**ESA50 – guide to completing the questionnaire**

The Employment and Support Allowance (ESA) assessment will look at how you manage your daily living activities and give you points for each activity, which are then totalled.

You will need to score at least 15 points to be awarded ESA. You will be moved over to ESA if you are found to have a limited capacity for work, and you will be placed in either the work-related activity group or the support group.

**Filling in the questionnaire**

The questionnaire is divided into ten activity headings. Under each activity you are asked whether you can do the particular activity without any difficulty. Read all the options relating to the activity before ticking the box.

When deciding which box to tick, remember that regulations state that you should be able to do the task:

* Reliably
* Repeatedly – this means as often as you need to
* Safely
* Within a reasonable time period – this means no more than twice as long as the time it takes a person without a disability to carry out the activity.

Think about whether you can do a task reliably, taking into account:

* Safety – are there any risks involved? Have you had any accidents or injuries attempting the activity?
* Tiredness – do you need to rest or take painkillers? How often would you need to rest?
* Pain or discomfort – could you carry out an activity several times, with reasonable regularity?
* Balance problems – do you find it difficult to carry out tasks due to poor balance?

Consider how long it takes you to deal with the activities of daily living and how long it takes you to move around outdoors. Do not guess at the time taken; ask someone to time this for you. If your condition varies, try to give an idea of how many days a week you would be able to do the task, and how many you would not.

Think about keeping a diary for a few days and to write down all the day-to-day activities that you have difficulties doing.

Note down:

* Any assistance you need from another person
* If you need reminding, prompting or encouraging to start or complete a task.

The document below provides guidance on how to complete the form.