



The Clueless Guide to Applying for DLA (Free Version)

A simple guide to help you understand what DLA is really looking for — and what most parents get wrong

By AskEllie

Page 1: You're not the only one

If you're feeling unsure about how to fill in the DLA form — you're not alone.

Most parents feel exactly the same.

It's not because you don't understand your child.
It's because the form doesn't reflect real life.

It asks questions in a way that makes it hard to explain:

- what your child needs help with
- how much support you actually provide
- how different their needs are from other children

This guide is here to make that clearer.

Page 2: What DLA is actually looking for

DLA is not based on diagnosis.

It is based on:

👉 **How much extra care and supervision your child needs compared to a child of the same age**

DLA looks at two main areas:

Care Needs

- Help with daily tasks
- Supervision to stay safe

- Support throughout the day

Mobility Needs

- Help getting around outdoors
 - Supervision for safety outside
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Page 3: The biggest mistake parents make

Most parents:

- Say what their child *can* do
- Focus on good days
- Downplay how much help they give
- Try to sound positive

But DLA is not about that.

👉 It's about what your child **needs help with most of the time**

Important

Many claims are refused not because a child isn't eligible — but because the form doesn't fully show their level of need.

Page 4: Think in comparison (this is key)

DLA always compares your child to another child of the same age.

Ask yourself:

- What can other children this age do on their own?
 - What does my child still need help with?
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👉 That difference is what DLA looks at.

Page 5: Supervision matters more than people think

DLA is not just about physical help.

It also looks at:

- Watching your child to keep them safe
 - Preventing accidents or risky behaviour
 - Supporting emotional regulation
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👉 If your child cannot be left safely without supervision, this is important.

Page 6: Night-time support is important

If your child needs help during the night, this can significantly affect the level of support considered.

This includes:

- Waking and needing help to settle
 - Needing supervision to stay safe
 - Toileting or reassurance
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👉 It's not just about waking — it's about **what you have to do**

Page 7: Real-life examples matter

Saying:

“My child needs supervision”

...is not enough.

Instead explain:

- What actually happens
 - What you have to do
 - What could happen if you didn't
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Example:

“My child has no awareness of danger and will run into roads without stopping. I have to hold their hand at all times when outside to keep them safe.”

Page 8: Frequency matters

DLA looks at:

- How often support is needed
 - How regularly you step in
 - Whether this happens throughout the day
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👉 Words like:

- “throughout the day”
- “multiple times a day”
- “constant supervision”

...help show the level of need.

Page 9: You don't need perfect wording

You don't need to:

- sound professional
- use complicated language
- get everything exactly right

What matters is:

👉 Being clear

👉 Being honest

👉 Describing real life

Page 10: Why some applications still get refused

Even when parents understand DLA, applications can still be refused because:

- Needs aren't clearly compared to the same age
- Supervision and risk aren't explained fully

- Frequency of support isn't clear
 - Real-life examples are missing
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👉 Knowing what to say...

and knowing **how to explain it properly on the form** are two different things.

Page 11: If you want help with your application

If you want support turning your answers into the right wording, this is where AskEllie can help.

Using your answers, I will:

- ✓ Turn your child's needs into **clear, DLA-ready wording**
 - ✓ Show how their needs compare to other children their age
 - ✓ Highlight supervision, frequency, and risk properly
 - ✓ Help you avoid common mistakes that lead to refusals
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👉 You don't need to guess what to write.

Get DLA Application Support

👉 <https://stan.store/Askellie/p/dla-application-support>

Final Thought

You already understand your child's needs.

The difficulty is explaining them in a way the system understands.

This guide helps you understand it.

The support helps you **apply it properly**.