

## Example form 2 - DLA and diagnoses of psychosis

The pages that run from page 197 on have been completed with the sorts of difficulties someone who hears voices and experiences intrusive thoughts might stereotypically experience. Of course everyone is different - their purpose is to hopefully give you some ideas which you can adapt to fit your own situation. Good luck!

### DLA and diagnoses of bi-polar disorder/ manic depression

If time and space were no object, I'd love to include a complete set of pages to cover the difficulties associated with diagnoses of bi-polar disorder/ manic depression too. However with so very much change in other parts of the system going on, there just isn't space at the moment. I'm sorry, and promise to strive towards it in future. In the meantime, I hope the notes on the next few pages - along with some elements of the form that follows - might be useful if you do have this diagnosis.

It's likely that you'll find things to include on most pages of the form. The difficulties you experience when high may be very different to the ones you experience when low. Include them both - plus any difficulties you experience/ need for supervision between these extremes.

#### Mobility:

When high you might put yourself at risk because of feeling nothing can harm you, or, for example feeling you have the ability to fly, or to stop the traffic etc. You might also be vulnerable when out and about because you spend too much and get into debt, or get involved in financial schemes doomed to fail. You may dress differently, and behave in ways you wouldn't usually - e.g. some people with this diagnosis lose a lot of their inhibitions. You may find it hard to talk to people because your thoughts are racing, or you might become angry more quickly. The ideas that you have may seem strange and frightening to others. You may see or hear things that frighten or distract you. You may have some other illness which is made worse by you rushing around. When low you may be so lacking in energy that you need someone with you to encourage you and guide you. You might also be at risk because of suicidal feelings.

*When I'm 'up' I have thoughts and beliefs that put me at risk. the last time I was admitted to hospital, the police were called because I was standing in the middle of the dual carriageway trying to make the traffic obey me. I felt an angel was helping me. In the weeks previous, I had cleared out our joint savings account to make a donation of £15,000 to a church group and had also been to three banks to secure loans. During a previous spell of being high I started visiting pubs in the daytime and ended up getting pregnant by an almost complete stranger. When 'down' I feel utter despair, and have to be encouraged and guided when outside to enable me to get anywhere. I often think of taking my own life and got as far as the railway line once. Between these spells things are a bit better, but I still need someone with me because my symptoms never go away completely, and when I become more unwell it happens very quickly. I try to hide it and can be extremely plausible to people who don't know me well.*

## Care: 'Attention' needs

The impression I've gathered when working with people with this diagnosis is that the 'low' phase can be crushingly low - all consuming and despairing. Because of this you may need encouragement to get (and stay) out of bed, wash, bath, dress, eat, move around your home, take your tablets, communicate with people, deal with post/ phone calls etc. let alone get involved in social activities/ hobbies etc.

Similarly people have told me that when 'high', many if not all of these things can go out of the window. The help you need might be encouragement to go to bed and sleep, to stay in bed, to stop being so active within your home, to slow down when trying to communicate, to eat, to take your tablets etc. You may also experience ideas or feelings that mean that you need reassurance. Some examples:

### Getting up/going to bed

*When I'm 'up' I am filled by a sort of euphoric energy. I feel no need to sleep - I need to be doing - creating - I have no TIME to sleep. Of course I eventually get to the stage of exhaustion where my senses aren't working properly. At these times I need encouragement to go to bed and to stay there. I can get quite angry with people when they suggest it. When at my lowest I am so lacking in any 'go' that left to myself I just stay in bed - sometimes not even getting up to go to the toilet. Even when a bit better I still lack 'oomph' and need this encouragement.*

### Moving around your home

*When I'm 'up' I find it absolutely impossible to just sit and relax without encouragement - I feel driven. I end up exhausted. I also have ideas I must carry out - e.g. last time, I became convinced that the angel that I felt was accompanying me needed more space when indoors, so I started knocking through the wall between two bedrooms. When very down I can hardly move from bed to a chair without being repeatedly nagged to do so. The rest of the time I need lots of encouragement to be active in my home in an usual way.*

### Communication

*When I'm 'up', my mind races to the stage where others can find it hard to understand me, and I am not taking in what people say to me. I can get to feel paranoid about people, and also very angry with them. When down I become completely withdrawn and have to be helped and encouraged with all verbal and written communication. I don't realise it when I am becoming more unwell and tell everyone that I am fine. I cannot ask for help when I need it. I had help to complete this form from my CPN.*

## Care: 'Supervision' needs

We've already touched on many of the ways in which you might put yourself 'at risk' under 'mobility'. Make sure that you include them under the bit of the form that asks about your supervision needs to.

Basically anything that could put you - or someone else - at risk in some way should be included here. –e.g. you may need supervision because you are less aware of common dangers - e.g. you eat food without checking it is thoroughly cooked, or forget, in your high or low state to check that you have turned things off, put a guard round the fire etc. In the days of the internet you can make impulsive purchases or donations - day or night - without even leaving your home, or you may become over-trusting and give away personal information to strangers.

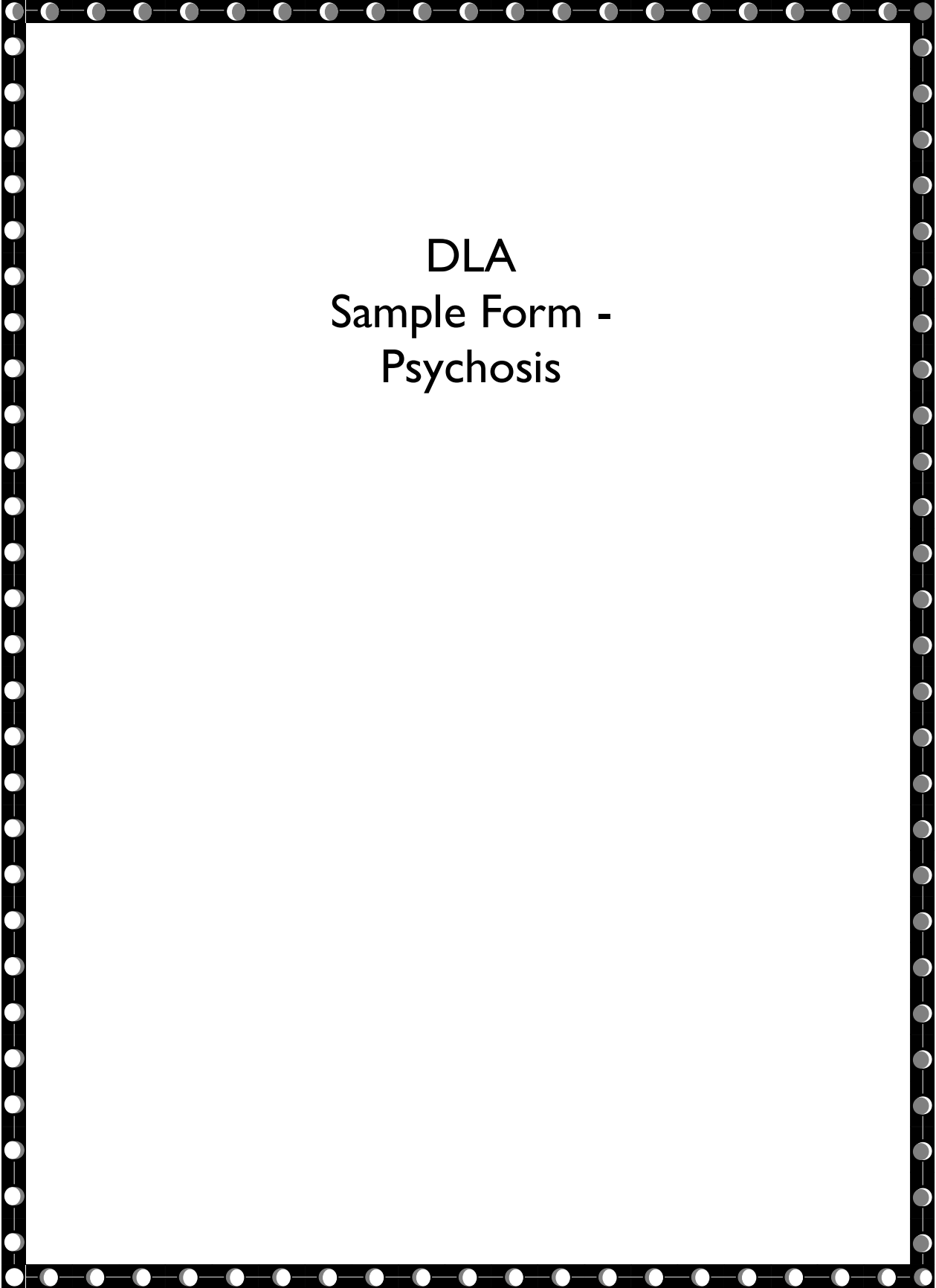
You may find the DWP will readily accept that you need supervision when 'high' or deeply 'low' but not the rest of the time. It will help them to make an award if you can explain why you need someone keeping an eye on you in between too - see the section on 'variability' in the chapter on DLA.

They leave a ridiculously small amount of space on forms for supervision needs - refuse to be boxed! Add in pages or write outside them! And don't forget there are now day and night pages.

*When 'up' I become convinced that I am protected by angels and invincible. I feel the need to convince others of this through miraculous acts - e.g. I know the angels will catch me if I fall from a high place. I am also very prone to financial abuse - my CPN says my church group is a 'cult' and that they 'conned' me out of our savings, but I don't believe her. Once when I was in hospital I had home leave but ended up in a pub instead. I went with a stranger and got pregnant. My husband gets upset by the way I want to dress when high - and I get very angry with him because of this. Once I threatened him with a knife.*

*When at my lowest I just stop caring for myself or anyone else. When a little better, the suicidal feelings start. When I was seven months pregnant with our eldest, I went to the railway line meaning to kill myself - I felt utterly unable to care for the baby that was coming. Somebody - God, I think, helped me to change my mind though.*

*Between these times my husband still stays home to keep an eye on me, both because I become worse very quickly and because of the kind of things I do when at my worst - e.g. he went to work one morning thinking everything was fine and came home to find I had spent over £4000 ordering flowers online. He also helps me to look after the girls properly and safely.*



DLA  
Sample Form -  
Psychosis

# Getting around outdoors (continued)

## Having someone with you when you are outdoors

31

**Do you need someone with you to guide or supervise you when walking outdoors in unfamiliar places?**

For example you may have a mental health problem (for example agoraphobia), learning disability or sensory (sight, hearing or speech) difficulty, physical disability (for example, problems with balance) and need someone with you to make sure you do not put yourself or others in danger. Or, you may need help to move around in crowds or traffic, or cross unfamiliar roads.

Yes  No

To avoid danger

I may get lost or wander off

I have anxiety or panic attacks

To make sure I am safe

If there is not a box that describes the help you need, tell us in your own words in the box below.

Tell us what problems you would have in unfamiliar places and how another person would be able to help you. Tell us what they would do to help you so that you can walk around in unfamiliar places

*Although the voices I hear are not as intrusive since I've been on the medication, I still experience them from time to time and can be extremely distracted by them. It makes it very hard to concentrate on what is going on around you, and impossible to deal with other people. I also have problems whether the voices are there or not because I still feel paranoid about people and feel that they are looking at me and talking about me. I get scared.*

PLEASE NOTE - CONTINUES ON NEXT PAGE

32

**How many days a week do you need someone with you when you are outdoors?**

7 days

## Getting around outdoors (continued)

**33** Is there anything else you want to tell us to help us understand the help you need when walking outdoors?

For example, if your condition varies and you have good days and bad days, please tell us how often you have these and your needs on these days.

Yes  Tell us in the box below      No

CONTINUES FROM PREVIOUS PAGE...

*I have ended up shouting at people and on one occasion someone actually called the police out. I was terrified and ended up in tears.*

*I need someone I know well and trust to be with me, to keep me safe if the voices are there and to reassure me or guide me away from situations which could get out of hand.*

**34** When your walking difficulties started

Normally, you can only get the mobility part of Disability Living Allowance if you have needed help for at least three months.

**Please tell us the date your walking difficulties started**

28 / 4 / 06

If you cannot remember the exact date, tell us roughly when it was.

## Your care needs during the day

NB!!!! The definition the form gives of 'care needs' here is not quite accurate!

They say that:

By care needs we mean help with personal care or someone to supervise you, due to an illness or disability.

'Help with personal care' means day-to-day help with things like:

- washing (or getting into or out of a bath or shower)
- dressing
- eating
- getting to or using the toilet
- telling people what you need, or
- making yourself understood – for example, if you have learning difficulties.

'Supervise' means that you need someone to watch over you to avoid substantial danger to yourself or other people. This could mean:

- when you take medicines or have treatment
- keeping you away from danger that you may not know is there
- avoiding danger you could face because you cannot control the way you behave, or
- stopping you from hurting yourself or other people.

Help means physical help, guidance or encouragement from someone else so you can do the task.

It's mostly not what they've said, but what they've left unsaid that's problematic - although the whole page would be better if they'd prefaced the list with 'difficulties with' rather than 'help'.

The list they give of bodily functions is quite incomplete, and they fail to mention difficulty with hobbies, interests and social activities at all. Where they touch on communication it's about essentials like 'making yourself understood' and 'telling people what you need' rather than communication as a whole - in fact the tone of this list rather suggests to me that this is what the DWP would *like* DLA to be about... and perhaps how some Decision Makers still see it.

Similarly the supervision conditions sound more restricted than they are; the need to have someone 'watch over you' sounds so much more serious than 'keep an eye on' you. And yes, there must be some element of danger involved if they don't, but to me not many people would think of 'avoiding danger you could face because you cannot control the way you behave' as including things like e.g. being at risk whilst shopping or chatting on the internet because you blow money you don't have due to your bipolar disorder, or give out personal information. Perhaps you put your physical health at risk through excessive cleaning/ washing linked to your obsessive compulsive disorder... And the supervision only has to lessen the risk, says caselaw - not do away with it.

On the whole then, see the previous chapter for a more complete and correct picture of what they *should* consider when determining entitlement to this benefit.

## Your care needs during the day (continued)

**35** Do you usually have difficulty or do you need help getting out of bed in the morning or getting into bed at night?

Yes  No

**I have difficulty or need help**

- getting into bed
- getting out of bed

**How often?**



**How long each time?**

 minutes

 minutes

**I have difficulty concentrating or motivating myself and need:**

- encouragement to get out of bed in the morning
- encouraging to go to bed at night

 1

 1

 120 to 240 minutes

 up to 60 minutes

**Is there anything else you want to tell us about the help you need or the difficulty you have getting out of bed in the morning or getting into bed at night?**

For example, you may go back to bed during the day or stay in bed all day.

Yes  No

*Even with the medication, the voices are more 'there' in the evenings and at night, and I tend to try to put off going to bed because they're even more noticeable when there is nothing to distract you. They say things that I don't want to listen to. I need someone to reassure me and encourage me to go to bed. I don't sleep well, and find that I feel wrecked by the time morning comes. I often stay in bed for hours on end unless someone manages to encourage me to get up.*

*Before I was first admitted to hospital I shut myself off in my room and wouldn't get out of bed at all.*



## Help with your care needs during the day

36

### Do you usually have difficulty or do you need help with your toilet needs?

This means things like getting to the toilet, using the toilet, using a commode, bedpan or bottle. It also means using or changing incontinence aids, a catheter or cleaning yourself.

Yes

No

Please tell us what help you need and how often you need this help.

#### I have difficulty or need help

- with my toilet needs
- with my incontinence needs

#### How often?

#### How long each time?

#### I have difficulty concentrating or motivating myself and need:

- encouraging with my toilet needs
- encouraging with my incontinence needs

Is there anything else you want to tell us about the difficulties you have or the help you need with your toilet needs?

Yes

No

I'm OK at the moment but before I went to hospital I was too frightened to leave my room, even to use the toilet.

## Help with your care needs during the day (continued)

**37** Do you usually have difficulty or need help with washing, bathing, showering or looking after your appearance?

This means things like getting in or out of the bath or shower, checking your appearance or looking after your personal hygiene. This includes things like cleaning your teeth, washing your hair, shaving or coping with periods.

Yes

No

Please tell us what help you need and how often you need this help.

**I have difficulty or need help:**

**How often? How long each time?**

- |  |                      |                              |
|--|----------------------|------------------------------|
| • looking after my appearance                                    | <input type="text"/> | <input type="text"/> minutes |
| • getting in and out of the bath                                 | <input type="text"/> | <input type="text"/> minutes |
| • washing and drying myself or looking after my personal hygiene | <input type="text"/> | <input type="text"/> minutes |
| • using a shower   | <input type="text"/> | <input type="text"/> minutes |

**I have difficulty concentrating or motivating myself and need:**

**How often? How long each time?**

- |   |                                  |   |
|---|----------------------------------|---|
| • encouraging to look after my appearance   | <input type="text" value="1-2"/> | <input type="text" value="30 minutes"/> |
| • encouraging or reminding about washing, bathing, showering, drying or looking after my personal hygiene | <input type="text" value="1"/>   | <input type="text" value="45 minutes"/> |

**Is there anything else you want to tell us about the help you need or the difficulty you have with washing, bathing, showering or looking after your appearance?**

Yes

No

*I feel very lethargic because of my medication and need someone to push me to do these things regularly. Without encouragement I can go for days without washing.*

# Help with your care needs during the day

**38** Do you usually have difficulty or need help with dressing or undressing?

Yes

No

Please tell us what help you need and how often you need help for.

**I have difficulty or need help:**

**How often? How long each time?**

- with putting on or fastening clothes or footwear   minutes
- with taking off clothes or footwear   minutes
- with choosing the appropriate clothes   minutes

**I have difficulty concentrating or motivating myself and need:**

**How often? How long each time?**

- encouraging to get dressed or undressed
- reminding to change my clothes

**Is there anything else you want to tell us about the difficulty you have or the help you need dressing or undressing?**

For example, you may get breathless, feel pain or it may take you a long time

Yes

No

*Some days I feel so lacking in any 'go' that I don't bother to get dressed unless someone pushes me to do it.. I don't change my clothes as often as I should either.*

## Help with your care needs during the day (continued)

39

Do you usually have difficulty or do you need help with moving around indoors?  
By indoors we mean anywhere inside, not just the place where you live.

Yes

No

I have difficulty or need help:

How often?

- walking around indoors
- going up or downstairs
- getting in or out of a chair
- transferring to and from a wheelchair

I have difficulty concentrating or motivating myself and need:

How often?

- encouraging or reminding to move around indoors

throughout the day

Is there anything else you want to tell us about the difficulty you have or the help you need or the difficulty you have with moving around indoors?

For example, you may hold on to furniture to get about or it may take you a long time.

Yes

No

When I've been most affected by the voices and thoughts I've shut myself off in my room and have had to be reassured and persuaded to enable me to come out and move around the house. My biggest problem since being on the medication is a terrible feeling of inertia - like I just can't make myself even get off the settee most days  
NOT ENOUGH SPACE HERE - CONTINUES ON PAGE 34

## Help with your care needs during the day (continued)

40

### Do you fall or stumble because of your illnesses or disability?

For example you may fall or stumble because you have weak muscles, stiff joints or your knee gives way, or you may have problems with your sight, or you may faint, feel dizzy, blackout or have a fit.

Yes

No

### What happens when you fall or stumble?

Tell us why you fall or stumble and if you hurt yourself

### Do you need help to get up after a fall?

Tell us if you have difficulty getting up after a fall and the help you need from someone else.

Yes

No

### When did you last fall or stumble?

If you don't know the exact date, tell us roughly when it was

/ /

### How often do you fall or stumble?

Tell us roughly how many times you have fallen or stumbled in the last month or year

times last month

times last year

## Help with your care needs during the day (continued)

41

**Do you usually have difficulty or do you need help with cutting up food, eating or drinking?**

This means things like getting food or drink in your mouth, or identifying food on your plate

Yes

No

**I have difficulty or need help:**

**How often? How long each time?**

- | I have difficulty or need help:    | How often?           | How long each time?          |
|------------------------------------|----------------------|------------------------------|
| • eating or drinking               | <input type="text"/> | <input type="text"/> minutes |
| • with cutting up food on my plate | <input type="text"/> | <input type="text"/> minutes |

**I have difficulty concentrating or motivating myself and need:**

- |  |                                |   |
|--|--------------------------------|---|
| • encouraging or reminding to eat or drink | <input type="text" value="4"/> | <input type="text" value="30"/> minutes |
|--|--------------------------------|---|

**Is there anything else you want to tell us about the difficulty you have or the help you need with cutting up food, eating or drinking?**

Yes

No

*When I first became unwell I was afraid that someone was trying to poison me, so I stopped eating and would only drink bottled water from Scotland, not Wales.*

*Since being on the medication it's more a case of not being able to motivate myself to eat properly - I tend to rely a lot on junk food and biscuits. I need someone to encourage me to eat regularly, and to eat healthier food.*

## Help with your care needs during the day (continued)

### 42 Do you usually have difficulty or need help with taking your medication or with your medical treatment?

This means things like injections, an inhaler, eye drops, physiotherapy, oxygen therapy, speech therapy, monitoring treatment, coping with side effects and help from mental health services. It includes handling medicine and understanding which medicines to take, how much to take and when to take them.

Yes

No

Please tell us what help you need and how often you need this help for.

I have difficulty or need help:

How often? How long each time?

- taking my medicine   minutes
- with my treatment or therapy   minutes

I have difficulty concentrating or motivating myself and need:

- encouraging or reminding to take my medication  2  10 minutes
- encouraging or reminding about my treatment or therapy  1-2 times a week  up to 60 minutes

Is there anything else you want to tell us about the difficulty you have or help you need taking your medication or with medical treatment?

Yes

No

I tend to forget to take my tablets, and also have trouble remembering whether I have taken them or not. If I don't take my tablets then I get stiff and can't talk properly.  
I have to have company to get to the depot clinic, because I cannot handle the journey alone or being in the waiting areas - I stand outside and my friend calls me. I am on a depot injection because I used to forget to take my tablets and got iller again.

## Help with your care needs during the day (continued)

43

### Do you usually need help from another person to communicate with other people?

For example you may have a mental health problem, learning disability, sight, hearing or speech difficulty and need help to communicate. Please answer as if using your normal aids, such as glasses or a hearing aid.

Yes

No

#### I have difficulty or need help:

- understanding people I do not know well
- being understood by people who do not know me well
- concentrating or remembering things
- answering or using the phone
- reading letters, filling in forms, replying to mail
- asking for help when I need it

#### Is there anything else you want to tell us about the difficulty you have or the help you need from another person to communicate with other people?

Yes

No

The ideas I have and my fear of other people mean that I don't take in what is being said to me properly, and the voices get in the way too. You can't really concentrate on hearing two things at once. I don't deal with letters or official things any more because I can't concentrate on them either - I had help to fill this form in and sometimes don't open my mail. I don't answer the 'phone unless people use the 'code' of rings - then I know it's a friend or a relative. I had help from my Welfare Rights Worker to complete these forms.

I have these difficulties 7 days a week. I have difficulties from between 15 minutes to up to two hours. I can have these needs 2-3 times a day. I have these difficulties 7 days a week.



## Help with your care needs during the day (continued)

### 45 Do you usually need help from another person to actively take part in hobbies, interests, social or religious activities?

We need this information because we can take into account the help you need or would need to take part in these activities, as well as the other help you need during the day.

Yes

No

Tell us about the activities and the help you need from another person **at home**

What you do or would like to do	What help do you need or would you need from another person to do this?	How often would you do this and how long would you need this help each time?
Access the internet	please see below	at any time of day or night
<p>I would like help to access and use support sites for mental health on the internet. I also like to chat to people on the internet - but people say you have to be careful too. Sometimes the voices say to ignore them., but I think I have made a friend there. - perhaps even a boyfriend. He wants to meet me. I need help from someone else to sort stuff out and know what's safe and what's not..</p>		

Tell us about the activities and the help you need from another person **when you go out.**

What you do or would like to do	What help do you need or would you need from another person to do this?	How often would you do this and how long would you need this help each time?
<p>I need the help that I described on pages 32 and 33 wherever I go. I like to go see friends/ relatives when I am well enough, and would like to go to gigs but I'm too scared of going alone/ dealing with the crowds etc.. I would like to be able to do this 4-5 times a week.</p>		
<p>If I do decide to meet this man off the internet my friend says I have to take her with me to make sure nothing bad happens to me.</p>		
<p>She comes with me when I go to see the medium too, to help me sort out stuff his voices tell him. Sometimes I get quite upset by it. I go every couple of weeks</p>		

If you need more space to tell us about hobbies, interests, social or religious activities please continue at question 61 **Extra information**

## Help with your care needs during the day (continued)

**45** How many days a week do you have difficulty or need help with the care needs you have told us about?  days

**46** Do you usually need someone to keep an eye on you?  
For example, you may have a mental health problem, learning disabilities, sight, hearing or speech difficulty and need supervision.

Yes  No

How long can you be safely left for at a time?

*I get no warning, so it's really variable*

minutes or hours

### Please tell us why you need supervision

*I really need someone throughout the day.*

- To prevent danger to myself or others
- I am not aware of common dangers
- I am at risk of self-neglect
- I am at risk of harming myself
- I may wander
- To discourage antisocial or aggressive behaviour
- I may get confused
- I may hear voices or experience thoughts that disrupt my thinking

**Is there anything else you want to tell us about the supervision you need from another person?**

Yes  No

*When the voices and the ideas I have about people wanting to harm me are clearer, I stop looking after myself altogether, and the way I act makes other people have a go at me. I feel like I'm under attack - that they want to harm me. I have also tried to harm myself. I didn't like being in hospital, so when things are getting worse, which they do quickly and without warning, I don't tell my Social Worker because I'm afraid they'll put me back.*

## Help with your care needs during the day (continued)

47

How many days a week do you need someone to keep an eye on you?

7 days

48

**Would you have difficulty planning and cooking a main meal for yourself?**

This means planning and preparing a freshly cooked main meal for yourself on a traditional cooker (in other words, not using a microwave oven or convenience foods), assuming you have all the ingredients you need.

**This does not mean reheating ready-made meals or convenience foods.**

Yes

No

- I have difficulty or need help planning a meal, for example, measuring amounts, following a logical order of tasks, or telling when food is cooked properly
- I lack the motivation to cook
- I have physical difficulties, for example, coping with hot pans, peeling and chopping vegetables, or using taps, switches, knobs, kitchen utensils or can openers, or carrying, lifting, standing or moving about to perform tasks.
- I would be at risk of injury preparing a cooked main meal for myself

How many days a week would you need this help?

7 days

**Is there anything else you want to tell us about the difficulty you would have planning, preparing and cooking a main meal?**

Yes

No

*My concentration is poor and I can also get distracted by the voices or thoughts when I am trying to do things. When I have tried to cook I end up burning things - or myself - because my concentration just goes. Other times I undercook things and get a bad stomach quite regularly. When this happens my tablets don't work as well and I get stiff.*

# Help with your care needs during the night

By night we mean when the household has closed down at the end of the day.

**37** Do you usually have difficulty or need help during the night?

This means things like settling, getting into position to sleep, being propped up or getting your bedclothes back on the bed if they fall off, getting to the toilet, using the toilet, using a commode, bedpan or bottle, getting to and taking the tablets or medicines prescribed for you and any treatment or therapy.

Yes

No

Please tell us what help you need, how often and for how long you need this help each time.

THIS PAGE DOES NOT DESCRIBE MY DIFFICULTIES - PLEASE SEE BELOW

**I have difficulty or need help:**

**How often? How long each time?**

- turning over or changing position in bed   minutes
- sleeping comfortably   minutes
- with my toilet needs   minutes
- with my incontinence needs   minutes
- taking medication   minutes
- with treatment or therapy   minutes

**I have difficulty concentrating or motivating myself and need:**

**How often? How long each time?**

- encouraging or reminding about my toilet or incontinence needs   minutes
- encouraging or reminding about medication or medical treatment   minutes

Is there anything else you want to tell us about the difficulty you have or the help you need during the night?

Yes

No

The voices disturb me at night and I also feel upset both by what they are saying and by fear that people want to hurt me in some way. I have to get up because I can't stand just lying there. I would find it easier to sleep if there was someone else there offering me reassurance when I feel frightened. Before I went to hospital I used to leave the house at night and go to the police station to ask them to protect me. One night I got into an argument with a group of boys and they hit me. Even when the voices aren't there. I still get kept awake by paranoid thoughts - I need someone to stay up and calm me and encourage me to a state where I might

How many nights a week do you have difficulty or need help with your care needs?

nights

sleep. I have these needs whenever I am awake at night - which is usually for a good couple of hours

## Help with your care needs during the night (continued)

51

### Do you usually need someone to watch over you?

For example, you may have a mental health problem, learning disability, sight, hearing or speech difficulty and need another person to be awake to watch over you.

Yes

No

### Please tell us why you need watching over.

- To prevent danger to myself or others
- I am not aware of common dangers
- I am at risk of harming myself
- I may wander
- To discourage antisocial or aggressive behaviour
- I may get confused
- I may hear voices or experience thoughts that disrupt my thinking

How many times a night does another person need to be awake to watch over you?

1-2

How long, on average, does another person need to be awake to watch over you at night

about 120 minutes

Is there anything else you want to tell us about why you need someone to watch over you?

Yes

No

The voices are more 'there' at night and I am more likely to get distressed by them. Sometimes they tell me to get out of the house because someone is coming to harm me. I have been approached by people who are not really very nice when I have been out at night alone and one time I took some tablets because the guy who gave them to me said they'd make me feel better. I need someone to keep an eye on me when I am awake at night to make sure I stay indoors and safe.

52

How many nights a week do you have difficulty or need help with your care needs?

7 nights

30

## Help with your care needs

**53** Please tell us anything else you think we should know about the difficulty you have or the help you need.

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and problems concentrating when I do find the energy to try to do things. Now and then I feel so frustrated that I end up trashing things - and broke my knuckles one day when I thumped the wall really hard. I would never actually hurt anybody else, but end up hurting myself.

If you need more space to tell us about the help you need or the difficulty you have with your care needs, please continue at question 61 **Extra information**.

**54** **When your care needs started**  
Normally, you can only get the care part of Disability Living Allowance if you have needed help for at least three months.

**Please tell us the date your care needs started**

28 / 4 / 06

If you cannot remember the exact date, tell us roughly when it was.

## Last lap... posting, decisions etc...

- COPY THE FORM AND KEEP A NOTE OF WHEN YOU POST IT
- You should get a standard letter of acknowledgement very soon after posting the forms - if you don't, ring them to ask what's happening
- the actual decision can take weeks if not months to arrive - if it takes longer than usual they should write to you saying there is a delay. It's usually because they have written to someone for further information and they are waiting for a reply
- Wrong or bad decisions are made, even on forms completed by the most experienced pen pushers! The decision to challenge a bad decision is easy to make when no benefit is awarded.
- It is IMMEDIATELY far more complex if a smaller award than you feel is appropriate is made, as the mere process of challenging *could* jeopardise existing entitlement.
- The same applies where a longstanding award of DLA doesn't reflect your needs. In this case a request for a 'supersession' can be made at any time, on the grounds that your condition has deteriorated. But again, it is vital to remember that awards can be decreased as well as increased through supersession.
- **UNLESS AND UNTIL YOU ARE ABSOLUTELY CONFIDENT OF YOUR OWN JUDGEMENT IN THESE MATTERS, ALWAYS GET ADVICE FROM A WELFARE RIGHTS SERVICE/ CAB etc. FIRST!**