

Include the time needed to accompany you there, stay with you throughout the activity and accompany you back, if this is what is required.

45 How many days a week do you have difficulty or need help with the care needs you have told us about?

Remember this is about difficulties you 'usually' have – not your best or worst days. If you always have these difficulties then the answer is 7 days. If there are days when you wouldn't have difficulties then give an average. In order to count, the difficulties you have need to be for the majority of the time. As a general guide, if you need help less often than four or five days a week you will be less likely to qualify for DLA.

46 Supervision from another person

Do you need supervision from another person?

This is a very important page because you may be entitled to the middle rate of the care component if you need someone to keep an eye on you during the day. Only tick No if you have read the examples on the form and read the information below and decided you don't have any such problems.

If 'Yes', how long can you be safely left for at a time?

During the day the supervision needs to be continual, which means that you need someone available for most of the time, any breaks would have to be very short. If you cannot predict when help might be needed, for example because you have fits or falls without warning, then the answer should be "Zero".

To prevent danger to myself or others.

Do you sometimes get angry or distressed when left alone and smash things or hit out at chance callers? Can your condition change without your being aware of it, so that you become very low or very high and may be a danger to others? Do you sometimes get confused or believe that people are trying to harm you and take steps to protect yourself?

I am not aware of common dangers.

Might you be at risk if you are left alone because you do things like leaving the cooker on, leave taps running, put cigarettes down and forget about them or leave doors and windows open? When outdoors, are you safe near traffic?

I am at risk of neglecting myself.

Do you fail to care for yourself when left alone? Would you not eat, not keep yourself clean and appropriately dressed, not maintain basic standards of personal or household hygiene?

I am at risk of harming myself.

For example, do you sometimes cut yourself or take overdoses? Do you sometimes take too much or too little medication or fail to take it at all? Do you sometimes mix prescription drugs with alcohol or other substances?

I may wander.

Do you get confused or disoriented and find yourself in places without knowing how you got there?

To discourage antisocial or aggressive behaviour.

Do you sometimes get angry or distressed when left alone and smash things or hit out at chance callers? When outdoors, do you become aggressive towards strangers, perhaps because you are feeling threatened; or are you too trusting of strangers so that you get into potentially dangerous situations; are you likely to wander off and not return home?

I may have fits, dizzy spells or blackouts.

Do you have fits or blackouts, perhaps without any warning making it difficult to make yourself safe? Do you have dizzy spells which leave you in danger of falls?

I may get confused.

Do you forget what you are doing, where you are or who other people are?

I may hear voices or experience thoughts that disrupt my thinking.

Are you distracted by obsessive thoughts, the need to perform ritual actions or by hearing voices, so that you can be dangerously distracted when doing such things as crossing the road or handling hot or sharp implements?

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

The reason you need someone with you must be to avoid substantial danger to yourself or to others.

Can you give any examples of dangerous or distressing things that have happened when you have been left alone? Or can you give any examples of when dangerous or distressing things were prevented from happening because someone else was with you?

Have you ever been admitted to hospital, as a voluntary patient or on a compulsory section, because you it was not safe for you to be left alone?

Can you give any examples of the ways in which having someone with you might make you less likely to come to harm? What things might they do or say or what things might they be able to prevent you doing or saying?

47 How many days a week

Remember this is about difficulties you 'usually' have – not your best or worst days. If you always have these difficulties then the answer is 7 days. If there are days when you wouldn't have difficulties then give an average. In order to count, the difficulties you have need to be for the majority of the time. As a general guide, if you need help less often than four or five days a week you will be less likely to qualify for DLA.

48 Preparing and cooking a main meal

Would you have difficulty preparing and cooking a main meal for yourself?

If, because mental health condition, you can't prepare a cooked main meal for yourself then this by itself entitles you to the lower rate care component of DLA.

Remember, this is a hypothetical test: this means it doesn't matter whether you know how to cook or ever do cook. What matters is whether, if you had the ingredients, you would be physically and mentally able to carry out all the activities connected with cooking a main meal. And it's a traditional meat, or soya, and two veg. type of meal. Reheating something, making a sandwich or putting something in the microwave doesn't count as preparing a cooked main meal. But you can't include problems with doing the shopping in this test, you have to imagine that's already been done.

Read what's on the form and what we've written below, and if there are any reasons connected with your condition that mean it would be difficult for you to prepare a cooked main meal tick this box.

I have difficulty or need help planning a meal, for example, measuring amounts, following a logical order of tasks, or telling when food is cooked properly.

In addition, you may have problems with: