

How to Apply for Personal Independence Payment (PIP) After Leaving Prison (UK)

Personal Independence Payment (PIP) is a benefit to help people with extra costs if you have a long-term health condition or disability that affects your daily life or mobility.

It doesn't matter whether you are working or not — PIP is **not means-tested**, so your income or savings don't affect your claim.

What PIP is for?

You can apply for PIP if you:

- Have a health condition, illness, or disability (mental or physical)
- Have had difficulties for at least 3 months, and expect them to continue for at least 9 more
- Need help with daily living (like dressing, eating, washing, managing medication)
- Or need help moving around (walking, climbing stairs, going outside alone)

PIP is different from Universal Credit — you can get both at the same time.

When you can apply after Prison?

You can apply for PIP as soon as you're released — but you usually can't get payments while in custody.

If you had PIP before prison, it may have been stopped or suspended. You'll need to tell the DWP you've been released to restart it.

If you're making a new claim, you'll need to apply from the beginning.

How to start a new claim?

You must start your PIP claim by phone. If you are staying at an Approved Premises, and don't yet have your own phone, you can ask to use theirs.

You can't apply online yet.

Call the PIP New Claims line:

Telephone: 0800 917 2222

Textphone: 0800 917 7777

Relay UK (if you can't hear or speak): 18001 then 0800 917 2222

Lines are open Monday to Friday, 8am to 5pm.
Calls are free.

If you need help calling, ask your probation officer, support worker, or friend/family member to help you make the call.

Information you'll need when you call

Have this ready when you phone:

- Your full name and date of birth
- National Insurance number
- Address (this can be your current housing, hostel, or probation office address)
- Phone number
- Bank account details (for payments if your claim is approved)
- GP or healthcare professional's name and address

If you don't yet have a GP, you can still start your claim — just tell DWP and register with a GP as soon as possible.

Filling in the “How Your Disability Affects You” form

After your phone call, DWP will send you a large form called: “How Your Disability Affects You” (PIP2).

This is your chance to explain how your condition affects your daily life.

Tips:

- Be honest and detailed — explain what you find hard, not just what you can do.
- Use examples: “I need help getting dressed because my back pain makes bending difficult.”
- If your condition varies, explain what happens on a **bad day vs a good day**.
- If someone helps you (probation officer, friend, support worker), they can write on your behalf.

You have 1 month to return the form, but you can ask for more time if needed.

The Health Assessment

Most people will be asked to attend a PIP assessment (sometimes called a consultation).

- It can be in person, by phone, or video call.
- You'll meet a health professional who will ask about your condition and how it affects your life.
- You can have someone with you for support — for example, a friend, family member, or support worker.

If you miss the appointment, your claim might be closed — so always call to rearrange if you can't attend.

The Decision

After your assessment, you'll receive a letter from DWP with the decision.

If your claim is approved, it will tell you:

- The rate of PIP you'll get
- The amount you'll be paid every 4 weeks
- The date your first payment will start

If you disagree with the decision, you can ask for a Mandatory Reconsideration within 1 month of the letter.

How Much You Could Get (as of 2025)

You can receive two parts (components) of PIP:

Component	Standard Rate	Enhanced Rate
Daily Living	£72.65 per week	£108.55 per week
Mobility	£28.70 per week	£75.75 per week

You may receive one or both parts, depending on how your condition affects you.

If You Need Help Applying

If you struggle with forms, reading, or phone calls, there are organisations that can help you apply for PIP and explain what to do.

Government and Local Support

- **Jobcentre Plus** – staff can help with benefits forms.
- **AP keyworkers, Probation Service or Offender Manager** – can confirm ID and address for your claim.

Charities and Reentry Support

- **Citizens Advice** – free advice and help filling in your PIP form.
www.citizensadvice.org.uk
- **St Giles Trust** – support for people leaving prison with benefits and ID.
www.stgilestrust.org.uk
- **Nacro** – advice on benefits, housing, and resettlement.
www.nacro.org.uk
- **The Salvation Army** – practical help for people rebuilding their lives.
www.salvationarmy.org.uk
- **Mind** – if you have a mental health condition, they can help with evidence and forms.
www.mind.org.uk

Keep Your Information Up to Date

Once you're getting PIP:

- Tell DWP if your address changes.
- Tell them if your health improves or worsens.
- Keep your bank details current.

If you move from temporary housing or a hostel into a permanent home, update DWP right away.

Quick Checklist

Step Task

- 1 Check you have a long-term condition or disability
- 2 Call PIP new claims line (0800 917 2222)
- 3 Give your personal and bank details
- 4 Complete the “How Your Disability Affects You” form
- 5 Attend the health assessment
- 6 Receive your decision letter
- 7 Ask for reconsideration if you disagree

Done

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Who we are

New Connections is an organisation which provides support for prisoners and ex-offenders with addiction and mental health challenges who are preparing for Parole or release after a substantial period of imprisonment.

New Connections provides support and guidance in prison through individual and group sessions and the agreement of individual recovery plans to give the ex-offender the opportunity to recover from their addiction and change the direction of their life away from drugs and crime.

If you are interested in hearing more about our work, have any questions, or know someone who could benefit from our services, please contact us via our website.



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