

Self-care advice when you're making a benefit appeal

As a disabled person, you have rights. If you feel those rights are not being fulfilled, we urge you to seek advice from a knowledgeable agency like ourselves. No amount of self care in the world is a substitute for having your legal rights upheld. The following is a short guide with some ideas to help people going through the strain of a benefit appeal.



Don't suffer alone.

Seek help and support from an advice agency

Disability North has a trustworthy, experienced team ready to take your enquiry.



Be patient with yourself

Appeals can create a lot of worry and upset. Try to cut yourself plenty of slack and be extra kind to yourself.



Keep a calendar.

Be aware of deadlines for making appeals.



Telephone appeals.

At the present time all appeals are completed remotely, usually via telephone.



Don't give up.

The success rate for disability benefit appeals is well over 50%, so it's often worth appealing decisions. Speak to an advice provider like Disability North about this.



By your side.

A representative can still assist with remote appeals via conference calls.



Stay connected.

Talk to family and friends if you are feeling anxious about an appeal.

