

# Can I get Disability Living Allowance?

**Checking if you may be entitled to Disability Living Allowance (DLA) now gives you the opportunity to find out if your claim is likely to succeed.**

DLA is a benefit to help with extra costs if you have a disability severe enough that you need someone to help with your personal care, or you have physical difficulties walking, or need someone with you when walking outdoors.

To get DLA you must normally live in Great Britain (Great Britain is England, Scotland and Wales) and not be subject to immigration control. In some circumstances, people who live in another European Economic Area (EEA) state or Switzerland may be able to claim DLA from Great Britain.

## 1 Do you live in Great Britain?

**Yes** Go to question 3.

**No** Go to question 2.

## 2 Do you live in the EEA or Switzerland?

**Yes** Do not complete the claim form now but write to:  
Exportability Co-ordinator  
Room B201  
Pension, Disability and Carers Service  
Warbreck House  
Warbreck Hill Road  
Blackpool, England  
FY2 0YE

**No** You are not likely to qualify for DLA. But if you still want to make a claim, fill in the claim form.

**Email:** [Exportability.team@dwp.gsi.gov.uk](mailto:Exportability.team@dwp.gsi.gov.uk)

Tell us where you are living and that you want to make a claim.

## Disability and Carers Service

Department for  
Work and Pensions

DLA Adult checklist October 2011

**3 What is your nationality?**

**British**

Go to question 5.

**Other**

Go to question 4.

**4 Have you been told that you have no recourse to public funds?**

This means you cannot claim most benefits. You can find out by checking your passport or any papers you have from the Home Office.

**Yes**

You cannot make a claim for DLA unless you are living with another family member who is an EEA national.

**No**

Go to question 5.

**5 We have special rules for people who are terminally ill. This means if you have a progressive disease and you are not expected to live for more than six months. Do you want to claim under the special rules?**

**Yes**

Fill in the claim form.

**No**

Go to question 6.

**6 Do you ever have difficulty, need prompting or need help with your personal care?**

Personal care includes things like:

- getting in and out of bed
- getting washed or dressed
- using the toilet
- moving around indoors – this includes using stairs, getting in or out of any type of chair or wheelchair
- eating or drinking
- taking medicine or having therapy – this includes oxygen therapy, injections, inhalers and coping with side effects
- communicating (such as hearing and speech)
- supervision to keep you safe – this includes being a danger to yourself or others, being at risk of neglecting or harming yourself, wandering or falling, being confused or having fits or blackouts
- cooking yourself a meal – this includes difficulties with planning your meal, using hot pans and kitchen utensils or getting motivated to do these things
- interacting socially with others.

We cannot consider things like:

- dusting
- vacuuming
- mowing the lawn
- other general household domestic tasks.

**Yes**      Go to question 7.

**No**      Go to question 9.

**7** **Is your difficulty with personal care because of a physical or mental-health problem or because of a sight, hearing, speech or learning difficulty?**

**Yes**      Go to question 8.

**No**      Go to question 9.

**8** **You will normally only qualify for DLA when you have needed help for three months and you must also be likely to need this help for six months after the date you qualify.**

**Do you think you will need help for at least six months after you satisfy the three-month qualifying period?**

**Yes**      Fill in the claim form.

**No**      Go to question 9.

**9** **Do you ever have difficulty getting around outdoors?**

Examples of this kind of difficulty include things like:

- you cannot walk at all outdoors
- you can only walk a short way on a reasonably flat surface, before:
  - you feel severe discomfort, or
  - you become unsteady, or
  - you get short of breath or dizzy, or
  - you would put your health in danger if you continued walking
- you may need someone with you outdoors so that you do not:
  - put yourself or others in danger, or
  - wander off or get lost.

**Yes**      Go to question 10.

**No**      Go to question 12.

**10** Is your difficulty with getting around outdoors because of a physical or mental-health problem, or because of a sight, hearing, speech or learning difficulty?

**Yes** Go to question 11.

**No** Go to question 12.

**11** You will normally only qualify for DLA when you have needed help for three months and you must also be likely to need this help for six months after the date you qualify.

**Do you think you will need help for at least six months after you satisfy the three-month qualifying period?**

**Yes** Fill in the claim form.

**No** Go to question 12.

**12** Do any of the following apply to you?

- You need help with dialysis at home or in a minimum care unit at least twice a week where you do not receive help from hospital staff.
- You are 100% blind and 80% deaf and you need someone with you when you are outdoors.
- You are certified as severely sight impaired or blind.
- You have had both legs amputated at or above the ankle, or you were born without legs or feet.
- You are severely mentally impaired with severe behavioural problems and need help with personal care day and night.

**Yes** Fill in the claim form.

**No** You are not likely to qualify for DLA. But if you still want to make a claim, please fill in the claim form.