



Worried about... illness?

Check if you're eligible for PIP

You might be able to get Personal Independence Payment (PIP) if you need extra help because of an illness, disability or mental health condition. You can make a PIP claim whether or not you get help from anyone.

You don't need to have worked or paid National Insurance to qualify for PIP, and it doesn't matter what your income is, if you have any savings or you're working.

Check the main eligibility rules

To get PIP you must find it hard to do everyday tasks or get around because of a physical or mental condition. You must have found these things hard for 3 months and expect them to continue to be hard for another 9 months.

You must be living in England or Wales when you apply - unless you or a close family member are in the armed forces.

You must be at least 16 years old to get PIP.

Your illness, disability or mental health condition

PIP is not based on the condition you have or the medication you take. It is based on the level of help you need because of how your condition affects you.

You're assessed on the level of help you need with specific activities. It's hard to say if the level of help you need will qualify you for PIP. **But, if you get or need help with any of the following because of your condition, you should consider applying:**

- preparing and cooking food
- eating and drinking
- managing your treatments
- washing and bathing
- managing toilet needs or incontinence
- dressing and undressing
- communicating with other people

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- reading and understanding written information
- mixing with others
- making decisions about money
- planning a journey or following a route
- moving around

The help you get may be from a person, an aid (such as a walking stick or guide dog) or an adaptation to your home or car.



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