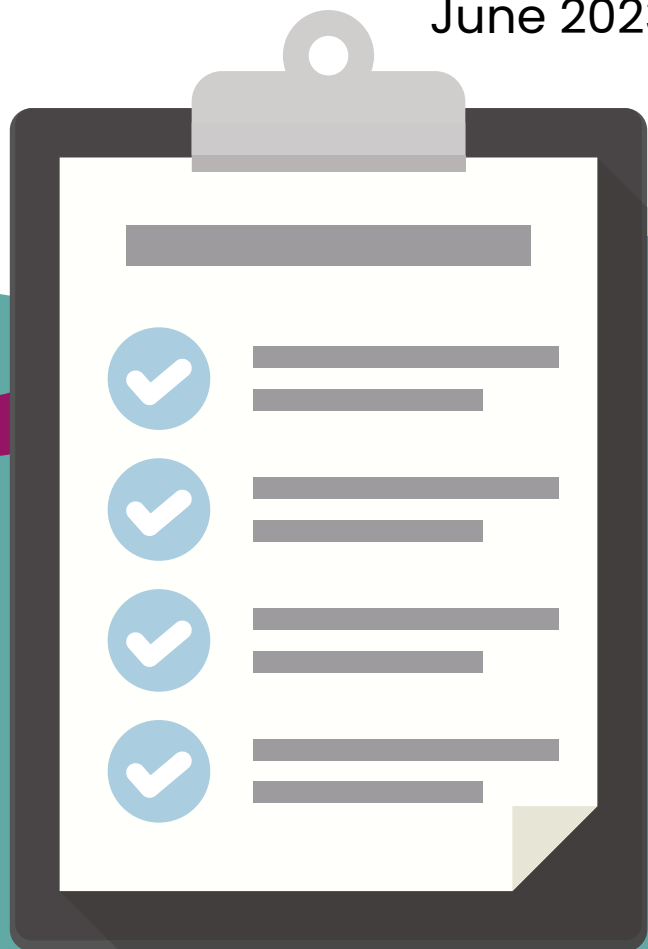




**nras**  
National Rheumatoid  
Arthritis Society

# PIP Diary Guide

June 2023



A diary guide to claiming Personal Independence  
Payment for adults with Rheumatoid Arthritis

## A.5 One-day diary

This is a diary for a 47 year old man who was diagnosed as having rheumatoid arthritis eight years ago. Whilst most of his joints have at some time been affected, his knees and elbows cause him the most problems and his right knee and left elbow have permanent damage. He lives by himself and has written about the help that he really needs rather than the help he actually currently gets.

ACTIVITY	MORNING 7am-12pm	AFTERNOON 12pm-6pm	EVENING 6pm-11pm	NIGHT 11pm-7am
<b>Cooking</b>	Although I would like a cooked breakfast, I do not have one, as there is usually no-one to help me.	A friendly neighbour calls round at 12.45pm to cook me a meal. I cannot safely cook a main meal. My finger are stiff, so I have difficulty peeling an chopping vegetables properly. There is limited movement in my left elbow, so I cannot drain pans or lift them safely off hobs.	I normally have a salad at teatime, which I can prepare myself (my neighbour cuts a few tomatoes up for me at dinnertime).	
<b>Eating</b>		My neighbour cuts up the beef as it is quite tough.		
<b>Medication and therapy</b>		1.30pm: I do some leg exercises that my physio has recommended. My neighbour helps me with these. These take about twenty minutes; I should do them every day.	I had trouble opening pain-killing tablets, which ended up on the floor	
<b>Washing/ bathing</b>	8.55-9.10am: Help needed climbing into the shower, which is in the bath, mainly because of the pain and limited movement in my right knee. The general stiffness makes it worse. I need help washing and drying those parts of my body that I cannot reach with my good (right) arm.		Needed to wash myself (see below). I don't think I did this very well.	

ACTIVITY	MORNING 7am-12pm	AFTERNOON 12pm-6pm	EVENING 6pm-11pm	NIGHT 11pm-7am
<b>Going to the toilet</b>	I always use a grab-rail and raised toilet seat. My joints are particularly stiff in the morning. I find it difficult to get on and off the toilet; last week my right knee gave way when doing this and I ended up on the toilet floor		3.45pm Had a small accident; did not get to the toilet in time. I had to change my wet under- pants. Not easy.	3.15am Needed to go to the toilet. I am very stiff at night and need steadying when rising from the toilet. I do not think I wiped myself properly.
<b>Dressing/ Undressing</b>	<p>Help needed putting on trousers, underpants and shirt because of the pain and limited movement in my right knee and left elbow.</p> <p>I need a hand with buttons, zips and laces as my fingers tend to be stiff in the morning (I often do not attempt to dress myself until after lunch).</p>			
<b>Walking</b>		<p>I walked to the local shop for a paper. I am lucky, it is only about 80 metres away, with somewhere where I can rest every 20 metres (for ten minutes or so until the pain in my right knee goes down).</p> <p>I could not do this again today. I use two sticks.</p>		

# A.6 Your activity diary template

NAME: .....

ADDRESS: .....

NATIONAL INSURANCE NUMBER .....

ACTIVITY	MORNING 7am-12pm	AFTERNOON 12pm-6pm	EVENING 6pm-11pm	NIGHT 11pm-7am
Cooking				
Eating				
Managing therapy				
Medication				
Washing/ bathing				
Going to the toilet				
Dressing/ Undressing				
Communicating				
Reading				
Meeting people				
Budgeting				
Planning journeys				
Walking				

## A.7 Long-term diary

This is a long-term diary produced by a 34-year-old woman, detailing which of her joints have been affected over different periods, and to what extent. She will have also produced a one-day diary.

### January

**Week commencing 5th:** Left ankle (moderate), both knees (severe), both elbows (moderate), fingers (moderate).

**w/c 12th:** Both knees (severe), both elbows (moderate), fingers (moderate).

**w/c 19th:** Both knees (severe), both elbows (moderate), right shoulder (mild), fingers (moderate)

**w/c 26th:** Both knees (moderate), both elbows (moderate), fingers (moderate).

### February

**w/c 2nd:** Both knees (moderate), lower back (moderate), both elbows (moderate), fingers (moderate)

**w/c 9th:** Both knees (severe), lower back (moderate), both elbows (moderate), fingers (moderate)

**w/c 16th:** Both knees (severe), lower back (moderate), both elbows (mild), fingers (moderate)

**w/c 23rd:** Both knees (severe), lower back (mild), both elbows (mild), fingers (moderate)

### March

**w/c 2nd:** Both knees (severe), fingers (moderate)

**w/c 9th:** Both knees (severe), neck (mild), fingers (mild)

**w/c 16th:** Both knees (moderate), neck (mild), fingers (mild)

**w/c 23rd:** Both knees (moderate), fingers (moderate)

**w/c 30th:** Both knees (severe), both elbows (mild), fingers (moderate)