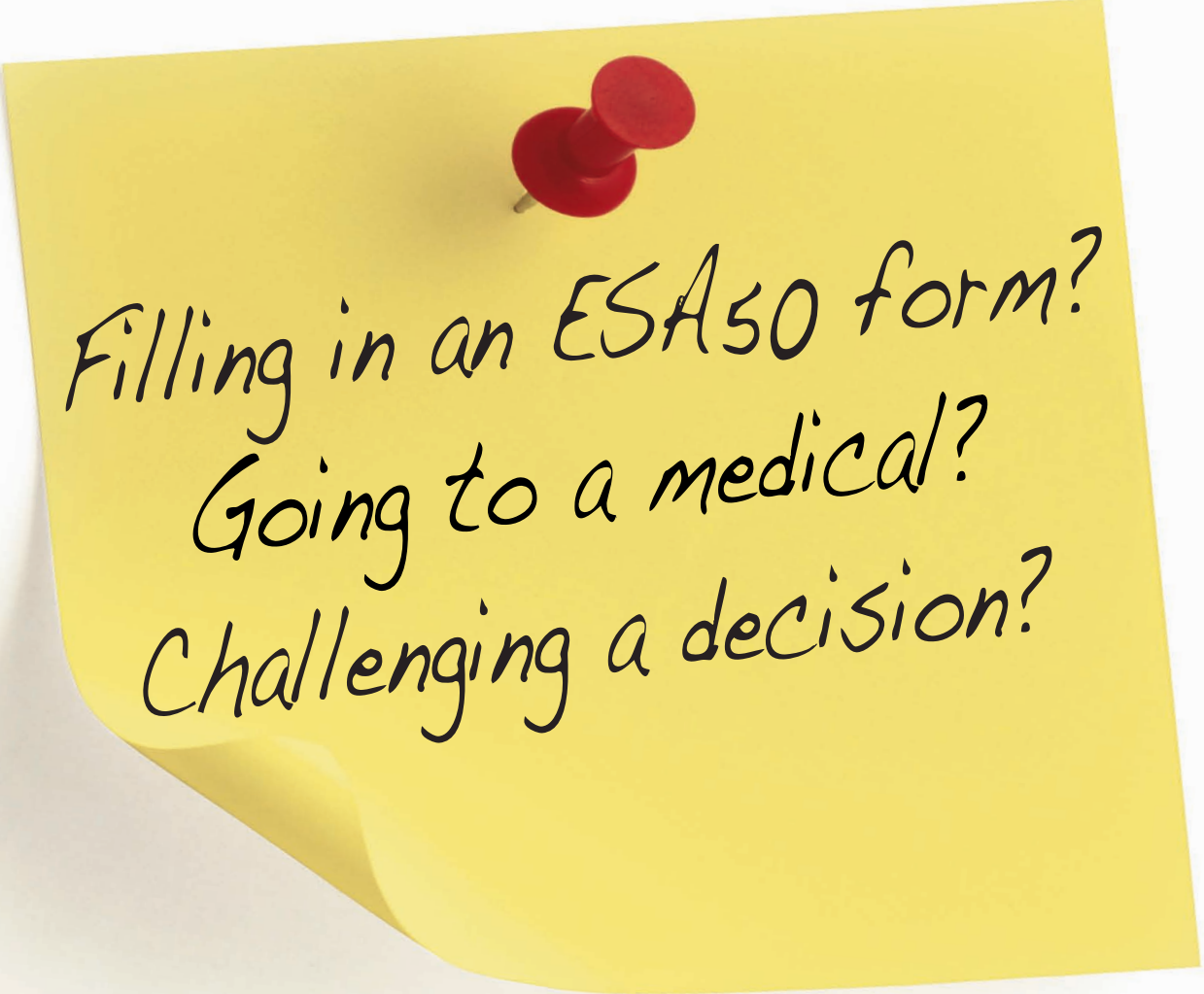


Employment and Support Allowance



Filling in an ESA50 form?
Going to a medical?
Challenging a decision?

Use this guide to the Limited Capability for Work medical assessment to help you

Salford Welfare Rights Service

How to use this guide

If you are claiming Employment and Support Allowance (ESA) because you are unable to work due to health problems, this guide will help you to understand more about how the medical assessment works and what the law says. If you are filling in an ESA50 form the tables will help you to identify the law that lies behind each question.

Use the tables to identify the law that lies behind each activity and how many points are attached to each level of activity.

What is the Limited Capability for Work Assessment?

This looks at any physical, sensory, mental health or learning disabilities you have. There are 21 different activities, referred to in the tables as functions. Under each activity there is a choice of statements (called descriptors) with 15, 9, 6 or 0 points attached to each one. To work out your total points, add together the highest score from each activity that applies to you.

If your total score is 15 points or more, you have limited capability for work and can continue getting ESA. From week thirteen of your claim this will include an extra component.

Completing the ESA50 form

This form will be sent to you in the first few weeks of your claim. You have six weeks to return the form. If you do not return the form, your ESA will stop. If you are struggling to return the form in time phone the Medical Services and ask for an extension.

The form gives you the chance to explain what your health problems are and how they affect you. Be realistic and give examples of how your illness or disability affects your daily life.

Use the tables to identify how the points relate to the questions on the ESA50.

Attending a medical

You may have to attend a face-to-face medical with a healthcare professional who will be a qualified nurse or doctor. The medical will usually take about an hour. The healthcare professional will ask you about what you put on your ESA50 form and about what you can do on a typical day. If you have physical problems, you will have a physical medical examination. If you have mental health problems or learning difficulties, you can bring your support worker or carer with you if you need support.

The Work-focused Health Related Assessment

This assessment follows on from the medical. It will take about 20 minutes. The same healthcare professional will ask you questions about what work you would like to do, and the support you need to manage your health condition or improve your skills. This does not form part of the medical assessment and does not affect your points. Instead the information will be sent to your personal adviser at Jobcentre Plus to use during your work-focused interview.

Challenging a limited capability for work decision

If you score less than 15 points then you are not entitled to ESA. You can appeal the decision and continue to be paid ESA at the basic rate until you get a new decision. Your appeal must reach the DWP within one calendar month of the date on your decision letter. If your appeal is late you can ask for a late appeal.

Use the tables to identify what extra points you need. You will probably need to get more evidence from your doctor or someone else involved in your care to show how you meet the criteria for the points.

ESA50 form	Physical functions	Points
Question 1	Walking with a walking stick or other aid if such aid is normally used	
1a	Cannot walk at all	15
1b	Cannot walk more than 50 metres on level ground without repeatedly stopping or severe discomfort	15
1c	Cannot walk up or down two steps even with the support of a handrail	15
1d	Cannot walk more than 100 metres on level ground without stopping or severe discomfort	9
1e	Cannot walk more than 200 metres on level ground without stopping or severe discomfort	6
1f	None of the above apply	0
Question 2	Standing and sitting	
2a	Cannot stand for more than 10 minutes, unassisted by another person, even if free to move around, before needing to sit down	15
2b	Cannot sit in a chair with a high back and no arms for more than 10 minutes before needing to move from the chair because the degree of discomfort experienced makes it impossible to continue sitting	15
2c	Cannot rise to standing from sitting in an upright chair without physical assistance from another person	15
2d	Cannot move between one seated position and another seated position located next to one another without receiving physical assistance from another person	15
2e	Cannot stand for more than 30 minutes, even if free to move around, before needing to sit down	6
2f	Cannot sit in a chair with a high back and no arms for more than 30 minutes without needing to move from the chair because the degree of discomfort experienced makes it impossible to continue sitting	6
2g	None of the above apply	0

ESA50 form	Physical functions	Points
Question 3	Bending or kneeling	
3a	Cannot bend to touch knees and straighten up again	15
3b	Cannot bend, kneel or squat, as if to pick up a light object, such as a piece of paper, situated 15cm from the floor on a low shelf, and to move it and straighten up again without the help of another person	9
3c	Cannot bend, kneel or squat, as if to pick up a light object off the floor and straighten up again without the help of another person	6
3d	None of the above apply	0
Question 4	Reaching	
4a	Cannot raise either arm as if to put something in the top pocket of a coat or jacket	15
4b	Cannot put either arm behind back as if to put on a coat or jacket	15
4c	Cannot raise either arm to top of head as if to put on a hat	9
4d	Cannot raise either arm above head height as if to reach for something	6
4e	None of the above apply	0
Question 5	Picking up and moving or transferring by the use of the upper body and arms (excluding all other physical activities specified in part 1).	
5a	Cannot pick up and move a 0.5 litre carton full of liquid with either hand	15
5b	Cannot pick up and move a one litre carton full of liquid with either hand	9
5c	Cannot pick up and move a light but bulky object such as an empty cardboard box, requiring the use of both hands together	6
5d	None of the above apply	0

ESA50 form	Physical functions	Points
Question 6	Manual dexterity	
6a	Cannot turn a 'star-headed' sink tap with either hand	15
6b	Cannot pick up a £1 coin or equivalent with either hand	15
6c	Cannot turn the pages of a book with either hand	15
6d	Cannot physically use a pen or pencil	9
6e	Cannot physically use a conventional keyboard or mouse	9
6f	Cannot do up/undo small buttons, such as shirt or blouse buttons	9
6g	Cannot turn a 'star-headed' sink tap with one hand but can with the other	6
6h	Cannot pick up a £1 coin or equivalent with one hand but can with the other	6
6i	Cannot pour from an open 0.5 litre carton full of liquid	6
6j	None of the above apply	0
Question 7	Speech	
7a	Cannot speak at all	15
7b	Speech cannot be understood by strangers	15
7c	Strangers have great difficulty understanding speech	9
7d	Strangers have some difficulty understanding speech	6
7e	None of the above apply	0

ESA50 form	Physical functions	Points
Question 8	Hearing with a hearing aid or other aid if normally worn	
8a	Cannot hear at all	15
8b	Cannot hear well enough to be able to hear someone talking in a loud voice in a quiet room, sufficiently clearly to distinguish the words being spoken	15
8c	Cannot hear someone talking in a normal voice in a quiet room, sufficiently clearly to distinguish the words being spoken	9
8d	Cannot hear someone talking in a loud voice in a busy street, sufficiently clearly to distinguish the words being spoken	6
8e	None of the above apply	0
Question 9	Vision including visual acuity and visual fields, in normal daylight or bright electric light, with glasses or other aid to vision if such aid is normally worn	
9a	Cannot see at all	15
9b	Cannot see well enough to read 16 point print at a distance of greater than 20cm	15
9c	Has 50% or greater reduction of visual fields	15
9d	Cannot see well enough to recognise a friend at a distance of at least 5 metres	9
9e	Has 25% or more but less than 50% reduction of visual fields	6
9f	Cannot see well enough to recognise a friend at a distance of at least 15 metres	6
9g	None of the above apply	0

ESA50 form	Physical functions	Points
Question 10	Continence	
10a	Continence other than enuresis (bed wetting) where the claimant does not have an artificial stoma or urinary collecting device	
a i	Has no voluntary control over the evacuation of the bowel	15
a ii	Has no voluntary control over the voiding of the bladder	15
a iii	At least once a month loses control of bowels so that the claimant cannot control the full evacuation of the bowel	15
a iv	At least once a week, loses control of bladder so that the claimant cannot control the full voiding of the bladder	15
a v	Occasionally loses control of bowels so that the claimant cannot control the full evacuation of the bowel	9
a vi	At least once a month loses control of bladder so that the claimant cannot control the full voiding of the bladder	6
a vii	Risks losing control of bowels or bladder so that the claimant cannot control the full evacuation of the bowel or the full voiding of the bladder if not able to reach a toilet quickly	6
a viii	None of the above apply	0
10b	Continence where the claimant uses a urinary collecting device, worn for the majority of the time including an indwelling urethral or suprapubic catheter	
bi	Is unable to affix, remove or empty the catheter bag or other collecting device without receiving physical assistance from another person	15
b ii	Is unable to affix, remove or empty the catheter bag or other collecting device without causing leakage of contents	15
b iii	Has no voluntary control over the evacuation of the bowel	15
b iv	At least once a month, loses control of bowels so that the claimant cannot control the full evacuation of the bowel	15
b v	Occasionally loses control of bowels so that the claimant cannot control the full evacuation of the bowel	9
b vi	Risks losing control of bowels so that the claimant cannot control the full evacuation of the bowel if not able to reach a toilet quickly	6
b vii	None of the above apply	0

ESA50 form	Physical functions	Points
10 c	Continence other than enuresis (bed wetting) where the claimant has an artificial stoma	
c i	Is unable to affix, remove or empty the stoma appliance without receiving physical assistance from another person	15
c ii	Is unable to affix remove or empty the stoma appliance without causing leakage of contents	15
ciii	Where the claimant's artificial stoma relates solely to the evacuation of the bowel, has no voluntary control over voiding of the bladder	15
c iv	Where the claimant's artificial stoma relates solely to the evacuation of the bowel, at least once a week, loses control of the bladder so that the claimant cannot control the full voiding of the bladder	15
c v	Where the claimant's artificial stoma relates solely to the evacuation of the bowel, at least once a month, loses control of bladder so that the claimant cannot control the full voiding of the bladder	9
c vi	Where the claimant's artificial stoma relates solely to the evacuation of the bowel, risks losing control of the bladder so that the claimant cannot control the full voiding of the bladder if not able to reach a toilet quickly	6
c vii	None of the above apply	0
Question 11	Remaining conscious during waking moments	
11a	At least once a week, has an involuntary episode of lost or altered consciousness, resulting in significantly disrupted awareness or concentration	15
11b	At least once a month, has an involuntary episode of lost or altered consciousness, resulting in significantly disrupted awareness or concentration	9
11c	At least twice in the six months immediately preceding the assessment, has had an involuntary episode of lost or altered consciousness, resulting in significantly disrupted awareness or concentration	6
11d	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 12	Learning or comprehension in the completion of tasks	
12a	Cannot learn or understand how to successfully complete a simple task, such as setting an alarm clock, at all.	15
12b	Needs to witness a demonstration, given more than once on the same occasion, of how to carry out a simple task before the claimant is able to learn or understand how to complete the task successfully, but would be unable to successfully complete the task the following day without receiving a further demonstration of how to complete it	15
12c	Needs to witness a demonstration of how to carry out a simple task, before the claimant is able to learn or understand how to complete the task successfully, but would be unable to successfully complete the task the following day without receiving a verbal prompt from another person	9
12d	Needs to witness a demonstration of how to carry out a moderately complex task, such as the steps involved in operating a washing machine to correctly clean clothes, before the claimant is able to learn or understand how to complete the task successfully, but would be unable to successfully complete the task the following day without receiving a verbal prompt from another person.	9
12e	Needs verbal instructions as to how to carry out a simple task before the claimant is able to learn or understand how to complete the task successfully, but would be unable, within a period of less than one week, to successfully complete the task without receiving a verbal prompt from another person	6
12f	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 13	Awareness of hazard	
13a	<p>Reduced awareness of the risks of everyday hazards (such as boiling water or sharp objects) would lead to daily instances of or to near-avoidance of:</p> <p>i) injury to self or others; <i>or</i></p> <p>ii) significant damage to property or possessions, to such an extent that overall day-to-day life cannot successfully be managed</p>	15
13b	<p>Reduced awareness of the risks of everyday hazards would lead for the majority of the time to instances of or to near-avoidance of:</p> <p>i) injury to self or others; <i>or</i></p> <p>ii) significant damage to property or possessions, to such an extent that overall day-to-day life cannot successfully be managed without supervision from another person.</p>	9
13c	<p>Reduced awareness of the risks of everyday hazards has led or would lead to frequent instances of or to near-avoidance of:</p> <p>i) injury to self or others; <i>or</i></p> <p>ii) significant damage to property or possessions, but not to such an extent that overall day-to-day life cannot be managed when such incidents occur</p>	6
13d	None of the above apply	0
Question 14	Memory and concentration	
14a	On a daily basis, forgets or loses concentration to such an extent that overall day-to-day life cannot be successfully managed without receiving verbal prompting, given by someone else in the claimant's presence	15
14b	For the majority of the time, forgets or loses concentration to such an extent that overall day-to-day life cannot be successfully managed without receiving verbal prompting, given by someone else in the claimant's presence	9
14c	Frequently forgets or loses concentration to such an extent that overall day-to-day life can only be successfully managed with pre-planning, such as making a daily written list of all tasks forming part of daily life that are to be completed	6
14d	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 15	Execution of tasks	
15a	Is unable to successfully complete any everyday task	15
15b	Takes more than twice the length of time it would take a person without any form of mental disablement to successfully complete an everyday task with which the claimant is familiar	15
15c	Takes more than one-and-a-half times but no more than twice the length of time it would take a person without any form of mental disablement to successfully complete an everyday task with which the claimant is familiar	9
15d	Takes one-and-a-half times the length of time it would take a person without any form of mental disablement to successfully complete an everyday task with which the claimant is familiar	6
15e	None of the above apply	
Question 16	Initiating and sustaining personal action	
16a	Cannot, due to cognitive impairment or a severe disorder of mood or behaviour, initiate or sustain any personal action (which means planning, organisation, problem solving, prioritising or switching tasks)	15
16b	Cannot, due to cognitive impairment or a severe disorder of mood or behaviour, initiate or sustain personal action without requiring daily verbal prompting given by another person in the claimant's presence.	15
16c	Cannot, due to cognitive impairment or a severe disorder of mood or behaviour, initiate or sustain personal action without requiring verbal prompting given by another person in the claimant's presence for the majority of the time	9
16d	Cannot, due to cognitive impairment or a severe disorder of mood or behaviour, initiate or sustain personal action without requiring frequent verbal prompting given by another person in the claimant's presence	6
16e	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 17	Coping with change	
17a	Cannot cope with very minor, expected changes in routine, to the extent that overall day-to-day life cannot be managed	15
17b	Cannot cope with expected changes in routine (such as a pre-arranged permanent change to the routine time scheduled for a lunch break), to the extent that overall day-to-day life is made significantly more difficult	9
17c	Cannot cope with minor, unforeseen changes in routine (such as an unexpected change of the timing of an appointment on the day it is due to occur), to the extent that overall, day-to-day life is made significantly more difficult	6
17d	None of the above apply	0
Question 18	Getting about	
18a	Cannot get to any specified place with which the claimant is, or would be, familiar	15
18b	Is unable to get to a specified place with which the claimant is familiar, without being accompanied by another person on each occasion	15
18c	For the majority of the time is unable to get to a specified place with which the claimant is familiar without being accompanied by another person	9
18d	Is frequently unable to get to a specified place with which the claimant is familiar without being accompanied by another person	6
18e	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 19	Coping with social situations	
19a	Normal activities, for example, visiting new places or engaging in social contact, are precluded because of overwhelming fear or anxiety	15
19b	Normal activities, for example, visiting new places or engaging in social contact, are precluded for the majority of the time due to overwhelming fear or anxiety	9
19c	Normal activities, for example, visiting new places or engaging in social contact, are frequently precluded, due to overwhelming fear or anxiety	6
19d	None of the above apply	0
Question 20	Propriety of behaviour with other people	
20a	Has unpredictable outbursts of aggressive, disinhibited or bizarre behaviour, being either: i) sufficient to cause disruption to others on a daily basis; <i>or</i> ii) of such severity that, although occurring less frequently than on a daily basis, no reasonable person would be expected to tolerate them	15
20b	Has a completely disproportionate reaction to minor events or to criticism to the extent that the claimant has an extreme violent outburst leading to threatening behaviour or actual physical violence	15
20c	Has unpredictable outbursts of aggressive, disinhibited or bizarre behaviour, sufficient in severity and frequency to cause disruption for the majority of the time	9
20d	Has a strongly disproportionate reaction to minor events or to criticism, to the extent that the claimant cannot manage overall day-to-day life when such events or criticism occur	9
20e	Has unpredictable outbursts of aggressive, disinhibited or bizarre behaviour, sufficient to cause frequent disruption	6
20f	Frequently demonstrates a moderately disproportionate reaction to minor events or to criticism but not to such an extent that the claimant cannot manage overall day-to-day life when such events or criticism occur	6
20g	None of the above apply	0

ESA50 form	Mental, Cognitive and Intellectual Functions	Points
Question 21	Dealing with other people	
21a	Is unaware of the impact of own behaviour to the extent that: i) has difficulty relating to others even for brief periods, such as a few hours; <i>or</i> ii) causes distress to others on a daily basis	15
21b	The claimant misinterprets verbal or non-verbal communication to the extent of causing himself or herself significant distress on a daily basis	15
21c	Is unaware of the impact of own behaviour to the extent that: i) has difficulty relating to others for longer periods, such as a day or two; <i>or</i> ii) causes distress to others for the majority of the time	9
21d	The claimant misinterprets verbal or non-verbal communication to the extent of causing significant distress for the majority of the time	9
21e	Is unaware of impact of own behaviour to the extent that: i) has difficulty relating to others for prolonged periods, such as a week; <i>or</i> ii) frequently causes distress to others	6
21f	The claimant misinterprets verbal or non-verbal communication to the extent of causing himself or herself significant distress on a frequent basis	6
21g	None of the above apply	0

Other ways you can be assessed for ESA

You are assessed as having Limited Capability for Work-related Activity

If your disability or health problems are more severe, you may meet this separate assessment. You will not have to attend a face-to-face medical. Instead, the DWP will write to your GP or other professional involved in your care. If you meet the assessment then you will be paid a Support Component with your ESA. You will not have to go through a work-focused health-related assessment or attend work-focused interviews.

You are automatically treated as having Limited Capability for Work

If one of the following circumstances apply, you will get ESA without having to go through the medical assessments and the points system.

Terminally ill

If you are terminally ill you will qualify for ESA and be paid the Support Component from the start of your claim. You will not have to attend a medical. You are terminally ill if you are suffering from a progressive disease and consequently death can be reasonably expected within six months.

Pregnant

- There would be a serious risk to the health of you or your child if you did not refrain from work
- You have recently given birth, are entitled to Maternity Allowance and are within the Maternity Allowance payment period
- You have recently given birth but are not entitled to Maternity Allowance or Statutory Maternity Pay, from six weeks before the baby is due to two weeks after the birth.

Receiving treatment

- Treatment as a hospital inpatient or recovering from treatment as an inpatient
- Intravenous, intraperitoneal or intrathecal chemotherapy
- Regular weekly treatment by way of haemodialysis for chronic renal failure, or treatment by way of plasmapheresis or radiotherapy, or regular weekly treatment by way of total parenteral nutrition for gross impairment of enteric function.

Exceptional circumstances

If you don't get the 15 points needed, you can still get ESA if there is evidence that due to your health condition there would be a serious risk to you or anyone else's mental or physical health if you were found not to have limited capability for work.

How to access the Welfare Rights Service

Telephone our advice line

0800 345 7375 Monday - Friday 10.00am to 12.00noon

Your call will be answered by one of our advice assistants, working with the duty welfare rights officer who will call you back. This will be at a time convenient to you and will usually be on the same day. The duty officer will offer full advice and make an appointment for you if needed. We can also visit you at home.

Request advice from our website

www.salford.gov.uk/welfarerights

When you submit the request for advice form, we will get back to you within two working days. A welfare rights officer will usually contact you by phone to offer full advice and make an appointment if needed. We can also visit you at home.

Make an appointment to see a welfare rights officer at your GP surgery or health centre

This service is available to anyone who is a patient of health staff based at the following centres:-

Broughton	Lower Broughton Health Centre Higher Broughton Health Centre
Eccles	Springfield House, Patricroft
Irlam	Irlam Medical Centre
Little Hulton	Little Hulton Health Centre
Ordsall	Ordsall Health Centre
Pendleton	Langworthy Medical Centre
Walkden	Walkden Clinic Walkden Gateway

For appointments – contact the centre’s receptionist.
If you have any difficulty contact us on 793 3550

Welfare Rights Linkworker Services

For advice in Urdu/Punjabi

0800 345 7371 Monday - Friday 9:00am to 4:00pm

For advice in Arabic

0800 345 7370 Monday - Friday 9:00am to 4:00pm

(NB – service temporarily suspended until October 2009)