



### **Template Introduction:**

Hi there,

Please remember to make this your OWN. It's YOUR life YOUR claim. Make sure your photos show you are in your own HOME. It need to be REAL life, not Google images or a set up for a fake claim. Keep it real. This is for YOUR evidence proving what your DAILY life is like.

Yellow is bits are for you to do.

Pink is me chatting to you, make sure you delete these bits!

Here is the template, remember this is to help. Using this does not mean you will win!

Good luck

Charlie

**NI: ##**

**Name: ##**

## **Additional Evidence**

### **Preparing Food:**

Due to ##, I cannot ##, so I have to use a ## when I am able to prepare a meal.



Image from Able World – not sponsored. Remember it does NOT need to be a proper ‘disability aid’. Not many people have a kitchen that clean! Don’t worry about mess, we have to keep it real!

If you have been issued an aid by Occupational Health please state this!

Other examples of aids (go in Amazon and check out the aids, you will be amazed at what is available to help us – I have links in all the descriptions of my videos of equipment I either use or have tried that is good):

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

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

<https://charlieanderson.substack.com>

<https://calendly.com/charliesjourney>



### **Taking Nutrition:**

**Example:** I do not use a normal knife and fork due to ## so I have to use this cutlery now:



Image from Amazon, again make sure you show the cutlery in your home and don't worry if it's not like this. Just be honest about what you use and why.





### **Managing Therapy:**

Example: My ## manages my medication for me in this pill pot. Due to ## I cannot do this myself.

ENTER A PHOTO OF YOUR PILL POT AND A BOX OF MEDICATION WITH YOUR NAME AND ADDRESS ON IT – so they know its truthful.

### **Washing and Bathing:**

Example: I only shower ##, I have to sit on my special seat to be able to do this and I have to use a step when I get out as well due to ##.



Image from Amazon – remember images like this would NOT work. You must show it's your home. It's really something you use. Make sure it's actually in the shower



Image from Amazon – you do NOT need your foot in the shot. You just need to show the aid but make sure you show your bathroom – prove its your home.



If you are using handles or holding onto something to get in/out the shower/bath please include the photos as well (and briefly explain why you are using them).

### **Managing Toilet Needs:**

**Example:** I struggle getting off the toilet so I grab the ## and pull myself up. I also have to use pads due to ##.

ENTER A PHOTO OF YOUR TOILET SHOWING WHAT YOU USE AND MAKE SURE THE PADS ARE IN SHOT IF YOU USE THEM OR ANY EQUIPMENT YOU USE.

### **Dressing & Undressing:**

**Example:** I am not able to bend due to ## so I use a sock aid:



Image from Amazon – still not sponsored LOL. OK, I know you are getting bored of this now. Make sure you show your home, if you do have someone to take the photo of you using it. You could in this one. It's your choice.



Other aid for example:



**Reading:**

Due to ## I have to use a large magnifying glass to be able to read:

ENTER PHOTO

**Diagnosis:**

ENTER PHOTO from the GP APP or from your printed GP records you do not need to pay for either of these

**Medication:**

ENTER PHOTO from the GP APP (there are loads of different apps so I cannot put an example here) or from your printed GP records you do not need to pay for either of these or enter a photo of your repeat prescription

Other great evidence:

- Aids/equipment that Occupational Health allocated to you (as this shows an independent, qualified person felt you required this)
- Photos of x-rays or metal/etc in spine a good photo speaks a thousand words
- MRI outcomes
- Neuropathy test outcomes
- If someone claims carers allowance for looking after you, include that letter in this document (under the Managing Therapy section)
- Clinical Psychologist reports (autism assessments) where they state fact regarding a condition
- Specialist letters confirming inflammation i.e. joint counts for arthritis
- Physiotherapist letters confirming restriction in movements



This is an extract from a great example of a Physiotherapist's report:

*The range of motion in her spine is severely limited in all directions, with flexion reduced by 60%, extension by 50%, and side flexion by 50%*

- A medical professional that can state for FACT they have seen you have difficulty moving around (remember most GP's will NOT want to write this, they will resort to 'she said she struggles' as they can get called into court to testify. But if a medical professional can state you are not able to attend appointments as you are unable to leave your home due to Contamination OCD – this would be good evidence
- Diagnosis (as for your GP medical records)
- List of medication and dosage (this will be in your medical records)
- List of major events (this will be in your medical records)

### **Rubbish evidence:**

- Letters from your mum/partner/child/etc (they love you they will say anything to help you, Judge Judy wouldn't accept it, and it doesn't help with PIP – even though they say you can submit them. I believe it's a waste of time)
- Evidence with HOPE on it (refer to 'step by step guide on YouTube for more information)
- Any evidence from a medical professional that states:
  - o He said he feels
  - o She said she feels
  - o They said they feel

If they are simply writing what you have told them, it's NOT good enough as its NOT fact it's just what you have said. We need facts



**Your evidence MUST:**

- Have your full name on every page
- Your details on it
- Write your National Insurance number on EVERY PAGE so they do not lose anything
- Keep a copy of everything
- Send everything recorded delivery as they 'lose' things or miss uploading them to the system

In summary: IT NEEDS TO BE FACTS

Keep everything on ONE document. Like this. If you upload tons of pages of crap it makes your case WORSE. One document with clear, fact-based evidence.

Check out the other guides on YouTube for more tips and don't forget you need to understand where you SCORE on the POINTS. If you don't know how are they supposed to figure it out?

Good luck and don't give up!

Charlie