

Sitting in a chair

3. *Sitting in an upright chair with a back but no arms.*

- 3 (a) Cannot sit comfortably. 15 points.
- 3 (b) Cannot sit comfortably for more than ten minutes without having to move from the chair. 15 points.
- 3 (c) Cannot sit comfortably for more than 30 minutes without having to move from the chair. 7 points.
- 3 (d) Cannot sit comfortably for more than one hour without having to move from the chair. 3 points.
- 3 (e) Cannot sit comfortably for more than two hours without having to move from the chair. 0 points.
- 3 (f) No problem with sitting. 0 points.

Bear in mind: this is about sitting in a very specific sort of chair: an upright chair with a back but no arms. A good example would be a dining chair. If you have piles, a sore anus or painful fistulas, it may be that you cannot sit comfortably at all. If you normally use a special cushion the test is how long you could sit without using the cushion.

On your questionnaire, you may want to write about: what causes the problems with sitting, for example, stiffness in your limbs, piles, a sore anus, fistulas; what sort of chairs you normally sit on and whether you generally avoid using an upright chair with a back but no arms; whether you generally lie on a sofa rather than sitting; whether you have any special cushions, rings or anything else to ease your discomfort – your ability to sit without these is what counts.

Getting up from a chair

- 5. Rising from sitting in an upright chair with a back but no arms without the help of another person.
- 5 (a) Cannot rise from sitting to standing. 15 points.
- 5 (b) Cannot rise from sitting to standing without holding on to something. 7 points.
- 5 (c) Sometimes cannot rise from sitting to standing without holding on to something. 3 points.
- 5 (d) No problem with rising from sitting to standing. 0 points.

Bear in mind: this is about rising from sitting from a very specific sort of chair: an upright chair with a back but no arms. A good example would be a dining chair. If you need to hold onto something, such as a table or the chair itself in order to rise, then you are unable to carry out the activity without holding on to something. If you can manage to rise unaided most of the time, but you have bad days, or bad times of the day, when you can't, then tick the sometimes box and give details. If you can rise without help or holding on but it hurts, makes you breathless or it would tire you so much that you wouldn't be able to do it with reasonable repeatability, then make this clear.

On your questionnaire, you may want to write about:

- the sort of chair you use at home;
- how you get up from a table if you sit down to eat;

- whether you lean on the cistern, bath tub, a towel rail or anything else when getting off the toilet;
- whether you lean on the door, seat, dashboard, the bodywork or anything else when getting in and out of a car.

Bending or kneeling

6. *Bending and kneeling.*

- 6 (a) Cannot bend to touch his knees and straighten up again. 15 points.
- 6 (b) Cannot either, bend or kneel, or bend and kneel as if to pick up a piece of paper from the floor and straighten up again. 15 points.
- 6 (c) Sometimes cannot either, bend or kneel, or bend and kneel as if to pick up a piece of paper from the floor and straighten up again. 3 points.
- 6 (d) No problem with bending or kneeling. 0 points.

Bear in mind: if you can pick up a piece of paper from the floor and get back up again by bending, kneeling, squatting or a combination of all three you are unlikely to score any points. If you can manage to do it most of the time, but you have bad days, or bad times of the day, when you can't, then tick the sometimes box and give details. If you can do it but it hurts, makes you breathless or you wouldn't be able to do it with reasonable repeatability, then make this clear.

On your questionnaire: you may want to write about any problems or pain you have when bending and kneeling to do such things as:

- dressing and undressing, especially footwear;
- getting in and out of the bath;
- washing and drying your lower legs and feet;
- bending to reach the oven, front loading washing machine, low cupboards or shelves;
- hanging laundry to dry;
- carrying out household cleaning chores;
- bending to tend to babies and toddlers;
- leisure and recreational activities involving bending, such as gardening, tending to pets.

Standing

4. *Standing without the support of another person or the use of an aid except a walking stick.*

- 4 (a) Cannot stand unassisted. 15 points.
- 4 (b) Cannot stand for more than a minute before needing to sit down. 15 points.
- 4 (c) Cannot stand for more than 10 minutes before needing to sit down. 15 points.
- 4 (d) Cannot stand for more than 30 minutes before needing to sit down. 7 points.
- 4 (e) Cannot stand for more than 10 minutes before needing to move around. 7 points.

- 4 (f) Cannot stand for more than 30 minutes before needing to move around. 3 points.
- 4 (g) No problem standing. 0 points.

Bear in mind: this is about how long you can stand without pain, fatigue, stiffness, breathlessness or balance problems and whether you could stand for the same period of time again with reasonable repeatability. If you normally use a walking stick then the time you can stand with the help of the walking stick is what counts.

On your questionnaire, you may want to write about what causes you to have problems with standing and examples of when you have had problems because you were unable to stand longer. Think about activities such as:

- standing to do household chores such as washing up or cooking;
- standing at queues in supermarkets or waiting for public transport;
- standing and waiting when collecting a child from school;
- standing to watch sporting activities.

Walking

1. Walking on level ground with a walking stick or other aid if such aids are normally used.

- 1 (a) Cannot walk at all. 15 points.
- 1 (b) Cannot walk more than a few steps without stopping or severe discomfort. 15 points.
- 1 (c) Cannot walk more than 50 metres without stopping or severe discomfort. 15 points.
- 1 (d) Cannot walk more than 200 metres without stopping or severe discomfort. 7 points.
- 1 (e) Cannot walk more than 400 metres without stopping or severe discomfort. 3 points.
- 1 (f) Cannot walk more than 800 metres without stopping or severe discomfort. 0 points.
- 1 (g) No walking problem. 0 points.

Bear in mind: this is about how far you can walk without pain, severe discomfort, fatigue, stiffness, breathlessness or balance problems, and whether you could walk the same distance again with reasonable repeatability. If you normally use a walking stick or other aid, then it's how far you can get using this that counts. If walking causes or worsens abdominal pain, soreness around the anus or other symptoms, say how far you can walk before severe discomfort begins.

On your questionnaire, you may want to write about what limits your ability to walk: whether it's pain, fatigue, breathlessness, etc. Think about activities such as:

- moving around at home;
- shopping and walking around a supermarket;
- exercising pets.

Walking up and down stairs.

2. *Walking up and down stairs.*

- 2 (a) Cannot walk up and down one stair. 15 points.
- 2 (b) Cannot walk up and down a flight of twelve stairs. 15 points.
- 2 (c) Cannot walk up and down a flight of twelve stairs without holding on and taking a rest. 7 points.
- 2 (d) Cannot walk up and down a flight of twelve stairs without holding on. 3 points.
- 2 (e) Can only walk up and down a flight of twelve stairs if he goes sideways or one step at a time. 3 points.
- 2 (f) No problem in walking up and down stairs. 0 points.

Bear in mind: you can't score points for both stairs and walking, you get whichever is the higher of the two. However, you should still give as much information as possible about problems with both activities. If you can go up stairs but have problems coming down, or vice versa, this is sufficient to score the appropriate points. If you have to go up and down the stairs on your bottom this should count as being unable to walk up and down stairs.

On your questionnaire, you may want to write about any pain in your joints or from fistulas when walking up and down stairs, any fatigue dizziness or unsteadiness you experience and any falls you have had. If you get very tired using stairs, say how long it takes to recover.

Also say whether you arrange your life so that you avoid going upstairs during the day.

Using your hands

7. *Manual dexterity.*

- 7 (a) Cannot turn the pages of a book with either hand. 15 points.
- 7 (b) Cannot turn a sink tap or the control knobs on a cooker with either hand. 15 points.
- 7 (c) Cannot pick up a coin which is 2.5 centimetres or less in diameter with either hand. 15 points.
- 7 (d) Cannot use a pen or pencil. 15 points.
- 7 (e) Cannot tie a bow in laces or string. 10 points.
- 7 (f) Cannot turn a sink tap or the control knobs on a cooker with one hand, but can with the other. 6 points.
- 7 (g) Cannot pick up a coin which is 2.5 centimetres or less in diameter with one hand, but can with the other. 6 points.
- 7 (h) No problem with manual dexterity. 0 points.

Bear in mind: in relation to writing, you must be able to write more than just a few words, enough for everyday purposes such as cards and letters, and be able to write clearly and at a reasonable speed. In relation to picking up coins, the law actually refers to a coin which is 2.5 centimetres or less in diameter rather than a two pence

coin. You may wish, therefore, to give details of any difficulties you have, because of your condition, with picking up 5p or 1p coins.

On your questionnaire, you may want to write about any problems that you have with activities that involve using your hands, such as:

- filling in forms such as this questionnaire;
- coping with buttons, zips, and hooks on clothing;
- cooking - including opening jars and bottles;
- washing and peeling vegetables;
- leisure activities, including reading books and newspapers; doing crosswords; knitting; manipulating the petrol cap to refuel a car.

Reaching.

9. *Reaching.*

- 9 (a) Cannot raise either arm as if to put something in the top pocket of a coat or jacket. 15 points.
- 9 (b) Cannot raise either arm to his head as if to put on a hat. 15 points.
- 9 (c) Cannot put either arm behind back as if to put on a coat or jacket. 15 points.
- 9 (d) Cannot raise either arm above his head as if to reach for something. 15 points.
- 9 (e) Cannot raise one arm to his head as if to put on a hat, but can with the other. 6 points.
- 9 (f) Cannot raise one arm above his head as if to reach for something, but can with the other. 0 points.
- 9 (g) No problem with reaching. 0 points.

Bear in mind: this activity is just about your ability to reach, not about whether you are able to use your hands effectively once you have reached for something

On your questionnaire, you may want to write about any problems that you have with the activities like:

- dressing and undressing, including reaching for clothes on shelves and in wardrobes;
- hair washing and brushing;
- shaving;
- reaching up to shelves in shops and putting shopping away at home;
- household chores such as: dusting and hanging laundry on a washing line;
- leisure activities, such as aerobics, golf, painting and decorating.

Lifting and carrying

8. *Lifting and carrying by the use of upper body and arms (excluding all other activities specified in Part 1 of this schedule).*

- 8 (a) Cannot pick up a paperback book with either hand. 15 points.
- 8 (b) Cannot pick up and carry a 0.5 litre carton of milk with either hand. 15 points.
- 8 (c) Cannot pick up and pour from a full saucepan or kettle of 1.7 litre capacity with either hand. 15 points.

- 8 (d) Cannot pick up and carry a 2.5 kilogramme bag of potatoes with either hand. 8 points.
- 8 (e) Cannot pick up and carry a 0.5 litre carton of milk with one hand, but can with the other. 6 points
- 8 (f) Cannot pick up and carry a 2.5 kilogramme bag of potatoes with one hand, but can with the other. 0 points.
- 8 (g) No problem with lifting and carrying. 0 points.

Bear in mind: this activity is only about lifting and carrying by the use of your upper body and arms. It doesn't include carrying the objects from one place to another. References to 'either hand' mean you have problems with both hands. You need to be able to grip and lift the carton of milk itself, it doesn't count if you can only do so if it's placed in a bag. It is the use of an ordinary kettle that is being considered, not one that has been adapted to make it easier to pour from.

On your questionnaire, you should write about any problems that you have with the activities such as.

- cooking, especially lifting and carrying saucepans and crockery;
- shopping, especially lifting goods out of a shopping trolley;
- dealing with laundry;
- care of children, such as lifting them out of cots and high chairs;
- hobbies such as gardening, carrying pet animals or birdcages.

Seeing

12. Vision in normal daylight or bright electric light with glasses or other aid to vision if such aid is normally worn.

- 12 (a) Cannot tell light from dark. 15 points.
- 12 (b) Cannot see the shape of furniture in the room. 15 points.
- 12 (c) Cannot see well enough to read 16 point print at a distance greater than 20 centimetres. 15 points.
- 12 (d) Cannot see well enough to recognise a friend across the room at a distance of at least 5 metres. 12 points.
- 12 (e) Cannot see well enough to recognise a friend across the road at a distance of at least 15 metres. 8 points.
- 12 (f) No problems with vision. 0 points.

Bear in mind: the test is how well you can see wearing glasses if you normally use them.

You should be able to recognise a friend by their face rather than by, for example, their clothing.

On your questionnaire, you may want to write about any problems that you have with the activities such as:

- filling in forms;
- reading newspapers or magazines;
- helping children with homework or reading bedtime stories;
- leisure activities, in particular sports such as snooker or darts; and activities which

- require good vision such as knitting or sewing;
- whether you drive: anyone who holds a driving licence will be assumed to have no problems with vision.

Speaking

10. Speech.

- 10 (a) Cannot speak. 15 points.
10 (b) Speech cannot be understood by family or friends. 15 points.
10 (c) Speech cannot be understood by strangers. 15 points.
10 (d) Strangers have great difficulty understanding speech. 10 points.
10 (e) Strangers have some difficulty understanding speech. 8 points.
10 (f) No problems with speech. 0 points.

Bear in mind: the problems with speech have to stem from your disability or health condition and not, for example, because you have a strong accent.

On your questionnaire, you may want to write about any problems that you have with activities such as:

- your ability to socialise with family and friends;
- any difficulties you have with activities such as shopping, or travelling on public transport;
- whether you are able to use a telephone.

Hearing

11. Hearing with a hearing aid or other aid if normally worn.

- 11 (a) Cannot hear sounds at all. 15 points.
11 (b) Cannot hear well enough to follow a television programme with the volume turned up. 15 points.
11 (c) Cannot hear well enough to understand someone talking in a loud voice in a quiet room. 15 points.
11 (d) Cannot hear well enough to understand someone talking in a normal voice in a quiet room. 10 points.
11 (e) Cannot hear well enough to understand someone talking in a normal voice on a busy street. 8 points.
11 (f) No problem with hearing. 0 points.

Bear in mind: it is your ability to hear whilst using a hearing aid if you normally use one which is being considered. A busy street is one with traffic and ordinary street noises, but not, for example, one where there are very noisy road works or which is beside a motorway.

On your questionnaire, you may want to write about :

- whether you use any aids such as: headphones or loop system amplification for TV, radio or video; amplification for your telephone; loud front door bells or door lights.
- details of social isolation and domestic difficulties, such as problems communicating in shops or on family occasions;

- inability to continue particular hobbies such as going to the cinema or theatre, playing bridge or bingo;

Fits or something like this

14. Remaining conscious other than for normal periods of sleep

- 14 (a) Has an involuntary episode of lost or altered consciousness at least once a day. 15 points.
- 14 (b) Has an involuntary episode of lost or altered consciousness at least once a week. 15 points.
- 14 (c) Has an involuntary episode of lost or altered consciousness at least once a month. 15 points.
- 14 (d) Has had an involuntary episode of lost or altered consciousness at least twice in the 6 months before the day in respect to which it falls to be determined whether he is incapable of work for the purpose of entitlement to any benefit, allowance or advantage. 12 points.
- 14 (e) Has had an involuntary episode of lost or altered consciousness once in the 6 months before the day in respect to which it falls to be determined whether he is incapable of work for the purpose of entitlement to any benefit, allowance or advantage. 8 points.
- 14 (f) Has had an involuntary episode of lost or altered consciousness once in the 3 years before the day in respect to which it falls to be determined whether he is incapable of work for the purpose of entitlement to any benefit, allowance or advantage. 0 points.
- 14 (g) Has no problems with consciousness. 0 points.

Bear in mind: the law in this area is rather confused, but it may be the case that vertigo, severe migraines and other conditions that cause 'altered consciousness' may score points under this activity.

On your questionnaire, you may want to write about any activities you avoid because of fits as well as :

- any fits or seizures you have had
- whether you drive, as the DVLC will refuse to issue a licence to anyone who has had a daytime fit in the past year.
- whether you undertake potentially hazardous domestic activities such as cooking
- whether you undertake potentially hazardous recreational activities e.g. swimming, contact sports.

Coping with toilet needs

13. Continence other than enuresis (bed wetting).

- 13 (a) No voluntary control over bowels. 15 points.
- 13 (b) No voluntary control over bladder. 15 points.
- 13 (c) Loses control of bowels at least once a week. 15 points.
- 13 (d) Loses control of bowels at least once a month. 15 points.
- 13 (e) Loses control of bowels occasionally. 9 points.

- 13 (f) Loses control of bladder at least once a month. 3 points.
- 13 (g) Loses control of bladder occasionally. 3 points.
- 13 (h) No problem with continence. 0 points.

We do realise that this may be a distressing page for you to have to fill in, but it is vitally important that you do so if it applies to you.

Bear in mind:

- Pads

Very small amounts of urinary or faecal incontinence which cause staining of underwear, but no more, may not count. But if you have to use pads and you do actually soil them we would argue very strongly that this should count. One social security commissioner has held, in relation to urinary incontinence, that "Dribbling and leaking, unless completely trivial" should count

Urgency

If you suffer from extreme urgency, so that you have to stay close to a lavatory most of the time in order to avoid episodes of incontinence, each episode of urgency may count as losing control or you may be considered to have no voluntary control. In the same way, if you have to take anti-diarrhoeal when you go out to avoid episodes of incontinence, this may count as no voluntary control.

However, the law is currently rather a muddle in this regard. So, if you have episodes of extreme urgency at least once a week, tick the box saying 'I lose control of my bowels at least once a week'. If, however, you suffer from extreme urgency most days, we would suggest you tick the box saying 'I have no voluntary control of my bowels'. Whichever box you tick, the most important thing is to give detailed evidence, using the box on page 18 or an additional sheet if necessary.

- Stoma devices

A person who has a stoma device should score be held to have no voluntary control. A tribunal of Commissioners has held that "A claimant who by reason of disablement is never able by exertion of the will to bring under control a discharge of faeces or urine from his body satisfies Descriptor 13(a) or (b), irrespective of whether he retains all or part or none of the bowel or bladder, and even if he uses a bag or an incontinence pad or similar aid which operates effectively and efficiently to prevent accidents" If you have a stoma device and are found capable of work, consult a welfare rights worker.

- Diet

If your loss of control is due to failing to adhere to a prescribed diet – for example, because you have coeliac disease - this will probably not count, provided it would be reasonable to expect you to follow the diet.

On your questionnaire, give as much information as possible about:

any actual episodes of incontinence you have had;

any near misses;

how often you go shopping, visiting friends or other social outings and how long these last;

any precautions you take to reduce the risk of episodes of incontinence both indoors and out, such as:

- using pads;
- taking anti-diarrhoeal medication;
- staying very close to the lavatory;
- avoiding eating and drinking before going out;
- only going to places if you know in advance where the toilets are and planning your route from one toilet to the next.

Anxiety, depression and other mental health problems

Bear in mind. You are asked if you have been treated for anxiety, depression or mental illness or whether you think you have a mental health problem. You are also asked how often you receive treatment and when your last appointment was. You do not have to be receiving treatment in order

to be found incapable of work, so don't worry if you have to leave these boxes blank. This page also has a large box for you to describe your mental health condition, any treatment you receive and problems you have with day to day activities and with dealing with other people.

If you do get depressed or anxious it would be worth discussing with your doctor whether you should have a diagnosis stating that you are suffering from anxiety or depression. In the absence of such a diagnosis there is a strong possibility that the Medical Services doctor will conclude that

your condition is simply a normal reaction to your long-term health conditions and does not constitute a mental health condition for which you can be awarded points.

On your questionnaire, give as much information as you can about the way that your depression or anxiety affects your everyday life.