

Monday the 11th: I was unable to get out of bed because of yesterday's fit (Sunday,) which happened in the kitchen when I was preparing tea. Luckily mum was supervising and I escaped major injury. I spent the rest of the day in bed recovering and do not remember anything from that day. I have no interest, nor energy so mum has to help me get to the bathroom, help, feed, medicate me and cancelled my GP appointment as I felt very nauseous.

Tuesday 12th: still struggled because of the after effects of the fit but able to get up, with help from mum, I am still unable to dress, shower, cook or venture outside as I am so weak.

Wednesday 13th: had a minor fit at 2pm and I was unable to lift my arms or speak, which caused a set back and put me back into bed which I slept a full uninterrupted 22 hours.

Thursday 14th: I felt able to get up and dressed and go to the GP for a rearranged appointment. I still need assistance from Mum due to my anxiety and weakness, however I walked aided by linking mum from the car park to the surgery and back after the appointment without too much discomfort. Around (20 metres.)

Friday 15th: I have had a relatively okay day with little pain today, although my memory has been shocking and I almost took tomorrow's medication from the dosette box without realising, luckily mum was checking on me and realised in time. I did manage to shower with supervision, using the shower seat, although it took an hour to complete. I was able to come downstairs and sit with family for tea. Still unable to go out alone due to weakness, and anxiety at the thought of another fit.

Saturday 16th: I had a migraine all day and mum said I was having short absences on and off all morning. I did not have a seizure, but felt my brain was shutting down intermittently, I was unable to function by 12pm so I had to go to bed and try to sleep.

This completes the week. Do you see where we are going with these entries? You are showing yourself and others a pattern of the days surrounding the main fit. It's not just the Sunday, it's the majority of the days and shows the assessor which days you are able to manage some tasks.

Keep it simple, 2 to 4 weeks worth of short daily entries should be ample over a few months. If you are effected more in cold or damp weather you will need to include more months showing how this affects you. Remember it can be weekly, monthly or 6 monthly diary. Showing the percentage of time affected is crucial with these kind of conditions.