

ESA Carer's Statement

A guided template for the partner, family member, friend or support worker who helps you day to day

INSIDE THIS PACK

- Prompts for every area of daily life, so nothing gets missed
- Space for real, dated examples: the strongest evidence a carer can give
- How-often tick boxes that match the way WCA decisions are actually made
- A signed declaration page, plus where and when to send the statement

**Works for new ESA and UC claims, reassessments,
mandatory reconsideration and appeals.**

In the claimant's own bad-day evidence, in medical letters and in this statement,
the same rule wins: specific beats general.

Why a carer's statement can strengthen a claim

The Work Capability Assessment is not decided on diagnosis. It is decided on how someone manages everyday activities, and whether they can do them reliably, repeatedly and safely, for the majority of the time. Medical letters prove the condition. The person who helps day to day sees what actually happens at home: the meals cooked for them, the reminders, the bad mornings, the near misses. A short, signed statement from that person puts this on the record in a way no clinic letter can.

WHO CAN WRITE ONE

Anyone who genuinely helps or sees the claimant regularly: a partner, parent, adult child, friend, neighbour or paid support worker. You do not need any formal status, you do not need to live with them, and you do not need to receive Carer's Allowance. More than one person can each write their own statement.

What makes a statement carry weight

FIRST-HAND

Only what you have personally seen or done. "I cook his evening meal" carries weight. "He cannot cook" on its own does not.

SPECIFIC

How often, since when, with dates where you can. "Most days" and "twice this month" beat "always" and "never".

CONSISTENT

It should sit naturally alongside what the claimant wrote on their form. Read their answers first if you can.

THE HONESTY RULE

Write in your own words and only describe what you have seen or done yourself. Never exaggerate and never copy someone else's wording: one true, dated example is worth more than a page of general claims, and the declaration you sign at the end says the statement is accurate. If you have not witnessed something, leave that section blank. Blank sections are fine.

How to use this template

1

Read the claimant's form answers first, if you can

Your statement should support what they wrote, in your own words. You are adding your view of the same reality, not repeating theirs.

2

Fill in Parts 1 to 5, typed or handwritten

Both are fine. Skip anything you have not personally seen. Short and true beats long and vague.

3

Sign and date the declaration in Part 6

An unsigned, undated statement is easy to ignore. A signed one is evidence.

4

Write the claimant's full name and National Insurance number on every page

Loose pages get separated in the post. The NI number is how the DWP matches paper to file.

5

Keep a copy, send a photocopy or a scan

Never post your only original. Photograph every page before it goes in the envelope.

WHERE AND WHEN TO SEND IT

With a new claim: send it with the ESA50 or UC50 (WCA50) form, or send it after with the claimant's name and NI number on it. At a reassessment: send it with the new form. Before an assessment: it can go to the assessment provider. At mandatory reconsideration or appeal: send it to the DWP, or to the tribunal with the appeal papers. Supporting evidence can be sent at any stage of a claim.

WHAT TO MENTION, IN ONE LINE

How often the help happens (every day and most days matter most), what happens on the days you are not there, and the bad days as well as the better ones. The WCA looks at the majority of the time, so frequency is the single most useful thing you can put in writing.

The statement

Complete in your own words. Leave blank anything you have not seen yourself.

This statement is about:

claimant's full name

National Insurance number

Part 1 · About me

my full name

my relationship to the claimant (e.g. wife, son, friend, support worker)

I live with them: ☐ yes ☐ no

how long I have known or helped them

I see them: ☐ every day ☐ most days ☐ a few times a week ☐ weekly or less

Part 2 · The help I give, area by area

For each area: tick how often, then describe what you actually do or see. Real examples, your own words.

Food and drink

Do you cook or prepare their meals, cut food up, or prompt and encourage them to eat? What would they eat if you did nothing?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Medication, treatment and health

Do you remind them to take medication, manage the dosette box, collect prescriptions, or watch for side effects and symptoms?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

This statement is about:

claimant's full name

National Insurance number

Washing, bathing and using the toilet

Do you help, prompt or stand by while they wash, shower or bathe? Any help with continence or cleaning up afterwards? (It is fine to be brief and matter-of-fact.)

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Getting dressed

Do you help with buttons, socks, shoes or bras, lay out clothes, or prompt them to dress or change? How long does dressing take with and without you?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Talking to people, letters, phone calls and forms

Do you speak for them, read or explain letters, make their phone calls, or sit with them when people visit? What happens when they must deal with a stranger alone?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Concentration, memory and finishing tasks

Do you see them start everyday tasks and abandon them, forget what they were doing, or need step-by-step reminders to finish?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

This statement is about:

claimant's full name

National Insurance number

Going out alone and unfamiliar places

Do you go with them because they cannot cope alone? What happens in busy or unfamiliar places, or when plans change without warning?

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Moving around, standing and sitting

What do you see: how far they walk before stopping, how long they can stand or sit, aids used, falls or stumbles? Compare a good day and a bad day.

How often: ☐ every day ☐ most days ☐ a few times a week ☐ less often

Anything else you help with

Nights, supervision, keeping them safe during blackouts, seizures, panic or crisis, or help not covered above.

KEEP IT CONCRETE

Wherever you can, anchor what you write to something that happened: a date, a place, a specific morning. Part 3 gives you space for the three strongest examples.

This statement is about:

claimant's full name

National Insurance number

Part 3 · Things I have seen go wrong

Incidents you personally witnessed: falls, burns, panic attacks, missed or doubled medication, getting lost, days they could not get out of bed. Dated, real examples are the strongest part of this statement.

EXAMPLE 1

What happened, and what I had to do:

when this happened (month and year)

EXAMPLE 2

What happened, and what I had to do:

when this happened (month and year)

EXAMPLE 3

What happened, and what I had to do:

when this happened (month and year)

This statement is about:

claimant's full name

National Insurance number

Part 4 · When I am not there

Decision makers ask what someone can do alone. This is where you describe what "alone" actually looks like.

On days I cannot help

What gets missed: meals skipped, medication forgotten, washing not done, letters unopened? How do you find them when you come back?

Help they need but do not ask for

Many people hide the worst or refuse help out of pride. What do they play down? What have you started doing without being asked, because it was not safe to wait?

Night-time

Do they need help, supervision or reassurance during the night? How often are nights disturbed?

Bad days

In a typical week: ☐ 1 to 2 ☐ 3 to 4 ☐ 5 or more

On a bad day, the extra help I give looks like:

This statement is about:

claimant's full name

National Insurance number

Part 5 · For reassessments only: what has changed

Skip this part for a new claim. If this statement supports a reassessment (a new WCA50 after an earlier award), say whether the help you give has changed.

The help I give has: ☐ stayed the same ☐ increased ☐ decreased

If it changed: what changed, and roughly since when (month and year)?

IF NOTHING HAS CHANGED

Say exactly that. "The help I give is the same as when the award was made" is useful evidence at reassessment: it shows the award still reflects day-to-day reality.

Part 6 · Declaration

I confirm that this statement is true to the best of my knowledge, and that it describes what I have personally seen and done. I understand it will be used to support an Employment and Support Allowance or Universal Credit health claim, and I am happy to be contacted about it.

signature

print name

date

phone or email (optional, in case the DWP wants to confirm)

It is rare, but the DWP or a tribunal may contact you to confirm what you wrote. That is normal and nothing to worry about: you simply confirm your own statement.

Make the form itself just as strong

A carer's statement supports the claim. The claim itself is won or lost on the WCA50 form: whether every answer shows how often things happen, what help is needed, and what goes wrong without it. That is exactly what ESAexpert helps with.

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 before you decide anything.

Free preview: www.esaexpert.co.uk/?start=free

Works for ESA and Universal Credit (UC50) claims alike.

PAIR IT WITH THE FREE SYMPTOM DIARY

This statement records what your carer sees. Our free Symptom & Bad Days Diary records what you live: a month of tick-box evidence that matches the WCA criteria. Download it at www.esaexpert.co.uk/symptom-diary.html and keep both with your claim papers.

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