

Mental Health Questions

Section	Problem	applies to	Score
15. Completion of tasks.	a) Cannot answer the telephone and reliably take a message.	Rare	2
	b) Often sits for hours doing nothing.	Some	2
	c) Cannot concentrate to read a magazine article or follow a radio or television programme.	Most	1
	d) Cannot use a telephone book or other directory to find a number	Some	1
	e) Mental condition prevents him from undertaking leisure activities previously enjoyed	All	1
	f) Overlooks or forgets the risk posed by hazards due to poor concentration.	All	1
	g) Agitation, confusion or forgetfulness has resulted in potentially dangerous	Some	1
16. Daily living	a) Needs encouragement to get up and dress	Some	2
	b) Needs alcohol before midday	None	2
	c) Is frequently distressed at some time of the day due to fluctuation of mood.	Some	1
	d) Does not care about his appearance and living conditions.	Some	1
	e) Sleep problems interfere with his daytime activities.	All	1
17. Coping with pressure	a) Mental stress was a factor in making him stop work.	All	2
	b) Frequently feels scared or panicky for no obvious reason	Some	2
	c) Avoids carrying out routine activities because he is convinced they will prove too tiring or stressful	Most	1
	d) Is unable to cope with changes in daily routine	All	1
	e) Frequently finds there are so many things to do that he gives up because of fatigue, apathy or disinterest	Most	1
	f) Is scared or anxious that work would bring back or worsen his illness	All	1
18. interaction With other people	a) Cannot look after himself without help from others	Some	2
	b) Gets upset by ordinary events and it results in disruptive behavioural problems	Rare	2
	c) Mental problems impair ability to communicate with other people	Some	2
	d) Gets irritated by things that would not have bothered him before he became ill.	All	1
	e) Prefers to be left alone for 6 hours or more each day	Some	1
	f) Is too frightened to go out alone	Some	1

If your benefit is refused, as often happens, you must appeal. Please contact the helpline or your welfare rights advisor for further guidance. Do not try and

action the appeal yourself. You may need to claim Income Support or other benefits. This must be done immediately to avoid losing money you are entitled to.



Leger-ME:

*Supporting Myalgic Encephalopathy or Encephalomyelitis (ME),
Chronic Fatigue Syndrome (CFS),
Post Viral Fatigue Syndrome (PVFS),
Fibromyalgia Syndrome (FMS), Patients & Carers*

The Personal Capability Assessment and IB50 Form.

*This leaflet is intended to supplement guidance
from the group helpline*

The Personal Capability Assessment (PCA) originally referred to as the 'All Work Test' is a hurdle which members frequently encounter. It is the gateway for Incapacity Benefit, and other sickness related welfare benefits. The IB50 form is a questionnaire on which the assessment is based. It is divided into Physical and Mental sections of which members should complete. The questions are not ME/CFS friendly, and for some a wide degree of interpretation is needed. In many cases members are called for examination by a DWP doctor who is often asked to verify or refute your answers. The information in the leaflet is to assist you to answer the questions as truthfully and accurately as possible within this context.

First things first

Before you fill in the questionnaire we suggest that you photocopy the form, and use this to draft and record to your answers. Contact our helpline or your welfare rights advisor to discuss your responses before filling out the form. Include any non ME/CFS problems e.g. depression or IBS in your answers .

Leger ME 01302 787353 10 DN5 8QN www.leger.me.uk

Physical Disabilities Questions with Common Answers

Physical Disabilities Questions

Here there are fourteen questions you are asked to tick a box, and then give a short written explanation for your answer. The answer you give must refer to your worst day. Some members have previously given their best day answers and been refused benefit. All answers must also be considered from the work related health and safety context. Any activity which causes pain, a rebound or other adverse affect should be regarded as 'not able to'. For example many ME/CFS patients can walk half an mile, but will suffer pain, and rebound as a result. Don't forget to mention 'rebound', worsening of symptoms due to completing the activity. In this case you cannot complete the activity. Most people with ME/CFS select the 50 or 200 meter option. Do not select the option ' No problem with this activity.

The Mental Health Questions

The is a blank box. You need to write a dialogue mentioning the point that apply to you. It should contain most of points marked 'All'.

The Blank Page

You need to say something to the effect that activity brings on fatigue. There is no cure etc. If you have previously filled out an IB50 form you may want to say something about what has happened since your last PCA.

What next ?

After you have completed and checked the form, get it photocopied and posted. It may be several months before you hear from the DWP. There are two main outcomes:-

- You will receive a letter confirming your award. Usually is for a set period of time, after which you may be asked to fill out another IB50 form.
- You are requested to attend a medical examination, which is the most common outcome for our members. Please contact the helpline or your welfare rights advisor for further guidance.

Activity	Qualifier	Common IB50 Answers	Possible Reasons	Score
1) Walking on level ground.	Cannot walk more than ??	c) 50 metres d) 200 metres	Pain, tremor drowsiness. Rebound	15 7
2) Walking up and down stairs.	Cannot walk up and down a flight of 12 stairs without ??	c) holding on and taking a rest. d) holding on.	Pain Dizziness, Rebound	7 3
3) Sitting in an upright chair with a back	Cannot sit comfortably for more than ?? without moving	b) 10 minutes c) 30 minutes	Pain stiffness discomfort	15 7
4) Standing without the support ...	Cannot stand for more than ?? before needing to sit	c) 10 minutes d) 30 minutes	pain stiffness discomfort. Need to lean on arm or table.	15 7
5) Rising from an upright armless chair	unaided ?? from sitting to standing	b) Cannot rise c) Sometimes cannot rise	Dizziness Muscular weakness Pain	.7 3
6) Bending and kneeling.	as if to pick up a piece of paper from the floor and straighten up again without help.	(b) Cannot either, bend or kneel, or bend and kneel. c) Sometimes cannot either, bend or kneel,	Causes pain stiffness discomfort. need to hold or lean onto something	15 3
7) Manual dexterity	Cannot ?? in laces or string.	e) tie a bow	manual dexterity problems	10
8) Lifting and carrying by the use of upper body and arms	Cannot pick up ?? capacity with either hand.	c) and pour from a full saucepan or kettle of 1.7 litre d) and carry a 2.5 kg bag of potatoes	Most ME's are clumsy and have problems with manual dexterity Muscular weakness tremor. Involuntary muscle movements	15 8
9) Reaching	Cannot raise	b) either arm to his head to put on a hat d) either arm above head ...	Pain muscle weakness weak shoulders stiffness and sometimes limited movement.	15 15
10) Speech	Strangers have ??..difficulty understanding speech.	d) great e) some	pausing mid sentence. Forgetting or can't find right word. Talk out of context.	.8 10
11) Hearing	Cannot hear well enough to understand someone talking	(c) on a busy street in a normal voice	hyperacusis. concentration problem, competing noise.	8
12) Vision in normal daylight or bright electric light	Cannot see well enough to read with glasses	c) 16 point print at a distance greater than 20 centimetres.	eyes fatigue quickly, and can't focus. Glasses don't help. Photophobia	15
13) Continenec; other than enuresis	Loses control of bladder during day at least	f) once a month	Some ME's leak and need to wear a pad /change cloths	3
14) Remaining conscious during day	Involuntary episode of lost or altered consciousness at least	a) once a day. b) least once a week.	drowsy in a morning, need to sleep during day.	15 15

Physical Score Greater score of Questions 1 or 2 plus the sum of the scores Questions 3 to 14.

Mental Score Sum points scored in statement (15 to 18)

For a Successful Claim: Physical Score is 15 or more **or**...Mental Score is 10 or more .

or if both Mental & Physical Scores are 6 or more.