

NEW PIP FORM 3033

FOR MENTAL HEALTH ISSUES

PLANNING A JOURNEY ACTIVITY 11

FACTSHEET

These are example replies to questions re planning a journey for those with Mental Health Issues ie, anxiety.

How many days a week do you go out?

This depends, generally, I have to work myself up to going out and then it will need to be repeated to me over and over, so I can get used to the idea that we have to leave the house. Last week I managed to go out once with the help and reassurance from my mother.

Please tell us the places you go to and whether these are familiar or unfamiliar places?

I only go to college which is a familiar place where I know that I have a lot of support and I am only able to get there if I am dropped off and picked up by my parents. I do not go anywhere else because I am extremely anxious in public and get distressed. I had training to do this and was taken by my parents daily for 2 weeks to get used to the idea.

If you do not go out most days please state the reason for this, for example is this because no one is available to go with you on some days?

I get very anxious at the thought of being in a public place. I panic before I go out and become very stressed, so I therefore avoid going out as it causes me a lot of distress.

Please describe the difficulties you would have if you went out alone on a familiar route. Please describe what happens and give details.

I am vulnerable to harm because of my social and processing difficulties. I become easily overwhelmed because I have difficulty dealing with multiple levels of sensory input, and I need someone to reassure me. I cannot use public transport for this reason, even on routes that I know well. I also become easily distracted and confused, so I struggle to follow directions or concentrate on a route.

Owing to my social anxiety and communication difficulties, I would be unable to get myself home safely if there was a problem or unexpected change. I lack awareness of my surroundings and would struggle to cross the road safely.

Please describe the difficulties you would have if you went out alone on an unfamiliar route.

I am vulnerable to harm because of my social and processing difficulties. I would be extremely anxious and distressed travelling somewhere I did not know well, as I do not like change or the unknown. Owing to my social anxiety and communication difficulties, I would

not be able to ask for directions if I got lost. I lack the concentration to follow directions, a bus timetable or a map, and I would very easily get confused and lose my way. I lack awareness of my surroundings and would struggle to cross the road safely or keep myself safe.

Please describe the difficulties that you would have if you went out with someone else on a familiar or unfamiliar route.

If I go with someone I know very well and trust, then I can manage as long as I am not left on my own at all, for instance in a shop, I insist on going at quieter times, such as early morning, or if we are going to a doctor's appointment, then it would be very early or later at night to avoid the need to meet people socially.

Please give details of any coping strategies that you have and whether you then manage to continue the journey.

When I become overwhelmed and anxious, I need to leave the situation immediately. I will tell whoever that I am with that I need to go home, and I cannot continue the journey at all.