

The 2 Minute DLA Test for Children

This test has been developed to help you decide whether it may be worth filling out a DLA claim pack – it is therefore only a guide.

Step 1 Look through this list of some (but not all) of the activities that are relevant to DLA:

- Getting up and going to bed.
- Washing, bathing and showering.
- Dressing and undressing.
- Using or getting to the toilet.
- Eating and drinking.
- Taking medication or using medical equipment.
- Sleeping in bed at night.
- Walking outdoors (especially in unfamiliar places).
- Staying safe when being left alone.
- Learning new skills.
- Playing.
- Moving about indoors.
- Being with, or talking to, other people.
- Social and leisure activities.

Step 2 Choose one of the activities above that your child has difficulties with.

For example, your child may have difficulties with: walking outdoors in unfamiliar places because they do not clearly understand the danger from traffic; dressing and undressing because of muscle stiffness or co-ordination problems; eating and drinking because of problems with sucking and swallowing; talking to other people because they have become very withdrawn; or sleeping at night because they wake every few hours or they need help to change position.

Step 3 With your chosen activity in mind answer the following true or false questions:

My child can do it,

- but only more slowly than other children of the same age *True or False?*
- but only with more help than other children of the same age *True or False?*
- but not as safely as other children of the same age *True or False?*
- but only because they've got a special technique of their own *True or False?*
- but they need more encouragement than other children of the same age *True or False?*
- but they need a closer eye kept on them than other children of the same age *True or False?*
- but it hurts them. *True or False?*
- **or**
- My child can't do it, but other children of the same age can *True or False?*

Step 4 If you haven't answered *True* to any of the above questions for your chosen activity in Step 3, try the test again with another activity from the list and so on, until you have found a statement that is true or decided that there aren't any.

Step 5 If the answer is *True* to *any* of those questions in relation to *any* activity then your child may be entitled to DLA. If your child's condition is a variable one, so the answer is sometimes *True* and sometimes *False* then they may still be eligible for DLA.

Whether your child is actually eligible, and at what rate, will depend on how many activities you have problems with and which ones they are.

If the answer wasn't *True* to any of the questions your child might still be eligible for DLA, and you should try to get some further advice from a professional welfare rights worker.

Please Note: To get Disability Living Allowance because your child has mobility problems – with walking: then they will need to be aged three or over; or with keeping safe outdoors: then they will need to be aged five or over. If your child has other needs then you can claim Disability Living Allowance for them regardless of their age.