



## Mandatory Reconsideration

Date: ##

Name: ##

NI: ## Remember to add your NI to ALL pages in case any get lost at DWP

### Charlie Note:

*To write your Mandatory Consideration you need a start, middle and end to your letter.*

**START:** Choose from examples 1 (nice), 2 (50% nice 50% annoyed) or 3 (annoyed) **\*\*It is important that although you are using the examples below, you MUST put it in your own words and write it how you would speak. If you do not do this you risk your claim\*\***

**MIDDLE:** Use examples on pages 4-10 to write the middle section of your letter

**END:** See page 11

### START

#### Example 1: nice

Date [insert date]

To whom it may concern,

I disagree with the points I was issued; I am not sure if I was not clear enough with the assessor on the day. My daily life and mobility are completely impacted by my conditions. I will really try to be clear below so you can understand my life.

I gave full permission so you can access all my medical records, so please check what I am saying is true. I will also try to include photos where I can so you can see I am not lying.



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**Example 2: 50% nice 50% annoyed**

Date [insert date]

To whom it may concern,

The points I was issued do not match what I my daily living and mobility is really like. I did not feel comfortable when I was being questioned by the assessor as I felt they kept rushing me and were not interested in what I was saying. I am also extremely embarrassed by my situation, so I find it difficult to talk about everything in an open manner.

I have broken down my life below and tried to be as clear as possible. I have also used photos so you can see I am not lying. Please remember you have access to my medical records, so please check them as well so you know I am telling the truth.

**Example 3: annoyed**

Date [insert date]

To whom it may concern,

I am very sorry, but the assessment was NOT recorded accurately. I do not agree with the report I was given or the points issued. I know this is not your fault.

I have broken down the sections below and tried to be VERY clear in what my life is really like. I have also added photos where possible to try and prove to you what I am saying is true.

In addition, please remember that you have full access to all of my medical records so please check them so, again, you can identify that I am being honest with you.



## Middle

### **Charlie Note:**

*Write a paragraph for each section. Remember in each section to include the following information. I have colour coded one of the examples so you can see what to write for YOUR life in your own words.*

1. Whether you 'prepare food' (or whichever question you are on)
2. If no, why not (explain condition and symptom/s)
3. How do you manage this currently (explain how you do this and link to the points)
4. Whatever you write, think of an alternative to this answer where PIP could REDUCE your points.  
Explain why that option does not work for you (pain/fatigue/etc)

## DAILY LIVING

### **Preparing Food**

Example = Pain/fatigue

I am NOT able to prepare meals due to my degenerative disc disease, my back pain is severe. I have to sit on a chair when I use the microwave. I am not able to chop food as when I put any pressure (downwards) I get an 'electric shock' pain in the left side of my back.

Example = OCD

I am NOT able to prepare meals due to my severe contamination OCD. If I touch anything I have to wash my hands over and over again. This takes me at least 30mins up to 1.5hours each time. My mother cooks all meals for me.

### Evidence

*Photograph your situation i.e. chair in front of microwave or kitchen counter. Any aids you use to cook (there are posh knife things to chop vegetables).*



## **Taking Nutrition (eating)**

### Example = Arthritis/fatigue

I must use chunky cutlery to eat as my hands are very sore due to my arthritis. I decline as the day goes on and do not have the energy to eat. My fatigue is severe so my mum nags me to eat. She does this every day, at least 5 times.

I try to eat once a day, some sort of healthy food. I do not eat a meal at least once a week due to my fatigue. If my mum did not nag me, there would be more days I would not eat a meal.

If my mum was not here, I would eat meals less often as I just do not have the energy. This is what I did in the past, she has now moved to live in the same street as me so she can care for me.

### Evidence

*Photograph and feeding tubes/equipment and chunky cutlery if you use it. And any other aid used.*

## **Managing Therapy**

<http://www.youtube.com/@CharliesJourney>

<https://charlies-journey.co.uk>

<https://charlieanderson.substack.com>

<https://calendly.com/charliesjourney>



### Example 1 = Depression

My depression is severe, I struggle to remember things or stick to a routine. So, my friend Groot calls me every day and checks I have taken my meds. We only spend about 5mins a day when Groot is at work (Mon-Fri), on the weekend Groot will ask me about washing and getting dressed so it takes about 20minutes.

Also, my daughter pops in 3 times a week to make sure I am eating. She spends about 15-30minutes with me each time. She also nags me about my meds. If they did not do this, I would be much worse than I am. I do not want them to have to help me, I wish I was not like this.

### Example 2 = Cystic Fibrosis

My mum makes sure I take my medication; she has a pot that all of the pills go in so she can track if I have taken them. With my Cystic Fibrosis my left side is the side that I struggle to use. I find it exhausting to walk or to really focus and make it co-operate.

I must do 30 minutes of physiotherapy every day, I do not like doing this as it causes me pain. I know that I need to do this, but I still dread it. My mum has to really encourage me to do this. Most of the time I feel too tired and I just want to leave it until tomorrow.

My mum helps me get ready to start the physiotherapy so in total she spends 1 hour a day helping me.

### Evidence:

*Photograph your pill pot please and make sure you show the background of your home so you can prove it is yours.*



## **Washing and Bathing**

### Example 1 = Depression

I only shower on average once a week; I just do not see any point in doing this. My depression is severe, it takes me all day to get going and then I just think I will be going to bed so, so I will leave it for another day. My partner does try and encourage me to shower, if I think I smell I will have a quick under the arms and groin wash. I do this about twice a week.

I am physically able to get in/out the shower and do the task but my depression absorbs any energy I have to do this.

### Example 2 = Stroke (left side not working, this does work for any pain/fatigue situation)

I am not able to shower on my own, my left side does not co-operate with me due to my stroke. My daughter helps me get in the shower (lifts my left leg) and then I sit on the seat. I can wash my underarms and groin myself.

My daughter must wash my hair for me. I also have a handle I hold onto as well as I am scared of slipping.

### Evidence

*Include a photo if you use an aid (handle or whatever you hold when getting in/out or the chair you sit on) and if you need assistance to get in/out of the bath/shower. Make sure your photos clearly show the point you are making i.e. that the shower is in the bath so you have to step over the bath tub. Or there is a step into the shower, etc.*



## **Managing Toilet Needs**

### Example = Reaction to medication

Due to the medication, I have at least once a week I am not able to get to the toilet in time. I have really bad diarrhoea. I wear pads as well as I do leak quite often. I can manage the 'leaks' but when it is really bad and it overflows in the pad onto my clothes, I need help.

I can get to the toilet myself, but it is very messy and I am exhausted after going to the toilet. My son helps me with this, he will help me remove my clothes and then get clean. I find this extremely embarrassing and wish I did not need my son to help me.

### Evidence:

*Take photos of your pads (show your home a bit), any aids you use like a bottom buddy or a handle to help you get on/off the toilet*

## **Dressing and Undressing**

### Example = COPD/lung

Due to my COPD, I cannot bend forward, or I get very breathless and have to stop what I am doing until I can breathe normally again. So, putting socks and shoes on is a problem.

I normally just do not wear socks, I have slip on shoes. If I have to leave the house (for an appointment), I will use a sock aid so I can get them on, without bending.

For my outfit, I just wear a dress that I put on over my head so I can remain independent for as long as possible.

### Evidence

*Take photographs of any aids you use, sock aids, shoehorn, grabber, etc. If possible, try and get someone to take a photo of you USING the aid.*



## **Communication**

### Example = Autism

My daughter is nonverbal. She can sometimes communicate with me and is able to say words like hungry, sad, cold. But she is NOT able to speak to other people. You can see this in the reports I submitted during our initial claim.

She must have support to communicate BASIC verbal information and even then, there are times when I am not sure what she needs. It is very difficult for her to communicate at all.

## **Reading & Understanding**

### Example = Dyslexia

Due to my Dyslexia, I cannot read complex information, like the claim form. I must have help with this, my friend will read letters from the bank or any post I get from DWP or the council, etc.

I have included a report that clearly states my abilities with this letter. I am very good with numbers.

## **Engaging with People Face to Face**

### Example = Anxiety and PTSD

Due to my anxiety and PTSD I am not able to mix with people face to face. When I have a meltdown, I get very angry. I shout and if I cannot get to a safe place, I have thrown things in the past. I do not want to be like this. This has only happened since I was robbed, I just cannot mix with people anymore.

I will not go out unless I have no choice, for example if I was injured and had to go to hospital (this has not happened). I do appointments over the phone. My family bring me food, so I do not have to go out for that either.

My anxiety does not reduce if I have a family member with me, I just do not feel safe when around people I do not know or am not comfortable with. I do mix with people.





## **Budgeting**

### Example = Dementia

My wife suffers from dementia, she does not understand what money is any more. She is not able to make any financial decisions and could not go to a shop with cash and buy something as she simply would not know what to do. I have to manage all of our finances now.

## **MOBILITY**

## **Planning & Following a Journey**

### Example = Pain/anxiety

I am not able to go to new locations on my own. I am always worried about the walking distances due to the severe back pain I have (due to road traffic collision, damage to spinal nerve).

I also get very anxious about new places as I do not like to go out, if my partner is not available, I simply will not go. I cannot go on my own, I will not go on my own.

We have managed to plan appointments so far with no issues.

## **Moving Around**

### Example = Fibromyalgia

With my fibromyalgia my legs are not very good, they feel like a lead weight. I get bad pain from them. On my worse days I struggle to move from my bed to the toilet.

Most days I can only walk a couple of bus lengths before I must stop and rest. On the rare occasions I feel well enough to go to the supermarket with my partner, I must stop and rest after each aisle. I can lean on the shelving to rest, but after two aisles I must sit down.

On a really good day, I think I could walk up to 5 bus lengths, but in my life, I do not have to do these distances.



[End](#)

If you do require any further information please can you contact me via email [\[enter email\]](#)

Yours Sincerely,

[\[enter name\]](#)