

PERSONAL INDEPENDENCE PAYMENT – AN INTRODUCTION

Personal Independence Payment (PIP) is a benefit that helps people aged 16 and over in England, Wales and Northern Ireland with the extra costs of a long-term health condition or disability. It has replaced Disability Living Allowance (DLA) for most people. It's important to know how to claim it and how much you might get.

What is Personal Independence Payment?

PIP helps with the extra costs of disability or long-term health conditions. It is available to claim for those living in England, Wales and Northern Ireland.

It's a non means-tested benefit. So you can get it regardless of how much you earn, or whether you have savings or capital. You can use the money in the best way to help you manage your health or disability – it doesn't have to be spent on care or mobility.

To qualify for it you must:

- be between 16 and State Pension age
- have had these difficulties for three months and expect them to last for at least another nine months (unless you're terminally ill).

If you live in Scotland, the equivalent benefit is Adult Disability Payment (ADP)

You can't claim ADP and PIP at the same time. For more information about ADP see our guide [Adult Disability Payment – an introduction](#) or [check your eligibility for ADP](#) on mygov.scot.

If you need to [make a new claim for ADP](#), you can find out how to apply online or over the phone on mygov.scot.

Use our Benefits calculator

If you're living on a low income or have had an income shock, [use our Benefits calculator](#) to quickly find out

what you could be entitled to.

Who can get PIP?

To get PIP you must:

- Need help with everyday tasks or getting around, or both because of a physical or mental condition
- Have needed this help for at least three months and expect to need it for at least another nine months. You can start your claim within the first three months of needing help but your PIP entitlement won't begin until the three month period has finished.
- If you're terminally ill with a probable life expectancy of 12 months or less, you qualify immediately.

PIP when you've reached State Pension age

If awarded before State Pension age, you keep PIP once you reach that age. You'll no longer have your payment regularly reviewed when you reach State Pension age.

Instead, you'll get a light touch review every ten years. If you're over State Pension age, and haven't claimed PIP, you won't be able to make a new claim for it. Instead, you'll have to claim Attendance Allowance or the Pension Age Disability Payment in Scotland. Find out more about Attendance Allowance or the Scottish Pension Age Disability Payment in our guide [Benefits if you're sick, disabled or a carer](#).

[Find out more about Attendance Allowance](#) on Turn2us. Disability benefits for children under 16.

In England, Wales and Northern Ireland you can make a claim for Disability Living Allowance for a child aged under 16 who has difficulty getting around or who needs more care than a child of the same age who doesn't have a disability.

In Scotland you can apply for the Child Disability Payment instead for children aged between three months and 18 years.

Find out more in our guide [Disability benefits and entitlements for children](#)

Find out about [Disability Living Allowance for children](#) on GOV.UK or the [Child Disability Payment](#) on mygov.scot.

PIP rates

Personal Independence Payment is based on the level of help you need because of how your condition affects you and how able you are to do certain activities.

It is made up of two components:

The Mobility component might be paid if you need help getting about. This includes physically moving around as well as if you need help outside due to a learning or sensory disability or a mental health problem.

The Daily living component might be paid if you need help with carrying out everyday activities, such as:

- preparing and cooking food
- eating and drinking
- managing your treatments
- washing and bathing
- managing toilet needs or incontinence
- dressing and undressing
- communicating with other people
- reading and understanding written information
- mixing with others
- making decisions about money.

Each component can be paid at either a standard or an enhanced rate. Depending on how your condition affects you, it's possible to get one component or both, and either the standard or the enhanced rate. This is worked out after a DWP assessment of your claim.

Weekly rates 2026/27

	Standard weekly rate	Enhanced weekly rate
Mobility	£30.30	£80.00
Daily living	£76.70	£114.60

How to claim PIP

You can claim PIP by calling the Department for Work and Pensions (DWP) on [0800 917 2222](tel:0800 917 2222). For other [ways to claim PIP](#) visit [GOV.UK](#)

If you're in Northern Ireland, call [0800 012 1573](tel:0800 012 1573) or [go to the nidirect website to find out more and make a claim](#)

They'll then check you qualify to claim. If you qualify, DWP will send you a form called 'How your disability affects you'. It's important you fill in this form carefully and give as much detail as you can about your condition.

[For help filling in your PIP claim form, visit Citizens Advice](#)

When DWP gets your form, they'll decide whether you need a medical assessment. Or they might decide to ask your health or social care worker for more information.

Assessments

If you need an assessment, this might be a face-to-face consultation with an independent, trained health professional, or done over the phone or by video. The assessment is designed to work out what your individual needs are.

It will focus on how well you can carry out a range of activities you need to do to cope with everyday life and getting around outdoors.

Visit Citizens Advice [for guidance on preparing for your PIP assessment](#).

Failure to attend your assessment

You'll receive a letter inviting you to your assessment. If you fail to attend your assessment your PIP claim may be 'disallowed'. Some people are recognised by the DWP as needing 'additional support' because of their health and their claims should be handled more sympathetically.

If your claim is 'disallowed' you'll either need to follow the appeal process (see more on this below) or start a new claim. After your assessment, you'll get a letter with a decision about whether you can get PIP and how much it will be.

If you get PIP, your award will be regularly reassessed to see if your condition has changed. You can also request a

review yourself, but if you do, the DWP has the power to reduce or stop your award although this is fairly rare. To find out more about the [assessment criteria for PIP](#) on GOV.UK

Contacting the DWP (for PIP) and your assessment provider

You may need to contact the Department for Work and Pensions (DWP) during different stages of your Personal Independence Payment (PIP) claim. For example, you might need to:

- start a new PIP claim
- check the progress of an existing claim
- report a change in your circumstances
- ask about a payment or decision
- send additional evidence to support your claim.

If you need to speak to the DWP about your claim, [contact the disability service centre](#), or use the official details provided letters you've received from the DWP. PIP assessment phone number: contacting the assessment provider

If you've been invited to a PIP assessment, you'll usually need to contact the assessment provider, rather than the DWP, if you have questions about your appointment.

Your appointment letter will include the correct PIP assessment provider's phone number and contact details for the organisation carrying out your assessment.

Help applying for PIP

If you think PIP could be right for you but are not sure where to start, charity Turn2Us has created a free, confidential [Turn2Us PIP Helper tool that will help take you through the process](#) and understand what you're entitled to.

Moving from DLA for children to PIP

If your child is getting DLA for children (in England, Wales or Northern Ireland), then they will need to claim PIP when they reach the age of 16. It is not an automatic transfer.

Find out more in our guide [Disability benefits and entitlements for children](#).

How to challenge a PIP decision

If you're unhappy about a decision on your PIP claim, you can challenge it – but it's important to follow the correct process.

Find out more in our guide [How to appeal against a disability benefits decision](#)

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