



The Clueless Guide to Applying for PIP (Free Version)

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

By AskEllie

Page 1: You're not the only one

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

Most people feel exactly the same.

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

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

- how your condition actually affects you
- what you struggle with day to day
- how much support you really need

This guide is here to make that clearer.

Page 2: What PIP is actually looking for

PIP is not based on your diagnosis.

It is based on:

- 👉 How your condition affects your ability to carry out daily activities
 - 👉 Whether you can do things **safely, reliably, and repeatedly**
-

You are assessed across two areas:

Daily Living

- Preparing food
- Washing and dressing

- Communicating
- Managing daily tasks

Mobility

- Planning and following journeys
 - Moving around
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Page 3: The points system (simple version)

Each activity has different levels (called descriptors).

Each one scores points.

👉 The more difficulty you have, the more points you get.

Daily Living

- 8 points = Standard rate
- 12 points = Enhanced rate

Mobility

- 8 points = Standard rate
 - 12 points = Enhanced rate
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Page 4: The biggest mistake people make

Most people:

- Say what they *can* do
- Focus on good days
- Downplay their difficulties
- Try to sound “positive”

But PIP is not about that.

👉 It's about what you **struggle with most of the time**

💡 **Important**

Most applications are refused not because people aren't eligible — but because the form doesn't reflect their real level of need.

Page 5: The “reliability” rule (this is key)

PIP looks at whether you can do something:

- Safely
- To an acceptable standard
- Repeatedly
- In a reasonable time

If you can't do something in this way:

👉 You should be treated as unable to do it

Example:

You might be able to cook once...

...but if you:

- need supervision
- are at risk of injury
- or can't do it regularly

👉 That still counts as difficulty

Page 6: Think in real life, not tasks

Instead of thinking:

❌ “Can I do this?”

Think:

✅ “Can I do this safely, consistently, and without help?”

Ask yourself:

- Do I avoid this task?
 - Do I need help or prompting?
 - Would something go wrong if I tried alone?
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Page 7: Support isn't just physical

Support can include:

- Reminders
- Prompting
- Encouragement
- Supervision
- Help staying safe

👉 You don't have to be physically unable to qualify.

Page 8: Real examples matter

Saying:

"I struggle with going out"

...is not enough.

Instead explain:

- What actually happens
 - What you need
 - What could go wrong
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Example:

"I avoid going out alone because I become overwhelmed and disoriented. On one occasion, I became confused and had to call someone to help me get home."

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 most applications still get refused

Even when people understand PIP, applications are still refused because:

- Answers don't match the **descriptors properly**
- Important details are missing (frequency, support, risk)
- Real-life examples aren't explained clearly
- The wording doesn't reflect how decisions are made

👉 Knowing what to say...

and knowing **how to say it 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 situation into **clear, PIP-ready wording**
- ✓ Align your answers with the **points system**
- ✓ Show you exactly what to include (and what not to miss)
- ✓ Help you avoid common mistakes that lead to refusals

👉 You don't need to guess what to write.



Get PIP Application Support

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

Final Thought

You're not expected to understand how this system works.

You just need the right way to explain your situation.

This guide helps you understand it.

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