

The Work Capability Assessment for ESA and Incapacity Benefit

Hints and tips about the ESA50 and WCA:

- Make sure you explain as much as possible about your health problems on the ESA 50 form
- Ask your doctor or nurse or support worker to write a letter explaining what they know about your health problems and how they affect your ability day to day
- The 'descriptors' use standard wording so try to refer to that wording when explaining your condition
- List and explain all your disabling conditions, whether or not you are having treatment for them
- List all your medication and explain any other treatment received
- If you have had repeated stays in hospital, give the details
- Mental health conditions should be listed by their technical names but you should also explain their effects
- Explain about any fluctuating or intermittent conditions – you may have good days and bad days
- Explain about any pain or discomfort you feel while doing an activity
- Explain whether you would be able to repeat an activity and how long you would need to recover before repeating it
- Do not be embarrassed to explain any problems you have with intimate or personal activities
- If you believe your condition means that you need a home visit for the WCA, then say so when you are called for an assessment
- The face-to-face WCA assessment begins the moment you move from the waiting area to the examination room
- You will be observed during the WCA assessment
- You will be asked how you travelled to the venue and this will be taken into account for the WCA assessment
- If you need help, get independent advice: you can find face to face advisers in Bradford District: www.divabradford.org.uk/advice-services