

# PIP ASSESSMENT TIPS

## FACTSHEET

### DO NOT GO ALONE.

- If you are getting a lift ask to be dropped off at the door and wait while they park the car.
- Ensure you have not got hold of anything ie a bag or papers, give those to whoever is with you to handle on your behalf.
- Take with you a copy of the form and make sure to read it before you leave home to remind you of what is written down, it can be used if you need prompting but give it to whoever is with you to follow at the same time as the assessor so they can remind the assessor if they miss anything.
- Take your prescription list and medication, if you have had your medication changed since sending in your form take evidence of this.
- Take further evidence they haven't seen and any walking aids if you use them. Ensure you do what you normally do ie wear splints if you have them or use a stick even if you think it's a short distance from the car.
- Attend the assessment dressed as you normally would to visit ie GP, treat it as a normal day.
- Take no extra medication to get you through the assessment otherwise the assessor will not see the true you.
- There will be lots of questions (see other Factsheets) mostly referring to the form you have already completed, and the assessor will be typing throughout the whole assessment.

You will be asked to do a few simple exercises, including assessing your grip, by placing their finger in your hand, assessing your muscle strength by asking you to push your foot or leg against their hand, and other "tests". You have the right to refuse to do these, however they may mark you down as refusing altogether. You could say to do these exercises would cause you undue pain but it's best to comply not forcing yourself to do anything that would be uncomfortable.

You may be asked to remember 3 items, these should not be in the room and if the assessor gives you 3 items in front of you or prompts by pointing, then politely say you believe the items should be fictitious not present at the time, this is according to the assessors handbook.

### You will be assessed 50% on observation so ;

- touching your head/hair
- bending down to pick something off the floor
- drinking water or taking off a coat ; will show the assessor how you manage these tasks and grip, as will signing for copies of medical evidence at the end so you would be wise to take copies in advance.
- Beware of the magazines and water dispenser they are there for a reason.
- If you feel you are being rushed by the assessor, then ask for them to slow down as guessing at answers can be detrimental.
- Ensure you understand what they are asking you or tell them you do not understand...guessing can be detrimental. An average assessment is 45 minutes to 1 hour often longer, it should certainly not be less than 30 minutes.
- Finally tell the truth and explain as much as you can without waffling.

Prepare for a wait if you are in a centre, this can be up to 2 hours , if you say you have back problems and cannot sit very long let them know how it has affected you.

There are some good assessors out there and if things don't go to plan say something and complain.

You can ask for the assessors report by contacting DWP from the day after your assessment so you can see what they can written down n their report, and you have it if it is ever needed.

Finally, during our Buddy Service, where we can attend with you, we have encountered some really nice, and genuine Assessors, most of them have been general Nursing staff still practising in the NHS or Occupational Therapists working in the field.

However we have also encountered some horrors!

**Be Alert, knowledge is power and being prepared is probably the best strategy.**

