

# Your PIP consultation helpsheet

This sheet contains useful tips that you can use on the day of your face to face consultation. It's a good idea to print it out and have a copy with you for your consultation.

## What to take to your consultation

You'll need to bring some form of identification with you to the consultation. The consultation appointment letter tells you what you can use as ID.

### You should also take:

- Details of any medication you're taking, such as a prescription list
- a list of the aids or appliances you use - for example, glasses, hearing aids, walking stick
- any evidence about how your condition affects you that you didn't include in your PIP claim form - for example, from a health professional
- a copy of your PIP claim form - you can refer to it in the consultation and it's a good way to make sure you tell the assessor everything you want them to know about how your condition affects you

## Advice for the actual assessment

### Do:

- ✓ tell the assessor everything you can that's relevant to your condition, even if it's already on your PIP claim form
- ✓ take your time - don't let them rush you
- ✓ go through your PIP claim form to remind yourself of your answers - it may also remind you to mention anything you didn't include on the form
- ✓ ask for any help you need as this can make the consultation less stressful - for example, an assessor who is the same gender as you, an interpreter or signer (try to do this at least 2 working days in advance)

### Don't:

- ✗ exaggerate or lie about your condition
- ✗ feel you have to do anything you normally wouldn't be able to do
- ✗ don't agree to do any movements that are too painful
- ✗ just answer yes or no to the consultation questions but tell them how doing something makes you feel - for example, 'Yes, I can lift my arm above my head, but it's painful and I have to rest afterwards. If I had to do it more than once in a short period of time, it would make me feel tired but also dizzy.'
- ✗ expect the assessor to 'be on your side' - they're there to ask questions, not to make sure you get PIP