

benefits service for people with me/cfs

SUMMARY OF ACTIVITIES AND FUNCTIONS ASSESSED: Disability Living Allowance (DLA) / Attendance Allowance (AA)

The Disability Living Allowance and Attendance Allowance benefits are assessed on the basis of whether you need help to complete particular activities, “**bodily functions**”, most of the time. There are two categories of award of DLA, **mobility** and **care at home**. The AA benefit only assesses for care at home, and only available to people over 65 years of age.

The assessment of “bodily functions” is based on the effects of illness, **comprising physical health, mental health** or a combination of these. If carrying out a particular “bodily function” takes a **long time**, and/or it will result in **severe discomfort or fatigue**, or you **cannot do it at all because of discomfort or fatigue**, or you have difficulty in **motivating yourself to start or complete an activity**, this should be part of the assessment information used to produce evidence in support of your benefit claim.

SUMMARY — “BODILY FUNCTIONS”

WALKING

- Not able or virtually unable to walk on level ground
- Needing physical support from another person to help you walk
- Having someone with you outdoors for guidance and/or supervision
- Any other reasons for restrictions on walking outside

CARE AT HOME

- Getting in and out of bed - day time and / or at night
- Using the toilet - day time and / or at night
- Washing, bathing showering or looking after appearance
- Dressing and/or undressing
- Moving around indoors
- Falling or stumbling
- Preparing a cooked main meal for yourself
- Eating, cutting up food, drinking
- Taking medication - during day and / or at night
- Communicating with others
- Requiring supervision during the day and / or at night
- Needing to turn over or being made comfortable at night in bed
- Subject to dizzy spells / blackouts / loss of consciousness

Referral to the Rights for ME caseworker through:
referrals line:
tel. **01524 65842** info@bayme.org
Lancaster CAB,
87 King Street, Lancaster, LA1 1RH
enquiries@lancastercab.org

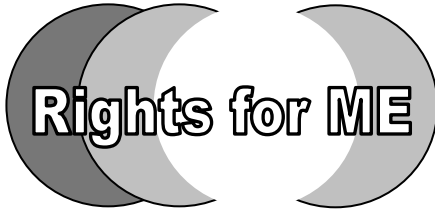


Morecambe Bay ME Group



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SUMMARY OF ACTIVITIES AND FUNCTIONS ASSESSED: Incapacity for work assessed through Personal Capability Assessment

There are 2 categories for the Personal Capability Assessment (PCA): *physical* and *mental* health. This test is used to assess eligibility for **Incapacity Benefit** and **incapacity for work, (paid as Income Support and/or National Insurance Contribution Credits)**. Each of the categories is sub-divided into activities, called **descriptors**.

Each **physical health descriptor** listed is further divided into grades of capability, from not being able to carry out the action to having no problem completing that particular action. The **mental health descriptors** are ordered into four groups, with typical actions or responses listed for each group. The assessment should take into account the length of time taken to complete an activity, whether it will result in **discomfort or fatigue**, to the point where the activity **cannot be repeated in a reasonable space of time**, or if the patient has difficulty in **motivating themselves to start or complete an activity**.

If one of the above factors affects your performance in one of the activities, for **most of the time**, then they fall into the classification of “**cannot do**” that activity, under the Personal Capability Assessment.

SUMMARY — DESCRIPTORS

PHYSICAL HEALTH

- Walking on level ground with a walking stick or other aid if such aid is normally used
- Walking up and down stairs
- Sitting in an upright chair with a back, but no arms
- Standing without the support of another person or the use of an aid except a walking stick
- Rising from a chair with a back but no arms without the help of another person
- Bending and kneeling
- Manual dexterity
- Lifting and carrying by the use of the upper body and arms
- Reaching
- Speech
- Hearing with a hearing aid or other aid if normally worn
- Vision in normal daylight or bright electric light with glasses or other aid to vision is such aid is normally worn
- Bowel or bladder incontinence
- Remaining conscious without having epileptic or similar seizure during waking moments. (Necessary sleeping and resting during the day does not meet this descriptor)

MENTAL HEALTH

- Completion of tasks
- Daily Living
- Coping with pressure
- Interaction with other people

The full list of subcategories of descriptors is available from: Rights for ME