

ADP mobility component activity 1 – planning and following journeys

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Introduction

1. This chapter provides information on activity 1 of the mobility component of Adult Disability Payment (ADP).
2. This chapter should be read and applied in line with the Overview of Decision Making and the ADP Mobility Component Introduction.
3. This activity considers an individual's ability to plan and follow the route of a journey.
4. To "follow the route of a journey" means for an individual to navigate and make their way along a planned route to a planned destination.
5. This activity will be relevant for limitations on mobility deriving from mental health, cognitive and sensory impairments, as well as physical problems. Cognitive impairment includes orientation (understanding of where, when and who the person is), attention (including awareness of risk and danger), concentration and memory.
6. Any issues with the ability to stand and then move should be considered under mobility component activity 2.
7. Consideration should be given to the individual's ability to:
 - plan the route of a journey in advance
 - leave their home and embark on a journey
 - follow the intended route once they leave the home
 - deal with unexpected changes to the journey, should they arise
8. Safety risks should be considered including, but not limited to, the following:
 - tendency to wander into the road
 - inability to safely cross a road
 - risk of self-harm
 - symptoms of overwhelming psychological distress (OPD)

For example, an individual with a significant visual impairment or hearing difficulties may be at a substantial risk from traffic when crossing a road.

The risk of getting lost due to an individual's physical or mental condition is relevant to whether the individual can safely follow the route of a journey for the purpose of descriptors 1D and 1F. Beyond this the risk of getting lost and needing to ask for directions is not relevant to meeting the descriptors.

9. A case manager should consider an individual's risk of falling under mobility component activity 1 if the risk of falling is both:
 - related to an individual's condition or disability
 - a risk to the individual's safety.
 10. When considering which descriptor might apply, a case manager should also consider risk to an individual arising during the recovery period after a fall.
 11. A case manager should consider risk of self-harm or suicide to be applicable under mobility component activity 1 if it is likely to be related to an individual being out of the home on a journey.
 12. The 'planning and following journeys' descriptors describe six levels of functional ability to complete the activity.
 - A. Can plan and follow the route of a journey unaided.
 - B. Needs the prompting of another person to be able to undertake any journey to avoid overwhelming psychological distress to the individual.
 - C. Cannot plan the route of a journey.
 - D. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.
 - E. Cannot undertake any journey because it would cause overwhelming psychological distress to the individual
 - F. Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.¹
- ¹ ADP regs, Schedule 1 Part 3 Mobility Activities, Activity (1)
13. The descriptor should be selected based on which descriptor would apply to the individual, were the individual to carry out the activity. If the individual does not plan or follow the route of journeys by choice rather than necessity, then the descriptor that should be applied to them should be that which would apply were they to undertake the activity.
 14. Mobility activity 1 refers specifically to 'orientation aids' which are defined as specialist aids designed to assist disabled people in following a route, for example, long canes.
 15. Mobility component activity 1 descriptor D or F only apply where an individual could not reliably make their way along a route without an accompanying person, assistance dog or orientation aid. The presence of another person out of preference is not considered to be sufficient to satisfy either of these descriptors.
 16. Case managers should consider if the individual needs prompting, supervision or assistance from another person to complete the activity, or an assistance dog or orientation aid.

'Prompting' means reminding, encouraging or explaining by another person. This does not have to be in the physical presence of the individual. For example, an individual could be prompted over a telephone call with another person.

'Supervision' means the continuous presence of another person for the purpose of ensuring an individual's safety. The supervision can be in relation to any risk to the individual's safety, whether or not the risk directly results from carrying out the activity in question.

'Assistance' means physical intervention by another person and does not include speech.

'Assistance dog' means a dog trained to guide or assist a person with a sensory impairment.

Orientation aids are specialist aids to assist disabled people in following a route and do not include:

- Ordinary satellite navigation systems such as those found in mobile phones
- Maps
- Lists of directions
- A symbol cane which may indicate that an individual has needs relating to their ability to see, but does not assist them in the orientation of their surroundings

Mobility component activity 1 descriptor A (0 points) – Can plan and follow the route of a journey unaided.

17. Within the assessment criteria, the ability to perform an activity unaided means without either the use of aids or appliances; or supervision, prompting or assistance from another person. ¹

1 ADP regs, Schedule 1, Part 1

Mobility component activity 1 descriptor B (4 points) – Needs the prompting of another person to be able to undertake any journey to avoid overwhelming psychological distress to the individual.

18. This descriptor is most likely to apply to individuals where undertaking any journey causes Overwhelming Psychological Distress (OPD) and where they need prompting to be able to undertake the journey.

19. This descriptor is likely to apply where an individual needs prompting to set off on a journey. It could also apply if the individual needs prompting while on a journey.

20. 'Overwhelming Psychological Distress' (OPD) means distress related to a mental health condition or intellectual or cognitive condition resulting in a state in which the symptoms are so severe that the individual cannot undertake any journey without being overwhelmed. The threshold is a very high one – an individual who, without prompting, would be left feeling anxious, worried or emotional does not

meet it. OPD may occur in conditions such as generalised anxiety disorder, panic disorder, dementia or agoraphobia.

21. 'Any journey' means that the individual requires prompting when undertaking every single journey on that day to avoid OPD. If the individual is able to leave the home to make a journey once without prompting, then on that day the descriptor is not likely to be satisfied.

22. An individual who is only able to start a journey at night-time is not considered able to undertake a journey to an acceptable standard. In this instance, mobility component activity 1 descriptor E may be more appropriate.

Example: an individual with anxiety who satisfies mobility component activity 1 descriptor B

Veronica submits an application for ADP. In the form she describes that she experiences symptoms of panic before any journey and is only able to leave her home if someone provides encouragement and reassurance that there are no dangers or threats as a result of going outside. Once Veronica is outside, she is able to follow a route independently without help. The case manager determines that Veronica satisfies mobility component activity 1 descriptor B.

Mobility component activity 1 descriptor C (8 points) – Cannot plan the route of a journey.

23. This descriptor is most likely to apply to individuals who cannot formulate a plan for a journey in advance using simple materials, including but not limited to any of the following:

- Bus route maps
- Mobile phone applications (apps)
- Timetables

24. This descriptor is most likely to apply to individuals who have conditions that affect their cognitive abilities.

25. An individual may satisfy this descriptor if the individual is unable to plan the route of a journey but is independent in being able to both:

- follow a journey once they have left their home (familiar and unfamiliar)
- deal with any changes when on the journey

Example: an individual with a brain injury who satisfies mobility component activity 1 descriptor C

Otis had a car accident 9 months ago in which he sustained a brain injury. He has a letter from his neurologist confirming this. The letter states that although he has mostly recovered, the area of his brain that was damaged is one that is involved in planning and sequencing tasks. His memory is intact.

In his application form for ADP, Otis explains that he can see the place that he wants to go to in his mind and knows that he has been there before but cannot piece the

steps of the journey together in a logical order. He explains that if he needs to go somewhere, he is able to do this himself, but only if his wife has written directions for him or if someone tells him the directions to follow before he leaves and he writes these down.

He gives an example of a journey to attend a hospital appointment. His wife wrote down which bus to take and where to get off. Otis could follow this, but his wife forgot to write which area of the hospital to visit. He looked at the map of the hospital departments at the hospital entrance and found the area of the hospital he needed to go to his appointment.

Because Otis is unable to plan the steps of a route, he cannot plan a journey for himself. Once the route is planned, he is able to safely follow the route without assistance. The case manager determines that Otis satisfies mobility component activity 1 descriptor C because whilst he is able to follow the route of a journey unaided, he is unable to plan a route and needs someone else to plan the journey for him.

Mobility component activity 1 descriptor D (10 points) – Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.

26. The descriptor refers to an unfamiliar journey rather than any unfamiliar journey. An individual can satisfy the descriptor by showing that they typically need to fulfil one or more of the following:

- be accompanied by another person
- be accompanied by an assistance dog
- use an orientation aid

It is not necessary to show that they need such support for every possible unfamiliar journey on most days.

27. An individual with needs relating to their condition or disability may be unable to complete one or more of the following steps:

- work out where to go
- follow directions
- follow a journey safely
- deal with minor unexpected changes in their journey when it is unfamiliar

28. An individual who is likely to experience overwhelming psychological distress (OPD) when on an unfamiliar journey and who needs to be accompanied to overcome their overwhelming psychological distress may satisfy mobility component activity 1 descriptor D. See paragraph 20 for explanation of overwhelming psychological distress.

29. A case manager should consider that an individual will satisfy this descriptor if they are able to follow the route of a familiar journey but are not able to follow an unfamiliar journey on their own.

30. In this descriptor the route has already been planned. Any significant diversions from that route are irrelevant – it is no longer the planned route.

31. Minor diversions are part of being able to follow the route of a journey. This could be in situations such as making one's way around road works, a change of train platform, road closure or train cancellation.

32. An individual will satisfy this descriptor if they are independent in making journeys but would not be able to make any changes if the journey changed unexpectedly.

Example: an individual with generalised anxiety disorder who satisfies mobility component activity 1 descriptor D

Jason has generalised anxiety disorder and is under the care of a community mental health nurse. The nurse has written a letter in support of Jason's application for ADP which explains that Jason's anxiety symptoms are significant if he is going somewhere that he does not know, especially if he has to use public transport.

In his application, Jason explains that he is able to go to his local shop, his GP surgery and the chip shop because he has made those journeys a number of times and feels safe making them himself. He notes that going somewhere new causes him to panic. He reports that his mental health worker accompanies and assists him with calming techniques. With the presence of his mental health worker and the calming techniques he is able to use the bus to get into the town centre but without them, he would experience symptoms of a panic attack.

Because Jason has symptoms indicating overwhelming distress when making an unfamiliar journey, he needs someone with him to manage these symptoms. The case manager determines that Jason satisfies mobility component activity 1 descriptor D because he needs another person with him to make this unfamiliar journey.

Mobility component activity 1 descriptor E (10 points) – Cannot undertake any journey because it would cause overwhelming psychological distress to the individual.

33. This descriptor is most likely to apply to individuals where undertaking any journey causes Overwhelming Psychological Distress (OPD), despite the individual using an aid or having presence or prompting from another person.

'Overwhelming Psychological Distress' (OPD) means distress related to a mental health condition or intellectual or cognitive condition resulting in a state in which the symptoms are so severe that the individual cannot undertake any journey without being overwhelmed. The threshold is a very high one – an individual who, without prompting, would be left feeling anxious, worried or emotional does not meet it. OPD may occur in conditions such as generalised anxiety disorder, panic disorder, dementia or agoraphobia.

34. 'Any journey' means that the individual must be unable to undertake any single journey. If the individual can manage to leave their home to undertake a journey once then on that day it is unlikely that the descriptor will be satisfied, even if they are unable to undertake other journeys during the same day.

35. For descriptor E, an individual who is only able to start a journey at night-time is not considered able to undertake a journey to an acceptable standard. They should be treated therefore as unable to undertake any journey and fall under this descriptor'.

Example: an individual with autism who satisfies mobility component activity 1 descriptor E

Alex has autism and is affected by sensory overload of light and sound. He lives with his parents, and they have completed his application form for ADP. They have included a letter from a psychologist which highlights Alex's difficulties in processing sensory information from light and sound. Although the psychologist has been working with Alex on desensitisation techniques, these have not been effective.

In his application form, his parents write that inside the home they are able to control the environment to ensure there is no bright light and noise is kept to a minimum. If they need to go anywhere Alex has significant difficulties because of the heightened sensations he experiences. His psychologist and GP both visit him at home because of the difficulties Alex experiences when travelling. His parents give an example of going to visit a new therapist and when attempting to leave home Alex became distressed which caused him to scream and pull violently at his hair.

As Alex is unable to leave his home because of the symptoms of overwhelming distress that he experiences, he cannot make any journeys. The case manager determines that Alex satisfies mobility component activity 1 descriptor E because he is unable to make a journey at all even when he receives support.

Mobility component activity 1 descriptor F (12 points) – Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.

36. A familiar journey describes any journey that an individual undertakes on a known route that does not need to be planned because it is already familiar. Minor changes to the route that an individual would have to deal with can occur on a familiar journey, such as making one's way around road works or a change of train platform.

37. The descriptor refers to a familiar journey rather than any familiar journey. An individual can satisfy the descriptor by showing that they typically need to fulfil one or more of the following:

- be accompanied by another person
- be accompanied by an assistance dog
- use an orientation aid

It is not necessary to show that they need such support for every possible familiar journey on most days.

38. An individual with needs relating to their condition or disability may be unable to complete one or more of the following steps:

- work out where to go
- follow directions

- follow a journey safely
- deal with minor unexpected changes in their journey even when it is familiar

39. An individual who is likely to experience overwhelming psychological distress (OPD) when on a familiar journey and who needs to be accompanied to overcome their overwhelming psychological distress will satisfy mobility component activity 1 descriptor F. See paragraph 20 for explanation of overwhelming psychological distress.

40. An individual who is actively suicidal or who is at substantial risk of exhibiting violent behaviour and who needs to be accompanied by another person to prevent them harming themselves or others when undertaking a journey would meet this descriptor. Supporting evidence of suicidal thoughts and/or behaviour should be sought by the case manager. In cases of violent behaviour there must be evidence that the individual is unable to control their behaviour and that being accompanied by another person, who can intervene if necessary, reduces a substantial risk of the person committing a violent act.

Example: an individual who is blind who satisfies mobility component activity 1 descriptor F

Morag was born with congenital blindness and has never experienced any sight. She has many strategies for managing her daily activities. She completed her application for ADP using text-to-speech functionality on her computer.

In her application she explains that she has an assistance dog to help her when she is outside of her home. She explains that the assistance dog helps her to avoid hazards when she is walking and makes sure she stops at the edge of the pavement before crossing a road.

Because Morag is blind, she cannot see risks when she is making a journey. The case manager determines that Morag satisfies mobility component activity 1 descriptor F, because she has the ability to plan the route of a journey, but when on the route she cannot see dangers and needs the assistance dog to ensure that she completes any journey in a safe and acceptable manner.

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