

Ensuring a Fairer PIP:

This is a critical time for Personal Independence Payment (PIP) a benefit that almost 4 million Disabled people rely on to maintain a level of dignity and independence. Following the rejection of government proposals in July 2025, the Government launched a Review of PIP, this is now due to report this autumn. Whilst we have major concerns about the level, criteria and process, we are in no doubt that PIP is essential to working age Disabled people. The Minister for Social Security and Disability, Sir Stephen Timms, will be making a Statement to the House in the autumn on the findings of the PIP Review and it is vital that MPs are fully briefed on PIP in advance of this. This briefing highlights key evidence and urges MPs to ensure that an improved PIP emerges from the Review.

The Timms Review

The Timms Review is the Independent Review for Personal Independence Payment, the disability benefit for the extra costs of disability. The Review is led by Minister for Social Security and Disability, Sir Stephen Timms and a Steering Group of Disabled people. The Review took place as a result of the fierce opposition from welfare cuts and austerity and ongoing concerns of whether Disabled people have genuine power to shape reform. PIP can be used on anything that meets the needs of the individual from supporting with the cost of therapies, cost of living support to accessing transport. The Timms Review is at the Recommendations stage and will be conducting 15 solutions workshops with 300 people as well as meetings with Disabled People's Organisations and other experts. Further information on the Review and what Disability Rights UK is calling for can be found at the end of this document.

[In our submission to the Review](#), Disability Rights UK worked with Commission on Social Security, who have co-produced a new Additional Disability Payment (ADP), an alternative to PIP, which Disability Rights UK supports. In our response to the Timms Review we highlighted our concerns with the low level of support PIP gives,

how current PIP payments are not meeting Disabled people's needs, the complex and flawed eligibility framework and the dehumanising process Disabled people face when trying to access this vital support. Disability Rights UK shares the consistent concerns of the Disabled People's Forum about how the Review has failed to engage with DPOs and co-produce the Review with Disabled people and DPOs.

PIP and the Activity Trap

Disability Rights UK, Toynbee Hall and the Commission on Social Security have created a survey co-designed with Disabled people on state benefits. The survey ran for 3 months from late May till late August 2026. It was focused on whether PIP reflects the real costs and barriers Disabled people face, how people experience the assessment process and what changes are needed to make the system fairer, more accurate and more supportive.

Separately Durham University and Disability Rights UK have conducted work on the Activity Trap. The Activity Trap highlights the fear Disabled people have of losing their benefits when engaging in activity. Both the PIP Survey and the Activity Trap research clearly show that the systems meant to support us are preventing us from living our fullest lives. We are using the event and briefing to raise the issues in both reports and to inform the Timms Review, into Personal Independence Payments.

The PIP Survey

Personal Independence Payment is the extra cost disability benefit; to help cover the additional costs these individuals face due to being Disabled. Around 3.9 million Disabled people are currently receiving PIP. The PIP Survey was co-produced with Toynbee Hall, Disability Rights UK and the Commission on Social Security, and sent to MPs to share with their constituents. Over 2000 Disabled people in England, Wales and Northern Ireland told us about their experiences of PIP. The report found that:

- Only 16% of respondents stated that PIP covered all their additional costs. Just under a quarter (24%) say it covers very little or basically none of their additional costs.
- Grading the PIP assessment on a 10-point scale, where 10 meant able to 'completely explain' the impact of their condition, 54% respondents gave a score of 4 or lower. This trend remained high even when the respondent

was awarded both enhanced mobility and daily living, the maximum possible PIP award, with 48% of that group giving a score of 4 or lower.

- Approximately 48% of respondents said the PIP assessment process was somewhat or very hostile and only 20% found the process to be supportive for them.

The Activity Trap

The Activity Trap is the fear Disabled people experience that their social security like PIP could be reduced or stopped completely if they are found to have engaged in activity, despite the positive benefits for many impairments. The Activity Trap report is part of a wider piece of work with Durham University and Disability Rights UK. The report expands on the barriers many Disabled people are currently facing including lack of accessible housing, being unable to afford to social care and an increased cost of living with cuts to services meaning an overall lack of support. The Activity Trap report was created by Associate Professor Dr Toni Williams at Durham University and Disability Rights UK. The report surveyed Disabled people in receipt of PIP and found that:

- 80% of Disabled people worry about being physically active because they are scared of losing their benefits. They are caught in the Activity Trap.
- 28% have had their benefits removed or declined because of being physically active.
- 72% would likely be more active if they did not risk losing them due to being active.
- 84% felt that completing the benefits application process had a negative impact on their mental health.

Our Recommendations

To transform the social security system Disability Rights UK and Toynbee Hall endorse the Commission on Social Security's co-produced [Additional Costs Disability Payment \(ACDP\)](#) as a replacement for PIP. The ACDP would:

- Retain a payment, exclusive of employment status, that begins to cover the costs Disabled people face as a result of living in an inaccessible society.
- Replace adversarial, tick-box assessments with personalised support and independent advocacy.
- Make the case that proper financial support – paid in cash – must be linked to a wider vision of dignity, independent living, and full participation in society.

- Ensure Disabled People's Organisations are involved in making change to these systems.

Contact Us

If you wish to speak to us about our work on social security, the Timms Review or the Activity Trap or learn more about how these issues affect your Disabled constituents please email: sophia.kleanthous@disabilityrightsuk.org

[Disability Rights UK](#) are a national organisation led by Disabled people. Our vision is a world where Disabled people have equal rights, opportunities, and access to power. Our work is rooted in the lived experience of Disabled people. We are a membership organisation and work closely with organisations led by Disabled people across the UK.

[Toynbee Hall](#) is a charity working alongside people facing poverty, injustice and inequality since 1884 to build a fairer future for all. Our research and policy work supports Toynbee Hall's mission by using a co-production approach to drive systemic change and ensure everyone has an equal chance to thrive. One of our current projects is [a participatory action research project with Disabled people receiving the health element of Universal Credit](#) looking at how the benefit system can be fairer for those excluded from work.

[Commission on Social Security](#) are a group of people with lived experience of the current social security system. In other words, they are experts in the social security system, what works, and what doesn't. They make proposals for a fairer social security system. Their most recent proposal is the [Additional Costs of Disability Payment](#), an alternative to PIP, co-produced by Experts by Experience.
