PIP: One Real-Life Example

“I can do it — but…”
There may be more to the story. Start with one task, whether you manage it, need help, or cannot do it.

> **Your small job:** make one honest note about one occasion. Short phrases are enough. Start with box 1 and pause whenever you need to. This is not your whole PIP answer.

1 Pick one task and one occasion

Choose an activity asked about on your PIP form. Name the task and when it happened. An approximate date is fine if you label it.

2 What actually happened?

What did you do, not do, or leave unfinished? Why? Describe any difficulty or safety concern, if there was one. Do not try a task again to demonstrate it.

3 What help was involved?

Record any person, reminder or equipment you needed and why. Separate help you received from help you needed but did not have. Write “none” where that is accurate.

Someone helping you? Keep your own account wherever possible. A helper should distinguish what they observed from what you told them, and check the note with you where possible.

Add the wider picture.

4 Time, result and afterwards

How long did it take, including breaks? Was the result adequate? What happened afterwards? Could you do it again when needed? Record recovery time if relevant; label estimates.

5 How does this compare with other days?

Was this usual, easier or harder? Describe how often the difficulty occurs and what differs on better or harder days. Name the period you are describing. Write “not sure” rather than inventing a pattern.

That is one real-life note. Keep it with your own records. Add uncertainties or questions in the margin. You do not need to rewrite it into polished language or complete another example now.

Why these prompts? PIP considers safety, the standard achieved, repetition and time. One occasion alone does not establish entitlement or explain your whole situation. Read the relevant form question and guidance before using your note. Source: DWP assessment guide, part 2, section 2.2.

Carry on free

Keep using the PNU free guide. Turn2us PIP Helper offers another free route. For individual advice, contact Citizens Advice or a local welfare-rights service.

Optional: more form guidance

The UK PIP Answer Bank offers question-by-question educational guidance. It does not assess your claim or guarantee an award. No purchase is needed to use this worksheet.

Keep control of your information. Keep completed notes private; do not send them to PNU. This worksheet is not an official submission or a deadline tracker. Do not delay returning a form to finish it.

Editorial sources consulted 4 October 2026: DWP assessment guide, part 2; Turn2us: Fill in the PIP form; Citizens Advice: Supporting evidence (England page; select Wales for local guidance).