

Employment and Support Allowance

If you have Parkinson's, you may have some concerns about how you will manage financially – if you can't work or if you need help with your day-to-day needs, this can lead to extra costs. But there is some financial support available, so it's important to find out what benefits you're entitled to.

This sheet explains what Employment and Support Allowance (ESA) is, who qualifies, how to claim and what information you need to supply.

What is Employment and Support Allowance?

Employment and Support Allowance (ESA) is the benefit paid if your ability to work is limited because of ill health or disability. There are two different elements: contributory ESA and income-related ESA. You may be able to receive either one, or both, of these.

Contributory ESA

You need to have paid enough National Insurance contributions in certain tax years to be able to claim contributory ESA. If you pass this condition, you will receive a flat-rate benefit.

If you are assessed as having a 'limited capability for work' (see page 4 for details about 'The Work Capability Assessment') and you claim ESA before the age of 20 (or 25 if you have been in education or approved training since you were 20) you do not need to have paid National Insurance contributions to get contributory ESA.

From April 2012, payment of contributory ESA may be limited to 12 months. This time limit will only apply if you are placed in the 'work-related activity group' (see page 5).

How much is Contributory ESA?

For the first 13 weeks of your claim – the 'assessment phase' – you are paid a basic allowance. This depends on your age.

Assessment phase	per week
Aged under 25 years	£53.45
Aged 25 years and over	£67.50

After the 13-week assessment phase, if you are found to have a limited capability for work, you will get the basic allowance, plus an extra amount depending on whether you are in the support group or the work-related activity group (see page 5).

Main phase	per week
Basic allowance	£67.50
Support component	£32.35
Work-related activity component	£26.75

Income-related ESA

Income-related ESA is a means-tested benefit. This means that your needs (and those of your partner if you have one) are compared with the money you have, such as your income and savings. Income-related ESA is worked out from this. It can be paid on its own (if you are not entitled to contributory ESA) or as a top-up to contributory ESA (if you are). Income-related ESA can include amounts to help towards mortgage interest payments and some other housing costs. After 2013, it will be replaced by the Universal Credit.

How much is income-related ESA?

Income-related ESA is calculated by comparing your income with a set of allowances based on your circumstances (and your partner, if you have one). It is worked out as follows:

Step 1:

Add up your savings. If your savings are over £16,000 you can't get income-related ESA. If you have savings between £6,000 and £16,000, for each £250 above £6,000 add £1 to your weekly income.

Step 2:

Add up your weekly income. This includes earnings, most state benefits, occupational and personal pensions and any other money that gives you an income after you have paid Income Tax and National Insurance contributions. It does not include Disability Living Allowance. Earnings from Permitted Work (see page 3) can be ignored.

Step 3:

Work out your weekly 'applicable amount'. This is made up of the following:

Prescribed amount

Single person (aged under 25 and for the first 13 weeks of claim)	£53.45
Single person (aged under 25 and from the 14th week of claim)	£67.50
Single person (aged 25 or over)	£67.50
Couple (both aged 18 or over)	£105.95

Premiums

There are a number of premiums, explained below, which can be added to your prescribed amount.

Additional components

After the 13-week assessment phase, if you are found to have a limited capability for work, you will get an extra amount depending on whether you are in the support group or the work-related activity group (see page 5).

Support component	£32.35
Work-related activity component	£26.75

Housing costs

If you own and live in your own home, you might be given an extra allowance to help cover the interest on a mortgage or some service charges.

You will not usually get this help for the first 13 weeks of your claim. If you pay rent, you may be able to claim Housing Benefit instead to help with your housing costs.

Step 4:

Add together the prescribed amount and any premiums, additional components and housing costs to reach your applicable amount. If your income is less than your applicable amount, you will be paid the difference as income-related ESA.

If your income is the same or more than your applicable amount, you will not receive income-related ESA but you may be able to claim Housing Benefit and/or Council Tax Benefit (read our information sheets on either of these benefits).

Premiums

Your income-related ESA calculation may include the following premiums:

Enhanced Disability

You'll receive this if you or your partner receive the highest rate of the care component of Disability Living Allowance or you are entitled to the ESA support component (see page 5).

Single person	£14.05
Couple	£20.25

Severe Disability Premium

You'll qualify for this if you receive the middle or highest rate of the care component of Disability Living Allowance and no one is paid Carer's Allowance for looking after you.

You must either live alone, or live only with another adult (or adults – including your partner) who gets Attendance Allowance or the middle or highest rate of the care component of Disability Living Allowance themselves, or live only with certain specified people – such as a joint-owner or tenant of the property who is not your partner or close relative.

If both you and your partner satisfy the above rules, you get the higher rate. If either you or your partner has a carer who is paid Carer's Allowance, the lower rate is paid.

Single person	£55.30
Couple (one person qualifies)	£55.30
Couple (both qualify)	£110.60

Carer Premium

You'll qualify for this if you are a carer who is entitled to Carer's Allowance (even if you cannot actually be paid it because you get ESA instead).

Carer Premium	£31
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How do I qualify for ESA?

There are common rules that apply to both types of ESA. You must:

- have a 'limited capability for work'. This is tested under the 'Work Capability Assessment' (see page 4)

- not be working. But some limited work is permitted (see below)
- be aged 16 or over
- be under pensionable age, currently 60 for a woman (but this is being raised to 65 by 2018) and 65 for a man
- live in Great Britain
- not be entitled to Income Support, Jobseeker's Allowance or Statutory Sick Pay

Permitted Work

The general rule is that if you do any work, you are treated as if you are capable of work for that week. But you are allowed to do certain types of 'Permitted Work'. The rules allow you to earn up to £20 a week on average for an unlimited time. Or, you can work for under 16 hours a week and earn up to £95 a week for a 52-week period (or for as long as you want if you are placed in the 'support group' – see page 5). You'll be paid your earnings on top of your ESA. You do not need your doctor's support to do Permitted Work. You should speak to Jobcentre Plus before you start, to make sure that they agree the work you're doing is Permitted Work.

Will ESA affect other benefits?

If you get income-related ESA, you can get full Housing Benefit and Council Tax Benefit, as long as you meet the rules for these benefits. If you only get contributory ESA, you will need to satisfy a means test to be able to get Housing Benefit and Council Tax Benefit.

Income-related ESA can also open the door to grants and loans from the Social Fund (including Maternity Grants, Funeral Payments and Winter Fuel Payments). If you get income-related ESA, you qualify for help with NHS charges such as prescriptions, vouchers for glasses and hospital travel fares. If you only get contributory ESA, you can apply for help with NHS charges under the Low Income Scheme, but this will be means tested.

Find out more: learn more about the Social Fund and NHS charges in our information sheets *The Social Fund and National Health Service costs*.

The rules for Disability Living Allowance are different and separate, so it is not affected by a claim for ESA.

How do I claim ESA?

You should start your claim for ESA by ringing the Jobcentre Plus claim line on **0800 055 6688** or textphone **0800 023 4888**. There is a Welsh language line on **0800 012 1888**.

The claim line should put you through to your nearest Jobcentre Plus contact centre, where someone will go through the claim over the phone. Once they have finished, a 'customer statement' is sent to you with the details so you can check they are correct. The contact centre may ring you back for extra information if you do not have it to hand.

If you can't use a telephone, online claims can be made at www.dwp.gov.uk/eservice or you can ask for a paper claim form (ESA1) at a Jobcentre Plus office.

Why can some people with Parkinson's have problems applying for ESA?

Some people with Parkinson's have told us of problems they've had applying for ESA, because the changing nature of the condition isn't always taken into account. How Parkinson's affects someone can change from day to day, and even from hour to hour – symptoms that may be noticeable one day might not be a problem the next.

If you're making a claim for ESA, you must give complete and accurate information on any form you have to fill in or at any assessment or meeting you have. If your condition changes a lot, then you should include details of your symptoms at the best and worst times, as well as times in between. If you can, you should give an estimate of the length of each of these changes. You might want to show these changes using a diary, ideally a detailed one, showing how your condition changes over 24 hours, and another less detailed account over seven or 14 days. You should also give full details of your medication.

Work-focused interviews

You usually have to go to a work-focused interview during or shortly after the eighth week of your ESA claim. At this interview, a personal adviser will talk

about your work prospects, the steps that you are willing to take to move into work and the support available to you.

You should not be asked to go to this interview if you are likely to be starting a job or returning to work. The personal adviser can also move an interview to a later time if, because of your condition, you can't go.

You will have to go to more work-focused interviews if you are placed in the work-related activity group (see page 5).

The Work Capability Assessment

When you apply for ESA, you'll go through an 'assessment phase' of 13 weeks. During this time, Jobcentre Plus will collect information about your claim. This will include a Work Capability Assessment. For the 13 weeks, you'll be paid ESA at a reduced rate, the 'basic allowance' (whether you get contributory ESA or income-related ESA).

What is the assessment for?

The ESA Work Capability Assessment does two things:

1. It finds out if you have a 'limited capability for work'. This assessment looks at both your physical and mental health. A points system is used to see how well you can carry out a range of activities, such as mobilising, standing and sitting, reaching and manual dexterity. Each activity is divided into different 'descriptors', which explain related tasks of varying degrees of difficulty. You score points when you are not able to perform a task described. If more than one descriptor applies to you, you only include the score with the highest points in each activity.

You can see the list of descriptors, and the points that you get for each, on pages 6–9. If you score 15 points, you qualify as having a limited capability for work and can stay on ESA. If not, you'll need to claim Jobseeker's Allowance instead, unless you win an appeal against the decision (see page 6).

2. It finds out whether you have a 'limited capability for work-related activity'. This assessment is used to decide if you fit into the 'support group' or the 'work-related activity group' (see next page). This assessment also has a list of descriptors about physical and mental functions. If at least one of

them fits, you'll be placed in the support group of claimants.

The support group

If it is decided you have a limited capability for work-related activity, you'll be put into the support group. If you're in this group, you don't have to do work-related activities (but you can volunteer to do so if you want). You'll get a higher rate of ESA than people who are put into the work-related activity group.

The work-related activity group

If it is decided that you don't have a limited capability for work-related activity, you'll be put into the work-related activity group. You will have to meet strict work-related conditions in order to continue getting your full benefit. This will include attending further work-focused interviews.

Filling in the questionnaire

As part of the Work Capability Assessment, you usually need to complete a questionnaire (the ESA50) first. This asks about your ability to complete different tasks under a number of activity headings. The questions all relate to the 'limited capability for work' assessment (see above).

If you're not sure how to complete this questionnaire, ask for advice. Contact your local Citizen's Advice Bureau or Welfare Rights Group (you can find these organisations listed in your local telephone directory), or speak to the dedicated employment and benefits adviser on our helpline.

Things to note when completing the ESA50 questionnaire

The questionnaire asks whether you can do certain tasks without problems. You can answer 'yes', 'no' or 'it varies'. The last is helpful if your condition changes, as may be the case with your Parkinson's.

- Each of your answers should take into account tiredness, pain and discomfort. If you are not able to perform a task without pain or discomfort, then you should be treated as being unable to do it.
- Use the box provided to give extra information about the problems you have with each task. If your condition varies, give an idea of how many days you would be able to do the task and how many you would not.

- If you can't perform a task regularly, you should give details about this. Include information about any injuries or accidents that have happened when you've tried to do a task. It's also crucial to note how much rest and/or medication you need after doing a particular task.
- If a task would be a risk to your health, enough to put off any reasonable person from doing it, then you should be treated as being unable to do it.
- If your doctor, physiotherapist or another health professional has told you to avoid an activity, make sure you write this in the further information box.
- The questions on mental, cognitive and intellectual functions can also be answered 'yes', 'no' or 'it varies'. To help you fill this in, you might find it useful to keep a diary of the day-to-day activities that you have problems with.

Once you've sent your ESA50 questionnaire off, you might be asked to attend a face-to-face assessment carried out by a healthcare professional working on behalf of the Department for Work and Pensions.

Face-to-face assessment

If you have to go to a face-to-face assessment as part of the Work Capability Assessment, the following tips might also be useful:

- Explain your physical abilities as well as you can. You shouldn't assume that the healthcare professional assessing you knows you can only do a task with discomfort or that your ability to do it changes because of your condition. Tell them of any pain or discomfort caused by the task and how you'd feel if you had to do it again and again.
- Focus on the problems you have, rather than on how you manage them.
- The person assessing you shouldn't base their opinion on your condition on the day, but the effects of your condition over time.
- When they ask about your mental health, the person assessing you should find out how your condition affects your day-to-day abilities. When you explain this, tell them how you are most of the time. If your condition changes over time or from day to day, tell them how often it changes and how long for.

- You might find it helpful to take someone with you to fill in the gaps of what you tell the healthcare professional.

What if I don't agree with the outcome of the assessment?

If you get a decision that you don't have a limited capability for work and you don't agree, you can appeal. If you do this, you can be paid ESA until the appeal is heard at a tribunal. You can also appeal if you're put into the work-related activity group and you think you should be in the support group.

You need to fill in a short appeal form, the GL24, to appeal. You can get this by calling the number printed on your decision letter. When you complete the appeal form, you should list all of the descriptions that you think apply to you.

Once you have sent the appeal form off, you will be contacted and asked if you want to attend an appeal hearing. You stand a much better chance of winning your case if you go along. The tribunals are informal and independent of the Department for Work and Pensions.

Obtain the medical report (form ESA85) that was used in making the decision – ask Jobcentre Plus to send you a copy. This will let you see where you need to dispute it or show where misunderstandings have happened. Then try to get medical evidence that backs up your case. For example, you could obtain a letter from your Parkinson's nurse confirming which descriptions they consider apply to you. Send a copy of this evidence off to the tribunal before your appeal hearing. You might want to contact an advice centre, such as a Citizens Advice Bureau, to see if they can give you advice and perhaps represent you at the tribunal.

At the tribunal, all of the medical and other evidence should be considered. If you think you need more evidence from your doctor, you can ask for an adjournment, but you don't have an automatic right to this, so it's best to get your evidence beforehand.

What if my condition gets worse before the appeal?

A tribunal can only look at how your condition was at the time of the decision you're appealing. To make sure

you don't miss out while a decision is being made, tell Jobcentre Plus that your condition has got worse and you'd like them to look at your case again. If you have any medical evidence, send this to them, and they should arrange a new assessment. If you fail again, you should also appeal against the new decision.

The 'limited capability for work' assessment: the points

After you've chosen the statement that applies to you for each of the following 17 types of activity, add them up to make a total. To be assessed as having a limited capability for work, you need to score 15 points or more.

1. Mobilising unaided by another person with or without a walking stick, manual wheelchair or other aid if such aid can reasonably be used

A Cannot either:

- (i) mobilise more than 50 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or
- (ii) repeatedly mobilise 50 metres within a reasonable timescale because of significant discomfort or exhaustion. 15 points

B Cannot mount or descend two steps unaided by another person even with the support of a handrail. 9 points

C Cannot either:

- (i) mobilise more than 100 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or
- (ii) repeatedly mobilise 100 metres within a reasonable timescale because of significant discomfort or exhaustion. 9 points

D Cannot either:

- (i) mobilise more than 200 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or
- (ii) repeatedly mobilise 200 metres within a reasonable timescale because of significant discomfort or exhaustion. 6 points

E None of the above apply. 0 points

2. Standing and sitting

A Cannot move between one seated position and another seated position located next to one another without receiving physical assistance from another person. 15 points

B Cannot, for the majority of the time, remain at a work station, either:
(i) standing unassisted by another person (even if free to move around); or
(ii) sitting (even in an adjustable chair) for more than 30 minutes, before needing to move away in order to avoid significant discomfort or exhaustion. 9 points

C Cannot, for the majority of the time, remain at a work station, either:
(i) standing unassisted by another person (even if free to move around); or
(ii) sitting (even in an adjustable chair) for more than an hour before needing to move away in order to avoid significant discomfort or exhaustion. 6 points

D None of the above apply. 0 points

3. Reaching

A Cannot raise either arm as if to put something in the top pocket of a coat or jacket. 15 points

B Cannot raise either arm to top of head as if to put on a hat. 9 points

C Cannot raise either arm above head height as if to reach for something. 6 points

D None of the above apply. 0 points

4. Picking up and moving or transferring by the use of the upper body and arms

A Cannot pick up and move a 0.5 litre carton full of liquid. 15 points

B Cannot pick up and move a one litre carton full of liquid. 9 points

C Cannot transfer a light but bulky object such as an empty cardboard box. 6 points

D None of the above apply. 0 points

5. Manual dexterity

A Cannot either:
(i) press a button, such as a telephone keypad; or
(ii) turn the pages of a book with either hand. 15 points

B Cannot pick up a £1 coin or equivalent with either hand. 15 points

C Cannot use a pen or pencil to make a meaningful mark. 9 points

D Cannot use a suitable keyboard or mouse. 9 points

E None of the above apply. 0 points

6. Making self understood through speaking, writing, typing, or other means normally used, unaided by another person

A Cannot convey a simple message, such as the presence of a hazard. 15 points

B Has significant difficulty conveying a simple message to strangers. 15 points

C Has some difficulty conveying a simple message to strangers. 6 points

D None of the above apply. 0 points

7. Understanding communication by both verbal means (such as hearing or lip reading) and non-verbal means (such as reading 16 point print) using any aid it is reasonable to expect them to use, unaided by another person.

A Cannot understand a simple message due to sensory impairment, such as the location of a fire escape. 15 points

B Has significant difficulty understanding a simple message from a stranger due to sensory impairment. 15 points

C Has some difficulty understanding a simple message from a stranger due to sensory impairment. 6 points

D None of the above apply. 0 points

8. Navigating and maintaining safety, using a guide dog or other aid if normally used

- A Unable to navigate around familiar surroundings, without being accompanied by another person, due to sensory impairment. 15 points
- B Cannot safely complete a potentially hazardous task such as crossing the road, without being accompanied by another person, due to sensory impairment. 15 points
- C Unable to navigate around unfamiliar surroundings, without being accompanied by another person, due to sensory impairment. 9 points
- D None of the above apply 0 points

9. Absence or loss of control leading to extensive evacuation of the bowel and/or bladder, other than enuresis (bed-wetting) despite the presence of any aids or adaptations normally used.

- A At least once a month experiences:
(i) loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder; or
(ii) substantial leakage of the contents of a collecting device sufficient to require cleaning and a change in clothing. 15 points
- B At risk of loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder, sufficient to require cleaning and a change in clothing, if not able to reach a toilet quickly. 6 points
- C None of the above apply. 0 points

10. Consciousness during waking moments

- A At least once a week, has an involuntary episode of lost or altered consciousness resulting in significantly disrupted awareness or concentration 15 points
- B At least once a month, has an involuntary episode of lost or altered consciousness resulting in significantly disrupted awareness or concentration 6 points
- C None of the above apply. 0 points

11. Learning tasks

- A Cannot learn how to complete a simple task, such as setting an alarm clock. 15 points
- B Cannot learn anything beyond a simple task, such as setting an alarm clock. 9 points
- C Cannot learn anything beyond a moderately complex task, such as the steps involved in operating a washing machine to clean clothes. 6 points
- D None of the above apply. 0 points

12. Awareness of everyday hazards (such as boiling water or sharp objects)

- A Reduced awareness of everyday hazards leads to a significant risk of:
(i) injury to self or others; or
(ii) damage to property or possessions such that they require supervision for the majority of the time to maintain safety. 15 points
- B Reduced awareness of everyday hazards leads to a significant risk of
(i) injury to self or others; or
(ii) damage to property or possessions such that they frequently require supervision to maintain safety. 9 points
- C Reduced awareness of everyday hazards leads to a significant risk of:
(i) injury to self or others; or
(ii) damage to property or possessions such that they occasionally require supervision to maintain safety. 6 points
- D None of the above apply. 0 points

13. Initiating and completing personal action (which means planning, organisation, problem solving, prioritising or switching tasks).

- A Cannot, due to impaired mental function, reliably initiate or complete at least two sequential personal actions. 15 points
- B Cannot, due to impaired mental function, reliably initiate or complete at least two personal actions for the majority of the time. 9 points

C Frequently cannot, due to impaired mental function, reliably initiate or complete at least two personal actions. 6 points

D None of the above apply. 0 points

14. Coping with change

A Cannot cope with any change to the extent that day-to-day life cannot be managed. 15 points

B Cannot cope with minor planned change (such as a pre-arranged 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 points

C Cannot cope with minor unplanned change (such as 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 points

D None of the above apply. 0 points

15. Getting about

A Cannot get to any specified place with which the claimant is familiar. 15 points

B Is unable to get to a specified place with which the claimant is familiar, without being accompanied by another person. 9 points

C Is unable to get to a specified place with which the claimant is unfamiliar without being accompanied by another person. 6 points

D None of the above apply. 0 points

16. Coping with social engagement due to cognitive impairment or metal disorder

A Engagement in social contact is always precluded due to difficulty relating to others or significant distress experienced by the individual. 15 points

B Engagement in social contact with someone unfamiliar to the claimant is always precluded due to difficulty relating to others or significant distress experienced by the individual. 9 points

C Engagement in social contact with someone unfamiliar to the claimant is not possible for the majority of the time due to difficulty relating to others or significant distress experienced by the individual. 6 points

D None of the above apply. 0 points

17. Appropriateness of behaviour with other people, due to cognitive impairment or metal disorder

A Has, on a daily basis, uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace. 15 points

B Frequently has uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace. 15 points

C Occasionally has uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace. 9 points

D None of the above apply. 0 points

If you already receive Incapacity Benefit or Income Support

If you were already getting Incapacity Benefit or Income Support because of incapacity when ESA was brought in, you will still get those benefits, rather than ESA, for the time being. This is as long as you still meet the other rules and conditions for those benefits.

However, at some point between October 2010 and April 2014, you will be asked to take part in a Work Capability Assessment.

If the Work Capability Assessment shows you have a limited capability for work, you'll be moved (or 'migrated') onto ESA. If you were previously getting incapacity benefit, this will be converted into contributory ESA (from April 2012 payment of this may be limited to 12 months). If you were previously getting income support, this will be converted into income-related ESA.

If the level of ESA you are entitled to is lower than that of your previous benefit, your ESA will be topped-up by a 'transitional addition' to the rate of your previous benefit and frozen at that level.

If the Work Capability Assessment shows you do not to have a limited capability for work, you will not be entitled to ESA, and your incapacity benefit or income support will be terminated. You will receive a phone call informing you of the decision and asking you if you want to claim Jobseeker's Allowance instead or if you want to appeal against the decision, in which case you can remain on ESA until the appeal is heard at a tribunal. See page 6 for more on appeals.

More information and support

We have information sheets on other benefits you may be entitled to. You can download these from our website at parkinsons.org.uk or see the back page of this sheet for details of how to order these for free.

Our helpline

For more help and information on rights and benefits, you can contact our dedicated employment and benefits adviser on the Parkinson's UK helpline on **0808 800 0303** (calls are free from UK landlines and most mobile networks) or email hello@parkinsons.org.uk

Information and support workers

Our UK-wide network of information and support workers can also provide details about benefits and help you with the application process. You can find your local information and support worker online at parkinsons.org.uk/isw or call our helpline for details.

Local groups

Speak to others about their experiences at your local Parkinson's UK group. Visit parkinsons.org.uk/localgroups or call our helpline for details of your nearest meeting.

Online forum

Speak to others in a similar situation through our online discussion forum at parkinsons.org.uk/forum

Thank you

Thank you to Disability Alliance for updating this information sheet.



Employment and Support Allowance

If you have comments or suggestions about this information sheet, we'd love to hear from you. This will help us ensure that we are providing as good a service as possible.

We'd be very grateful if you could complete this form and return it to [Information Resources, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ](#). Or you can email us at publications@parkinsons.org.uk. Thanks!

Please tick...

- I have Parkinson's. When were you diagnosed?
- I'm family/a friend/a carer of someone with Parkinson's
- I'm a professional working with people with Parkinson's

Where did you get this information sheet from?

- | | |
|--|---|
| <input type="checkbox"/> GP, specialist or Parkinson's nurse | <input type="checkbox"/> Information and support worker |
| <input type="checkbox"/> Parkinson's UK local group or event | <input type="checkbox"/> Ordered from us directly |
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We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's. If you would like to get involved, please contact our Supporter Services team on **020 7932 1303** or visit our website at **parkinsons.org.uk/support**. Thank you.

Parkinson's UK

Free* confidential helpline **0808 800 0303**

Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available.

Text Relay **18001 0808 800 0303**

(for textphone users only)

hello@parkinsons.org.uk

parkinsons.org.uk

*calls are free from UK landlines and most mobile networks.

How to order our resources

01473 212115

resources@parkinsons.org.uk

parkinsons.org.uk/publications

We make every effort to make sure that our services provide up-to-date, unbiased and accurate information. We hope that this will add to any professional advice you receive and will help you to make any decisions you may face. Please do continue to talk to your health and social care team if you are worried about any aspect of living with Parkinson's.

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How useful have you found the information sheet? (1 is not useful, 4 is very useful) 1 2 3 4

Have you found the publication easy to read/use? Yes No

What aspects did you find most helpful?

Were you looking for any information that wasn't covered?

Do you have any other comments?

If you would like to become a member of Parkinson's UK, or are interested in joining our information review group, please complete the details below and we'll be in touch.

Membership Information review group (who give us feedback on new and updated resources)

Name

Address

Telephone Email