**This is a template letter for claimants who have been refused Personal Independence Payment to take to GP (or other person who knows about your health/difficulties) asking for medical information**

**NOTE: YOU NEED TO GO THROUGH AND AMEND THIS, PUT YOUR PERSONAL DETAILS IN AND LIST THE ACTIVITIES THAT YOU FEEL APPLY TO YOU**

**Your address**

**Your Date of Birth**

**Date**

**Dear Dr (Doctor’s Name)**

I recently made a claim for Personal Independence Payment as my health condition affects my ability to carry out personal care activities and/or my walking ability. Unfortunately they have refused my claim but I believe this decision is wrong. I am appealing and I would be grateful if you could provide medical evidence to support my appeal. I hope that you can provide this for free because I have limited income.

Please can you provide a medical report addressing the issues below:

1. Current medical condition/s (a printout from my records would suffice).
2. Details of current treatment/medication (a printout would suffice).
3. Your medical opinion on my ability to carry out the following activities:

**Go through this and list only the points that relate to your abilities.**

**Don’t send the complete list, it will take Doctor too long and it is important that your appeal focuses only on the activities that you find difficult.**

**DAILY LIVING ACTIVITIES**

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

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

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

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

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

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

**7. Communicating verbally.**   
a. Can express and understand verbal information unaided.  **0 points.**  
b. Needs to use an aid or appliance to be able to speak or hear.  **2 points.**  
c. Needs communication support to be able to express or understand complex verbal information.  **4 points.**  
d. Needs communication support to be able to express or understand basic verbal information.  **8 points.**  
e. Cannot express or understand verbal information at all even with communication support.  **12 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 points.**  
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 points.**  
c. Needs prompting to be able to read or understand complex written information.  **2 points.**  
d. Needs prompting to be able to read or understand basic written information.  **4 points.**  
e. Cannot read or understand signs, symbols or words at all.  **8 points.**

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

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

**MOBILITY ACTIVITIES**

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

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

Yours sincerely

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Signature

**NAME**