

SUPPORTED



Benefits and Disabled Parking Badges

WHAT YOU MAY BE ENTITLED TO AND HOW TO APPLY

Mobility can be severely affected by SPD, as can a woman's ability to care for herself doing daily activities, to an extent where she requires assistance from family and friends, or paid help to perform tasks. This leaflet aims to give information about benefits available and where to find out more.

Disability Living Allowance (DLA)

DLA is designed to help if you need help in looking after yourself particularly if you have reduced mobility out of doors. It is important when you fill in the form to concentrate on what you are unable to do for yourself. This benefit is not designed to help with caring for your children. If you keep this in mind when applying, you are more likely to succeed first time.

A claim can be made after 3 months of symptoms if you expect the condition to continue for a further 6 months. This is not a means tested benefit, so if SPD is still affecting your life after this time elapses you can make a valid claim.

DLA consists of two components: Care rate and Mobility Rate. If you receive High Rate Mobility allowance, this then entitles you to register for free road tax and you can look into motability which is the provision of an appropriate vehicle for your needs instead of receiving the mobility component.

There is an extensive form to complete and it is beneficial to ask a friend or professional for help (health visitor/GP/physio/Citizens Advice Bureau), as it is not only difficult to relate the questions to yourself, but also can be an emotionally draining process. Many people are turned down on first application - don't be deterred, do appeal.

Invalid Carers Allowance (ICA)

If you receive middle or high rate DLA your partner/spouse or anyone who spends more than 35 hours a week helping you can apply for ICA. They have to be earning less than £75 a week and there may be other financial restrictions which apply. But make a claim and find out. For claim packs and advice contact the Disability Benefits Enquiry Line: 0800 882200

Incapacity Benefit

You may also be eligible for this - we are currently investigating. Ask when you contact the Disability Benefits Enquiry Line.

Disabled Parking Permits

Permits allow you to park in marked disabled spaces when you display your permit. This can make the difference between being able to go out and being restricted in where you go. They can be provided on a temporary or permanent basis.

You will be required to complete a form with your GP's input or proof of a DLA award (if applicable). This will need to be returned with 2 passport-sized photos and a nominal cheque. It is helpful to add a covering letter with the name of any Occupational Therapist or Physiotherapist or Care Manager involved with you, and explaining a bit more about your condition. We have a letter from the head of Social Services in Oxfordshire and we can send you a copy of this

-
- Website: www.pelvicpartnership.org.uk
 - General enquiries: enquiries@pelvicpartnership.org.uk
 - Support for SPD: support@pelvicpartnership.org.uk
 - Membership: membership@pelvicpartnership.org.uk
 - Call The Pelvic Partnership on: 01235 820 921
 - If you are enquiring from Ireland: 028 4063 8116

SUPPORTED



Benefits and Disabled Parking Badges

Page 2

letter to support your application.

For details and more information contact your local Social Services Department see your local phone book under Social Services.

Useful Contact numbers:

- Disability benefits enquiry line - claim packs and advice: 0800 882200.
- Benefits Agency for further advice: or see telephone directory for your nearest office.
- For further advice and support in making a claim or appeal contact the Citizens Advice Bureau or Carers Centre (see telephone directory).
- Local Social Services Department: see your local phone book under Social Services.

This leaflet was written by women with Symphysis Pubis Dysfunction (SPD) for women with SPD.

The Pelvic Partnership takes no responsibility for any action you do or do not take as a result of reading this information. We recommend that you seek advice from your medical practitioner, midwife or physiotherapist and the information in this leaflet is not a substitute for doing so.

Acknowledgements:

Thank you to Anita Whittle for compiling this leaflet, and to Janet Jaudun, Sarah Fishburn, Fiona Tankard and Ellie Ball for their helpful suggestions.

Updated January 2004

SUPPORTED



Join The Pelvic Partnership

By joining The Pelvic Partnership you will receive our newsletter with all the latest information about how to treat, cope and live with SPD, it also has a list of useful contact numbers, dates of support groups, lectures and events that could be a real benefit to you.

We are a registered Charity run by volunteers and we rely on your donation for our existence. This allows us to pay for regular newsletter production and postage, production, printing and postage costs for our information leaflets for those who do not have internet access, and to improve awareness of SPD among healthcare professionals. Please help us to continue with these activities by joining or making a donation.

The cost of membership is:

£19 for ordinary membership for one year.

£10 for ordinary membership for six months.

£30 international for one year.

If you cannot manage the full rate at present, please send us what you can.

Extra donations and fundraising ideas are very welcome - the more income we have the more we can achieve. Please complete the Gift Aid Declaration to increase the value to us of your donation by 28 %. All we need is a Gift Aid Declaration from each tax-paying member or donor. If you are not a tax-payer, your partner can complete the Gift Aid Declaration if they are a tax payer and they are paying the membership.

Please complete the form and send it with a cheque payable to:

"The Pelvic Partnership" to: 26 Manor Green, Harwell, Oxon, OX11 0DQ.

Name: _____

Address: _____

Postcode: _____ Email: _____

Tel: _____

Cheque enclosed for: £ _____

Donation of: £ _____

Date: _____

Thank you for joining the Pelvic Partnership. We are trying to find out about people who contact The Pelvic Partnership and use the information to improve our support and gain funding for the group. Personal details will always remain confidential.

- Website: www.pelvicpartnership.org.uk
- General enquiries: enquiries@pelvicpartnership.org.uk
- Support for SPD: support@pelvicpartnership.org.uk

- Membership: membership@pelvicpartnership.org.uk
- Call The Pelvic Partnership on: 01235 820 921
- If you are enquiring from Ireland: 028 4063 8116