

Resource

Benefits

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The benefits system can be tricky to navigate, especially if you have never claimed any benefits before. Your healthcare team will give you information on treatments, your employer may discuss with you your rights at work, but when it comes to finding out whether you might be entitled to benefits, this is often something you are expected to do (and to know to do) yourself, which can be very daunting.

Being diagnosed with RA does not automatically entitle you to benefits. Eligibility will depend on the severity of your disease. If your disease is active enough and has been for a long enough time, there could be a number of benefits that you could claim, including a blue badge, to help you with parking and disability living allowance, a benefit which can be claimed regardless of whether or not you work. There are also benefits based on work status and a number of other criteria.

Our booklets on benefits in general and disability living allowance, in particular, will help you to navigate the benefits process. They also contain information on useful organisations to help you at each step, including finding what you might be eligible for, helping you with the claims process and appealing where necessary, should you feel that a benefit is unfairly declined.

Benefits and Rheumatoid Arthritis

Claiming benefits can be a daunting process and it is not always clear where you can go to find out what benefits you might be entitled to and how to go about claiming them.

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Personal Independence Payment

Personal Independence Payment (PIP) is one of the benefits most commonly claimed by people with RA. It is not means tested and covers two areas of life commonly affected by RA: daily living and mobility.

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[Work](#)

RA can affect all aspects of life, including work, and of course, the added stress of needing an income from work makes managing RA in a workplace setting all the more important. Thankfully, there is much that can be done, with reasonable adjustments and a good understanding of your rights and how your employer can support you at work.

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