

Youth Ambassadors: Top Tips for a PIP Assessment

What is PIP?

Personal Independence Payment (PIP) is a benefit for people over 16 years of age who need help with daily activities or getting around because of a long-term illness or disability. You can find further information at www.gov.uk/pip.


There will be an assessment to check you qualify for payments and the Child Growth Foundation Youth Ambassadors have shared their top tips below.

Have a brief description of your medical condition(s)

We know that discussing your difficulties can be upsetting. However, it may be the case that your assessor may not be familiar with your condition and will require some additional information.

Having a pre-scripted description of your difficulties will support you in providing helpful information whilst minimizing your own upset.



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- Have a plan ready to describe the way in which your own condition(s) may impact you. Take any information you have from your healthcare team that may help with this.
 - Have a trusted friend or family member present if you would like support or reassurance during the assessment.
 - Make a list of any questions that you may have beforehand.

Please do not be afraid or embarrassed about being upset

It is absolutely okay to cry! If you need a moment, it is incredibly important that you tell the assessor, so that you can take time to process the information and gather your thoughts. Please be your authentic self!



Not all PIP applications are successful. You will have the chance to appeal – this means that you don't agree with the decision and you can ask them to look at your application again.

Citizens Advice have further information about PIP available at:

www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/help-with-your-claim/your-assessment and they should be able to offer support with an appeal application if needed.