

PIP evidence diary (ADHD): daily impact record

From ADHD Helper, adhdhelper.co.uk/pip/evidence-diary/

Version: 27 July 2026. Information only, not benefits advice. The DWP decides claims; descriptors and activities are from the Social Security (PIP) Regulations 2013, Schedule 1 (as used in our self-checker, verified 19 July 2026).

Why a diary: PIP is scored on how your condition affects listed activities on the MAJORITY of days, and only where you can do things safely, to an acceptable standard, repeatedly and in a reasonable time. A dated diary kept over 2 to 4 weeks is strong evidence for the claim form ("How your disability affects you"), the assessment, and any appeal. Score yourself against the real descriptors first: adhdhelper.co.uk/tools/pip-points-self-checker/

How to use: one entry per day, even on good days ("today was manageable because my partner prompted me through the morning" is evidence too). Note help you NEEDED, not just help you got: if no one prompts you and things simply do not happen, write that down.

Daily entry

Date: Medication taken today: yes / no / n.a. Overall: good day / mixed / bad day

For each area, note what happened, what prompting or help you needed, how long things took, and whether the result was up to an acceptable standard.

1. Preparing food (did you cook a simple meal? needed prompting? gave up, grazed or skipped?)

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1. Eating and drinking (meals skipped or forgotten? needed reminding?)

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1. Managing therapy or health (medication remembered? appointments made or missed? monitoring done?)

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1. Washing and bathing (needed prompting? skipped despite intending to?)

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1. Dressing and undressing (needed prompting or reminders to dress appropriately?)

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1. Talking and understanding (conversations derailed? needed things repeated or written down?)

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1. Reading and understanding written information (letters or forms avoided, misread or abandoned?)

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1. Engaging with other people face to face (avoided people? needed someone with you? overwhelm or conflict?)

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1. Money and budgeting decisions (bills missed? impulsive spending? needed someone else to handle money decisions?)

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1. Planning and following journeys (journey avoided or abandoned? got lost? needed someone with you? overwhelming anxiety about going out?)

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1. Anything else today (time lost, risks taken, meltdowns or shutdowns, what it cost you)

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Who saw it or helped (name and relationship, for corroborating evidence):

Weekly summary (fill in every 7 days)

Week of:

- On how many of the 7 days did each difficulty show up? (majority of days matters)

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- The reliability tests: where you DID manage an activity, was it safe, to an acceptable standard, repeatable, and in a reasonable time? Note where it was not.

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- Best single examples this week to quote on the form:

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Keep 2 to 4 weeks of entries, then transfer the strongest dated examples into the claim form.

Guide: adhdhelper.co.uk/pip/how-to-claim/

Information only, not benefits advice. Free personal help: Citizens Advice and local welfare rights services.