

FAMILY, PARTNERS AND LIFE ADMIN · 10.6

Disability Status, PIP and ADHD or Autism: Where You Actually Stand

Personal Independence Payment is the main UK working-age disability benefit. The system is not designed around hidden cognitive and sensory disability, so many eligible neurodivergent claimants are turned down at first decision and have to win at appeal.

FOR

AUDIENCE AGE

Adults with ADHD or autism considering a PIP claim

18+

REVIEWED

PART OF

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The NeuroFX resource library

IN SUMMARY

Disability Status, PIP and ADHD or Autism: Where You Actually Stand

What PIP is

- **Working-age UK disability benefit, not means-tested.** Paid by the DWP to people aged 16 to State Pension age whose long-term condition affects daily living or mobility. Savings and earnings do not affect entitlement.
- **Two components, two rates each.** Daily Living and Mobility, each paid at Standard or Enhanced rate. 8-11 points in a component gives Standard; 12 or more gives Enhanced.
- **Based on impact, not diagnosis.** An ADHD or autism diagnosis on its own does not qualify you. What qualifies is how the condition affects activities the DWP measures, most of the time, on most days.

What goes wrong, and what helps

- **Hidden disability is invisible by definition.** Sensory overload, masking, executive function difficulty and social distress do not show up on a one-hour assessment. Many adults present well and struggle materially the rest of the week.
- **Detail wins applications.** Use the "safely, reliably, repeatedly, in a reasonable time" test. Replace adjectives with specific examples. "Some days I find cooking difficult" scores nothing; concrete examples of the longest you have gone without a hot meal score.
- **Third-party evidence carries weight.** Letters from a GP, consultant, CMHT keyworker, partner or close family member are weighted more heavily by the DWP than self-report alone.
- **First-decision refusal is common.** Not a final answer. The two-step appeal process is Mandatory Reconsideration, then the First-tier Tribunal.
- **Tribunal usually goes the claimant's way.** Ministry of Justice statistics show the majority of PIP appeals are decided in the claimant's favour at tribunal, recently around 68 percent of those heard. MR rarely changes the decision; the tribunal often does.

How we can help

- **Get specialist benefits advice first.** Citizens Advice, Disability Rights UK and Benefits and Work all publish guides written by people who do this for a living. Local Welfare Rights teams offer free help.
- **Use free representation at appeal.** Citizens Advice, local Welfare Rights teams and disability law clinics provide free representation at tribunal. Going alone is allowed; representation usually helps.
- **Clinical reports where useful.** NeuroFX does not provide benefits advice but can provide diagnostic and clinical reports for applications where helpful; speak to your prescribing or assessing clinician about what is appropriate.

WHEN TO SPEAK TO A PROFESSIONAL

For benefits advice, Citizens Advice is the right first call; their advisers will help with both the application and appeals. Disability Rights UK and Benefits and Work publish detailed guides. Where your mental health is materially affected by the financial strain or by the assessment process itself, speak to your GP. NeuroFX does not provide benefits advice but can provide diagnostic and clinical reports for applications where helpful.

SOURCES

gov.uk PIP; DWP PIP Assessment Guide; Citizens Advice; Disability Rights UK; MoJ Tribunal Statistics; Welfare Reform Act 2012; NAS; ADHD UK

NEXT STEPS**Speak to NeuroFX**

Private ADHD and autism assessment for adults and children aged 6 and upwards.
CQC-registered. Bedford Consulting Rooms, 4 Goldington Road, Bedford MK40 3NF.

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