

More information about the Personal Capability Assessment

The Personal Capability Assessment looks at how any physical or mental condition affects your ability to carry out a range of everyday activities which are relevant to the ability to do any work. The words we use to describe these day to day activities are called 'descriptors'. If more than one descriptor in each category describes how your illness or disability affects you, we use the descriptor with the highest points. We cannot add the points for descriptors in the same category together.

If we have given you 3 or more points for your physical health, and between 6 and 9 points for your mental health, we will count your score for mental health as 9 points. We will add these 9 points to your score for physical health and the total will be your overall score.

We can only add your scores for mental health and physical health together if you have scored at least 3 points for physical health and at least 6 for mental health.

To qualify for Incapacity Benefit, Severe Disablement Allowance or National Insurance credits you need to have at least:

- 15 points if your illness or disability only affects your physical health, or
- 10 points if your illness or disability only affects your mental health, or
- 15 points if your illness or disability affects both your physical and mental health.