

THE BULLETIN

Summer
Issue 2004

Community
Legal Service



Welcome

In this, our second edition, we will be focusing on providing information in direct response to readers feedback.

Thank you to everyone who took the time to send back their feedback forms. Accompanying the Bulletin is a new feedback sheet, if there are any issues you would specifically like us to cover in the next issue, please send it back to us. If you would prefer you can ring, our free phone helpline and leave a message on 0800 970 7202.

We look forward to hearing from you and providing you with useful information and contacts.

Practical Parenting

The Disabled Parents Network (DPN) is a national organisation of and for disabled people who are parents or who hope to become parents. The DPN offers a range of services and help for Disabled Parents. They have a number of services which may be useful. The Helpline is operated from the home of a disabled parent who will offer moral support, advice and information.

Disabled Parents Helpline: 08702 410 450 and select option 1

They also have a :-

Disabled Parents' Support Worker: 08702 410 450 and select option 2

The Support Worker is able to advise you on your rights and to help you get the support and services you are entitled to. They are able to speak to social workers and solicitors and write letters on behalf of parents.

The Contact Register can put disabled parents in touch with other disabled parents who have similar disabilities and who are willing to offer informal support and share their experiences. The DPN also have some local support groups.

For general enquiries or more information please contact DPN:

Tel: 08702 410 450 and select option 2

Text: 0800 018 9949

Email: webmaster@disabledparentsnetwork.org.uk

Website: www.disabledparentsnetwork.org.uk

Special points of

interest:

- The Continence Foundation
- Disability Living Allowance
- The Disabled Parents Network
- Useful Contacts

Disability Living Allowance (DLA)

DLA is a benefit, for people who need help looking after themselves and for people who have mobility problems (problems with walking). We have been asked by some readers, to outline the differences, between the different levels of award. The benefit is split into two parts.

The Care component

To be able to get to the care component of DLA, you must need care, supervision or watching over, because of your mental or physical disability. The care component has 3 rates: higher, middle and lower.

The Mobility component

To be entitled to the mobility component of DLA you must require help with walking difficulties. There are 2 rates of the mobility component: Higher and Lower.

DLA can be paid indefinitely but you must have made your 1st claim before you are 65.

If you are over 65 you claim attendance allowance instead. You can be paid either component or both components of DLA depending on your needs.

DLA is awarded based on the effects of your disability and the help you need, whether or not you receive that help is unimportant. In this issue, we will be looking at the care component, in the next issue, we will focus on the mobility component of DLA. The guidelines that are used for deciding which level of Benefit should be awarded are quite complex. They are based upon six different disability tests. As you go through the article, highlight each of the tests that applies to you then you will be able to see what level of DLA you should receive. The tests are split into daytime and night time needs.

Because of your physical or mental disability:

During the day

1. you require frequent attention throughout the day, in connection with your bodily functions. (Frequent attention: means several times, not once or twice and must be throughout the day i.e. during the morning, afternoon and evening. Bodily functions: personal things such as eating, walking, sitting, getting in/out of bed, getting dressed. if there is only part of an activity you need help with, e.g. you can dress yourself but you cannot get your clothes, or you need to be encouraged to dress, or it would take you a long time to do some activity you may reasonably require help).
2. you require continual supervision throughout the day, to avoid substantial danger to yourself or others. (Continual supervision: means frequent or regular not non-stop, supervision must be needed to effect a real reduction in the risk of harm).

At night

3. You require prolonged or repeated attention, in connection with your bodily Functions. (Prolonged: means at least 20 minutes Repeated: means needed 2 times or more).
4. You require another person, to be awake for a prolonged period or at frequent intervals to watch over you, to avoid substantial danger to yourself or others. (Prolonged period: means 20 minutes, but can include time for carer to get up, go back to bed. Watching over: someone being awake and listening for you, also getting up to check on you Frequent intervals: means at least 3 times a night).

Disability Living Allowance (DLA)

Part-time day care

5. you require for a significant portion of the day, attention from another person in connection with your bodily functions.
(Significant portion: can be a single period, or a number of periods, but should take an hour in total to give you all the help you need).

Cooking test

6. you cannot prepare a cooked main meal for yourself, if you have all the ingredients. A cooked main meal, is a home prepared meal, which involves preparing vegetables, lifting hot pans, using taps and oven controls. (not a microwave or convenience meal).

Remember the tests, are not based on the help you actually get, but are based on the help you reasonably require. (Reasonably require: attention and or supervision, you require must be reasonably required, not medically required, to enable you to live as normal a life as possible, this includes social and recreational activities).

The Awards

Higher rate care component

You will qualify if you satisfy: either or both daytime tests no. 1 or no. 2 **AND** either, or both night-time tests no. 3 or no. 4
i.e. your care needs, are spread throughout the day and night.

Middle rate care component

You will qualify if you satisfy: either or both daytime tests no. 1 or no. 2 **OR** either, or both night-time tests no. 3 or no. 4
i.e. your care needs, are spread throughout the day or night.

Lower rate care component

You will qualify if you satisfy: either or both the part time day care test no. 5 or cooking test no. 6

Children As well as satisfying any of the disability tests 1-5, you must show that the child's needs are substantially in excess of the normal requirements of a child that age.

In the next issue, we will be looking at the mobility component of Disability Living Allowance so keep hold of this article.

If you feel after reading these articles that your Disability Living Allowance award does not reflect your level of disability please get in touch with us at DIAL and we can discuss your options. Remember that the DLA decision makers, can only make their decisions on the information that they have from your claim form, your doctors evidence and occasionally a doctors visit. The more information and evidence they have the more likely you are to receive the correct award.

NORTH WORCESTERSHIRE D.I.A.L.

Registered Charity No. 1053933

Helpline: 0800 970 7202

Office: 01562 60241

Fax: 01562 68248

Email: northworcs.dial@virgin.net

NW DIAL can help with your queries about all manner of issues related to impairment / disability, access, holidays, support organisations both local and national, discrimination, transport etc.

We can also refer you to our benefits service which undertakes benefit health checks, form filling and representation at appeals.

Useful Contacts

MAVIS (Mobility Advice and Vehicle Information Service): **01344 661000**

Disability Law Service: **020 77919800**

Carers UK (formerly Carers National Association): **020 74908818**

Useful Contacts

Cerebral Palsy / Scope Helpline: **0808 8003333**

Dogs for the Disabled: **0800 776600**

National Kidney Helpline: **0845 6010209**

Cancer Link Helpline: **0808 808000**

British Heart Foundation: **0845 0708070**

Motor Neurone Disease Association: **0845 7626262**

Medical Advisory Service
Men's Health Helpline: **0208 9954448**

Help The Aged: **0800 8006565**

Age Concern **0800 009966**

Royal National Institute for the Deaf
People (RNID): **0870 6050123**

Deaf Direct: **01905 746301**

Royal National Institute for the Blind
(RNIB): **020 73881266**

A Common Occurrence

A problem that affects thousands of people's independence every year is an all too common one. The subject can be a difficult one to discuss but can have a huge impact on people's lives on a daily basis. The Continence Foundation is not only there for people who would call themselves "incontinent". Leakage from the bladder is all too common, especially if you laugh, sneeze or exercise ("stress incontinence"). Less common is leakage from the bowel. But other problems are:

- Needing often to hurry to the toilet to empty your bladder.
- Needing to empty your bladder very many times a day.
- Having to get up several times a night to go.
- Wetting the bed in your sleep - can happen to people of all ages, not only children.
- Your bladder does not empty completely.
- You may need adaptations to your home or your clothes to make going to the toilet easier.
- You may have learning difficulties or memory problems that affect your ability to use the toilet.

The most important thing is that treatments are available for all of these problems. Some people can be completely cured, others will feel a whole lot better and have more control.

The Continence Foundation provides a personal and confidential Helpline.

The Helpline is available if you would like to talk in confidence about bowel or bladder control problems. You will be able to talk to a specialist nurse who will be able to give you advice and information and also provide details of local NHS continence specialist centres.

The Helpline is available from: Monday to Friday 9.30 am to 1.00 pm

The Helpline Number is: 0845 345 0165