

Do you need to wash or bathe more than once a day, perhaps because of excessive sweating or incontinence or because bathing helps relieve pain in your joints or your back? If your condition varies give an average or a range: for example, 2-4, or give an average, for example, 3

Remember that 'How long' includes the time to get undressed, bathe or shower, dry and dress again and includes any time spent resting in-between or recovering afterwards. If you're not sure how to separate, for example, time needed to wash and dry yourself and time needed for help to shower then add all the times together and just put a single time in one box, with the word 'in total' below.

Is there anything else you want to tell us . . .

Remember the four steps

Remember: don't just rely on tick boxes to prove you're entitled. Consider using our four-step system for giving additional information about your difficulties with this activity. (See: *Beware the tick boxes!*)

Reminder

Do you use any aids or appliances in connection with washing and bathing? This could include rails to help you get in and out of the bath, a seat in the bath, a bath hoist or a walk in bath. If so, make sure you have given details at question 22.

38 Dressing or undressing

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

Only tick No if you have read the details below and decided that you don't have any difficulties with this activity.

Putting on or fastening clothes or footwear / Taking off clothes or footwear

This includes putting on and taking off nightclothes, underwear, skirts, trousers, socks, blouse, shirt, coat, hat. tying and untying shoelaces, fastening and unfastening your bra and any other problems with buttons, zips, laces and braces

Choosing the appropriate clothes

For example, do you have a visual impairment which makes it difficult for you to select clothes to wear, including making sure that they are clean, matching and appropriate to the weather and the occasion and that nothing is inside out or back to front?

Encouraging or reminding to get dressed or undressed / change my clothes

Do you need encouragement to dress or undress because it is painful for you? If so, give details. If you need encouragement to dress, undress or put on clean clothing because you experience depression, anxiety, panic attacks or some other sort of mental health problem download a copy of our guide to claiming DLA on mental health grounds from www.benefitsandwork.co.uk

'How often?' and 'How long each time?' boxes

Do you need to dress or undress more than once a day because of, for example: excessive sweating; continence problems; changing dressings or other medical procedures; needing to sleep during the day? Do you go outdoors several times a day and need help putting on and taking off outdoor clothing? If your condition varies give an average or a range: for example, 2-4, or give an average, for example, 3

Try timing yourself next time you get dressed and undressed. Remember to include any time spent resting if you need to do so.

Is there anything else you want to tell us . . .

Remember: don't just rely on tick boxes to prove you're entitled. Consider using our four-step system for giving additional information about your difficulties with this activity. (See: *Beware the tick boxes!*)

Example

I have problems with this activity because of arthritis. I suffer pain in my arms upper back and neck when trying to put on anything with sleeves, such as shirts, jackets and coats and when pulling on t-shirts or jumpers over my head. Pulling on underwear, trousers, socks and shoes also causes pain in my back, neck and arms. I find the pain completely exhausting and often have to stop and rest several times while dressing. My son usually helps me to dress and undress, this doesn't stop it being painful, but it does make it less so. On days when he goes out before I am up I often end up wearing my dressing gown until lunch time because by then my limbs are less stiff and painful and I can manage to dress myself, though still with pain. If someone is with me they can help me put my arms in sleeves, pull clothing over my head, pull up trouser and underwear and do my socks and shoes for me.

Caution!

The Decision Maker may argue that if you have problems with fastenings such as buttons, zips, belts, laces etc. you should wear slip on shoes, trousers with elasticated waists and clothing with velcro fastenings. Do you have enough of such clothes and is it reasonable to expect you to go out and buy an entire new wardrobe in one go? Would you still have problems with these clothes? For example, would elasticated waistbands be painfully constricting; would it be difficult to get your feet into slip-on shoes? Give details in this box.

Reminder

Do you use any aids or appliances in connection with dressing and undressing? This could include such things as button hooks and shoe horns. If so, make sure you have given details at question 22.

39 Moving around indoors

Do you usually have difficulty or do you need help with moving around indoors?

This is a very important activity. If you have difficulty or need help frequently and throughout the day with moving around indoors then you may be entitled to the middle rate of the care component. Only tick No if you have read the examples on the form and the details below and decided that you don't have any difficulties with this activity.

Note: indoors can include your home and your workplace, school or college if you attend one. If you need help moving around indoors when you are pursuing leisure activities, such as going to the cinema or a restaurant, give details of these on the *'hobbies and interests'* page

Difficulty walking around indoors

Do you have to hold onto furniture and lean on walls as you move about indoors? Do you need support from another person? Do you have to move very slowly? Do you need someone to open and close doors? Do you need someone to push or manoeuvre your wheelchair?

Difficulty going up or downstairs

Do you have to stay downstairs, or upstairs, all the time because you can't use stairs? Do you have to be carried up and down stairs? Is it difficult/painful/exhausting going up or down stairs? Do you need someone to support you? Do you need someone with you in case you become dizzy or unsteady on your feet? Do you have to go very slowly, one step at a time? Do you need someone to help you on or off a stairlift?

Difficulty getting in and out of a chair.

Do you take a long time to get in or out of chairs? Do you need someone to help you off chairs and sofas? Have you developed special techniques such as rolling off sofas onto your knees? Do you have to hold onto things to get upright? Are you sometimes too exhausted to get up? Is rising from sitting painful? If you generally stay in bed during the day, consider crossing out chair and putting bed instead.