

Assessment Day Companion

Your key facts on one sheet, so the nerves cannot steal them - for telephone, video and face-to-face WCA assessments

INSIDE THIS PACK

- What actually happens at a WCA assessment, minute by minute
- A bring-sheet for your conditions, medication, aids and worst incidents
- Your typical day, mapped out before anyone asks about it
- An after-notes page that protects you if the report gets it wrong

**The assessment is a conversation with consequences.
Walk in with your facts already on paper.**

This sheet holds your own real examples and your own typical day.
Nothing here is a script: honest, specific answers are what score points.

What happens at the assessment

The assessor is a health professional (often a nurse, physiotherapist, occupational therapist or paramedic) working for an assessment provider, not the DWP. They check your identity, ask about your conditions, medication and treatment, then go through the physical and mental-function activities - usually through the "typical day" question: what a normal day looks like for you. Face-to-face appointments may add a brief physical examination. Most assessments take somewhere between 45 and 90 minutes.

THE ASSESSMENT STARTS BEFORE THE QUESTIONS

Assessors record informal observations: how you arrived, how long you sat, how you handled your bag, phone or paperwork, whether you looked "coping". These go into the report next to your answers. It is not a trap you can beat: it is a reason to be yourself and never push through pain to seem polite.

THE "I'M FINE" REFLEX

Years of politeness train people to minimise: "I manage", "I'm fine", "not too bad". At an assessment, every one of those phrases can be written down as evidence of ability. Answer about a TYPICAL day, include the bad days, and say what it costs you afterwards - pain, exhaustion, recovery time. If a task is only possible sometimes, or only with help, or not safely, say so every time.

How to use this companion

BEFORE

Fill in pages 3 and 4 in advance, at your own pace, on a day you can think clearly. Use your form answers and your diary: the assessor has your form, so your examples should match it.

DURING

Keep the sheet in front of you (that is normal and allowed). You can have someone with you, ask for breaks, and ask for questions to be repeated or rephrased. If phone or video suits your condition better, or worse, you can ask the provider about the format.

AFTER

Fill in page 5 the same day, while you remember. If the report later gets something wrong, your same-day notes are what your challenge is built from.

My key facts

Fill this in before the day. Short notes in your own words - enough to jog your memory when you are nervous.

My conditions

List each condition and, in a few words, its main effect on you.

My medication and treatment

Names, doses if you know them, and side effects that affect your day (drowsiness, brain fog, nausea).

Aids, equipment and adaptations I use

Sticks, rails, shower stool, dosette box, reminders on your phone, anything rearranged so you can cope.

People who help me

Who helps, with what, how often - the same people your form mentions.

My three worst recent incidents

From your diary if you keep one. Real, dated moments: a fall, a burn, a panic attack, a day you could not get up. These are the examples to reach for when a question is asked.

INCIDENT 1

when (month and year)

INCIDENT 2

when (month and year)

INCIDENT 3

when (month and year)

My typical day

Sketch it honestly, including what you avoid, what you skip, and where the help comes in.

Morning

Afternoon and evening

Night

Straight after the assessment

Fill this in the same day, while it is fresh. If the report is later wrong, these notes are your evidence for mandatory reconsideration or appeal.

date of assessment

assessor's name (ask - it is fine)

their role, if said (nurse, physio, OT...)

Format:

☐

telephone

☐

video

☐

face-to-face

☐

home visit

how long it lasted

who was with me

What they asked about most

Which activities got the longest questioning? Any physical movements they asked you to do?

Anything I said that came out wrong or too positive

The "I'm fine" moments. Note them now: you can clarify in writing to the DWP before the decision.

Anything that felt wrong or was cut short

Questions not asked, answers interrupted, pain ignored, observations you noticed them making.

What happened to me afterwards

Exhaustion, flare-up, recovery time. The cost of attending is evidence of your normal limits.

Want to feel ready, not just organised?

This sheet keeps your facts within reach. The other half of preparation is knowing how your own answers read on paper: most WCA decisions lean heavily on the written evidence, so the WCA50 form is where the claim is really decided.

See a free preview of your own answers

Tell us your conditions and see, free, how a strong WCA50 answer about your own situation reads - the same picture of your daily life that your assessment will be checked against. Works for ESA and Universal Credit (UC50) claims alike.

www.esaexpert.co.uk/?start=free

Nothing to install, no card details - the first activity is completely free.

PAIR IT WITH THE FREE TOOLS

The Symptom & Bad Days Diary (www.esaexpert.co.uk/symptom-diary.html) gives you the dated incidents this sheet asks for, and the Carer's Statement Template (www.esaexpert.co.uk/carer-statement.html) lets the person who helps you put what they see on the record before assessment day.

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