



PERSONAL INDEPENDENCE PAYMENT (PIP) TERMINOLOGY

ME CONNECT HELPLINE: **FREEPHONE 0808 801 0484**

DWP TERMINOLOGY FOR PIP

The definitions used by the Department for Work and Pensions (DWP) when using terms that relate to disability and PIP do not always have the same meaning that the average person would give to them. These definitions are strictly defined in the legislation. To avoid confusion, it is important that you understand how the DWP uses them.

Aided with:

(a) the use of an aid or appliance, or (b) supervision, prompting or assistance.

Aid or appliance:

(a) any device which improves, provides, or replaces your impaired physical or mental function, and (b) includes a prosthesis.

Assistance:

Physical intervention by another person not including speech.



Assistance dog:

A dog trained to guide or assist a person with a sensory impairment.



Basic verbal information:

Information in your native language conveyed verbally in a simple sentence.

Basic written information:

Signs, symbols and dates written or printed standard-size text in your native language.

Bathe:

Includes getting into or out of an unadapted bath or shower.

Communication support:

Support from a person trained or experienced in communicating with people with specific communication needs, including interpreting verbal information into a non-verbal form and vice-versa.

Complex budgeting decisions:

Decisions involving, (a) calculating household and personal budgets, (b) managing and paying bills, and (c) planning future purchases.

Complex verbal information:

Information in your native language conveyed verbally in either more than one sentence or one complicated sentence.

Complex written information:

More than one sentence of written or printed standard-size text in your native language.

Cook:

Heat food at or above waist height.

Dress and undress:

Including putting on and taking off socks and shoes.

Engage socially:

(a) interact with others in a contextually and socially appropriate manner, and (b) understand body language, and (c) establish relationships.



Manage incontinence:

Manage involuntary evacuation of the bowel or bladder, including using a collecting device or self-catheterisation, and cleaning yourself afterwards.

Manage medication or therapy:

Take medication or undertake therapy, where a failure to do so is likely to result in a deterioration in your health.

Medication:

Medication to be taken at home, which is prescribed or recommended by a registered, (a) doctor, or (b) nurse, or (c) pharmacist.

Monitor health:

(a) being able to detect significant changes in your health condition which are likely to

lead to a deterioration in your health, and (b) taking action that has been advised by a, (i) registered doctor, or (ii) registered nurse, or (iii) health professional who is regulated by the Health Professions Council without which your health is likely to deteriorate.

Orientation aid:

A specialist aid designed to assist disabled people to follow a route safely.

Prepare:

In the context of food, make food ready for cooking or eating.



The MEA has produced two cookbooks for people with ME/CFS:

Cooking for Me (Book 1) has recipes that are colour-coded for ease of preparation, include meat-based and fish options, vegetarian, vegan, and gluten-free alternatives, and plenty of shortcut tips to help cut down on kitchen time.

<https://meassociation.org.uk/c8xl>

Four Seasons (Book 2) has six super sections packed with recipe ideas for Spring, Summer, Autumn, Winter, the Festive Season and Desserts. Plus pages for your own notes and recipe contributions from members of the charity.

<https://meassociation.org.uk/p19i>

Prompting: reminding, encouraging, or explaining by another person.

Psychological distress: distress related to an enduring mental health condition or an intellectual or cognitive impairment.

Read: includes read signs, symbols and words but does not include read Braille.

Simple budgeting decisions: decisions involving, (a) calculating the cost of goods, and (b) calculating change required after a purchase.

Simple meal: a cooked one-course meal for one using fresh ingredients.

Social support: support from a person trained or experienced in assisting people to engage in social situations.

Stand: stand upright with at least one biological foot on the ground.

Supervision: the continuous presence of another person for the purpose of ensuring your safety.

Take nutrition: (a) cut food into pieces, convey food and drink to your mouth and chew and swallow food and drink, or (b) take nutrition by using a therapeutic source.

Therapeutic source: parenteral or enteral tube feeding, using a rate-limiting device such as a delivery system or feed pump.

Therapy: therapy to be undertaken at home, which is prescribed or recommended by, (a) a registered (i) doctor, or (ii) nurse, or (iii) pharmacist, or (b) health professional regulated by the Health Professions Council.

Toilet needs: (a) getting on and off an unadapted toilet, (b) evacuating the bladder and bowel, and (c) cleaning yourself afterwards.

Unaided: i.e., without (a) the use of an aid or appliance, or (b) supervision, prompting or assistance.



BECOME A MEMBER OF THE MEA

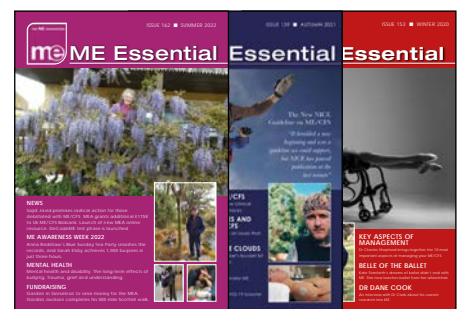
For a small subscription you can receive quarterly issues of **ME Essential** magazine, keep updated with the latest information on ME/CFS and with stories from other members of the charity.

You don't have to be personally affected by ME/CFS to join the ME Association. Membership is available to carers, family-members, and anyone with a professional interest in the condition.

Annual membership costs:
 £18.00 (UK residents and BFPO)
 £24.00 (Mainland Europe including Republic of Ireland)
 £30.00 (Rest of the World)

Visit the website shop to find out more:

<https://meassociation.org.uk/8cjm>





ME CONNECT

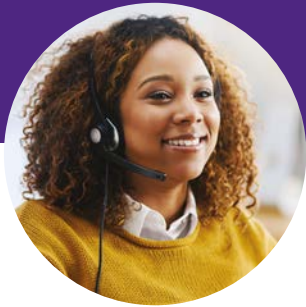
The Support and Information Service for people affected by ME/CFS/PVFS and Long Covid



Freephone 0808 801 0484

For opening hours visit:
meassociation.org.uk/me-connect

Contact ME Connect
3 WAYS TO GET IN TOUCH:
by phone, email
or social media private message



HERE TO LISTEN

We are here to listen, validate and empathise with any issues you might be facing.



VITAL SUPPORT

We are here to help you reach an informed decision.



SAFE ENVIRONMENT

We provide a safe, confidential and understanding environment where you can be heard and understood.

We're here for you!



meconnect@meassociation.org.uk



[X.com/meassociation](https://x.com/meassociation)



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meassociation.org.uk