

PIP CHECKLIST

This checklist can help you remember what you want to discuss with your health professional. You might also want to use it to help fill in your PIP form. You can practise writing your answers before filling in the form.

Activity	Brief details of the problems you have with this activity. For example, "I'm in pain and unsteady when I use the stairs. It helps to have someone to lean on."
Preparing food	
Eating and drinking	
Managing your medicines or treatments	
Washing or bathing	
Managing toilet needs or incontinence	

Dressing and undressing	
Communicating verbally	
Reading and understanding	
Socialising and being around other people	
Making decisions about money	
Planning and following journeys	
Moving around	