

## PIP Carer's Diary

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Please note the definition of a carer for the purpose of completing this form can be anyone who cares for a close family member, friend, or relative, but is not a paid professional carer.

We are pleased to share this printable Carer's Diary template with you, which you can use to help provide more information in support of a PIP application.

You do not need to use this exact form – you can use a piece of paper or any word processing document. However, it would be helpful if you could try to record similar information to that shown in the template. If you do want to use this template please use the 'landscape' option when printing.

Completing the diary is entirely voluntary; you can complete as much or as little as you wish, or not at all. It is not necessary to provide information for every day or activity...simply provide the most relevant details.

The diary is a valuable addition to evidence but is not the only source of information that would be reviewed as part of the application process.

**Applicant's name:**

**Applicant's PIP Reference Number or National Insurance Number:**

**Your name:**

**Your address:**

**Your email:**

**Your telephone number:**

**Relationship to the applicant:**

Please return your diary to:

**Freepost RTRT-EKUG-KXJR**

**PIP MOU**

**PO Box 42**

**Limavady**

**BT49 4AN**

## Week 1 Example diary

	What did they require help with?	Why did they require this help?	If they did complete any tasks, how did they manage this and what was the impact?	Is this day reflective of their functional restriction on the majority of days?	Did anything unexpected occur on this day?
<b>Mon</b>	Mr X needed assistance to cook a meal, to get in and out of a bath and wash his lower half and help to dress his lower half.	Fatigue	Mr X is able to manage the toilet but needs a rail. He is able to wash and dress his upper half	Yes	No
<b>Tues</b>					
<b>Wed</b>	Miss Y needed help with cooking, taking nutrition, managing her medication, toilet needs and getting dressed	Tremors to hands	She was able to wash herself but it took a long time.	No – this was a bad day which is not the majority of days.	Her medication changed today.
<b>Thurs</b>					
<b>Fri</b>	Mrs Z needed help with cooking, medication, washing, dressing and making a journey	Lack of motivation and anxiety	She was able to engage with a shopkeeper but felt anxious.	Yes	No
<b>Sat</b>	Miss B needed full physical assistance with cooking, washing, toileting and dressing.	Pain and weakness.	She was able to feed herself but dropped food.	No – she is currently experiencing a flare up which is not the majority of days.	She had a fall getting in and out of the bath.
<b>Sun</b>					

## Things to consider when filling in the carer's diary

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### What did they require help with?

This is in relation to things which fall under the 'daily living' activities. It can include information around assisting with bathing, using the toilet, getting dressed; managing medication or getting out of the home. You can also include information here on help with communication, reading and engaging with others.

### Why did they require this help?

Information on why can include reference to pain, fatigue, lack of motivation, difficulty understanding or lack of comprehension.

### If they did complete any tasks, how did they manage this and what was the impact?

Information such as they were able to wash themselves, however, this increased their fatigue and required them to take a nap.

### Is this day reflective of their functional restriction on the majority of days?

This can just be a yes or no answer.

### Did anything unexpected occur on this day?

Information here can include things such as falls or substantial changes in function.

The example diary is there to show you how the table can be used. We have provided you with two blank tables you can fill in over the next few weeks. You can print off as many as you like to fill in.

# Week 1

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	What did they require help with?	Why did they require this help?	If they did complete any tasks, how did they manage this and what was the impact?	Is this day reflective of their functional restriction on the majority of days?	Did anything unexpected occur on this day?
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					

## Week 2

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	What did they require help with?	Why did they require this help?	If they did complete any tasks, how did they manage this and what was the impact?	Is this day reflective of their functional restriction on the majority of days?	Did anything unexpected occur on this day?
Mon					
Tues					
Wed					
Thurs					
Fri					
Sat					
Sun					