

MOVING FROM DLA TO PIP – WHAT TO DO IF YOUR AWARD IS REDUCED OR STOPPED

If you are an adult and were getting Disability Living Allowance (DLA) and have been moved to Personal Independence Payment (PIP) or Adult Disability Payment (ADP), your new award might be less than you were getting on DLA or it might have stopped entirely. Find out how to challenge your PIP decision, and make ends meet in the short term.

When does DLA end?

Personal Independence Payment (PIP) or Adult Disability Payment (ADP) in Scotland have almost entirely replaced Disability Living Allowance (DLA) for people aged over 16 and under State Pension age. However there are a very small number of claimants over State Pension age who will stay on DLA.

You can find out more about PIP in our guide [Personal Independence Payment – an introduction](#), and if you live in Scotland, you can see our guide [Adult Disability Payment – an introduction](#).

If you think the decision to reduce or stop paying PIP or ADP is wrong

Important

Make sure you read the notes about how to disagree with a [decision before asking for a mandatory reconsideration](#) on GOV.UK

If you disagree with a benefits decision, you're allowed to ask for the decision to be looked at again. This is called a mandatory reconsideration.

You must ask for this within one month of the date on your decision letter by:

- phone using the number on the decision letter, or
- post by completing the CRMR1 form.

Explain why you think their decision is wrong and send copies of any more evidence you've got if you think it will help your case.

When the Department for Work & Pensions (DWP) has looked at your decision again, they'll send you two copies of a document called a mandatory reconsideration notice. This will let you know the result of the reconsideration. If you don't agree with this decision, you can appeal against it.

Download the [CRMR1 form and notes about how to disagree with a decision](#) on GOV.UK. Find out more about [asking for a mandatory reconsideration](#) on Citizens Advice.

How to appeal

You can only appeal against a disability benefits decision when you've had a mandatory reconsideration notice - this is called a 're-determination' in Scotland. You request this by asking the office that made the decision to look at it again.

To appeal, you then need to send the following to HM Courts & Tribunals Service (the address is on the form):

- A copy of the mandatory reconsideration/re-determination notice.
- [Form SSC1](#) – which you can download from on GOV.UK.

Find out more about [appealing following a reconsideration](#) on Citizens Advice

Help if your PIP or ADP award is less than you got on DLA

If your award is reduced or stopped, the DWP will continue to pay your existing Disability Living Allowance (DLA) for at least four weeks. This is to give you extra, limited support.

This is to help you prepare for coping with less money.

You'll need to work out if it's possible to save any money or increase your income as soon as possible.

In Scotland, you can receive a temporary benefit called Short-term Assistance (STA) while you challenge an Adult Disability Payment (ADP) decision. You are not financially penalised for asking for a re-determination or appeal.

Help if you have an emergency expense

There might be some help available if you need to find money quickly for an emergency or unexpected expense. Local welfare schemes

If you're facing a sudden emergency and are on a very low income, you might be able to apply to your council's local welfare scheme for vouchers to pay for essentials such as:

- food
- fuel
- clothing
- household items, such as cookers or fridges.

Each county in the UK runs its own scheme. To find out what's available in your area, contact your local council.

If you live in England, [find your local council on GOV.UK](#)

If you live in Scotland, [find your local council or constituency on myGov.scot](#)

If you live in Wales, [find your local authority on GOV.WALES](#)

If you live in Northern Ireland, [find your local council on nidirect](#)

Find your [local council](#) on GOV.UK

Budgeting Advances and Budgeting Loans

If you've been getting Pension Credit or Income-related Employment and Support Allowance for at least 26 weeks, you might be able to apply for a Budgeting Loan to pay for an emergency expense.

You'll have to repay the amount you borrow within two years.

If you're claiming Universal Credit, you can apply for a Budgeting Advance instead. You'll usually have up to 24

months to pay the loan back. Find out more in our guide [Budgeting Advances and Budgeting Loans](#)

Check you're getting the right benefits and entitlements

If your income has reduced, it's important to make sure you're getting all the benefits you're entitled to.

You can use our [Benefits calculator](#) to check.

Your local Citizens Advice can also carry out a full benefits check to make sure you're getting everything you're entitled to.

Find your [nearest Citizens Advice branch](#)

It might be worth checking if you qualify for charitable help and grants. Find out more in our guide [Charitable grants for ill or disabled people](#)

See if you can get a reduction on your Council Tax bill

You can get a reduction on your Council Tax bill if you're disabled, and you need to live in an adapted home, or in a larger home than you would otherwise need. If you're the only adult in your household, or you only share your home with a live-in carer (not related to you), you can get 25% off your Council Tax bill.

If you live on your own and have a diagnosed severe mental impairment or live only with others who have this condition, or students, you might qualify for a 100% reduction on your Council Tax. You may lose the Severe Mental Impairment discount if you have lost the qualifying benefit. Find out how more in our guide [Benefits to help with your disability or care needs](#)

Increasing your income

If you would like help to find, or prepare for, work – there are organisations that can give you the support you might need if you have a disability or learning difficulty.

To find out more about support and advice to get you back into work, [download the free factsheet 'Careers and work for disabled people'](#) on Disability Rights UK.

If you have a disability, health or mental health condition, the government's Access to Work scheme might be able to help you with the costs of getting into work or staying in work. Your local JobCentre Plus can also help with a Pathways to Work Scheme. Find out more [about support if you have a disability or health condition](#) on GOV.UK

Rent a room scheme

If you have a spare room in your home, the first £7,500 a year from renting it out is tax-free. Find out more in our guide [Rent a Room scheme - how it works and tax rules](#)

Saving money

If you can, try saving a little bit of money to give yourself a cushion if you face an emergency expense in the future or to help you pay for things like Christmas or birthday presents. For more tips on saving, see our guide [Getting into the savings habit](#).

Borrowing money

If you're coping with a sudden drop in income, it can be tempting to borrow money.

However, it's important to be sure you're able to pay the money back or you could end up in debt.

If you're borrowing money to pay off debts, or to pay essential household bills or rent, it's important to get free debt advice. This will help you find out how you can get back on track.

For different ways to borrow money read our guides:

[Borrowing and credit basics](#)

[Do you need to borrow money?](#)

If you're worried about debts, get advice

If you're having trouble with debt and are finding it hard to manage things yourself, the last thing you might want to do is talk to a complete stranger about your problems.

But it can be the best thing you can do, especially if you're thinking about using a formal debt repayment method, like a debt repayment plan or bankruptcy. It's always best to talk things through with an experienced adviser before you make a decision.

This is because there are many ways to deal with debts and you might not be aware of all the options that are available to you. The way that is best for you will depend on your personal circumstances.

A free debt adviser can help you decide which option is right for you. Depending on your circumstances, this might just take one conversation.

A debt adviser will:

- treat everything you say in confidence
- never judge you or make you feel bad about your situation
- suggest ways of dealing with debts that you might not know about
- check you've have applied for all the benefits and entitlements available to you.

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