PIP Form Helper: AI Support Tool

Free AI support tool that helps you describe your needs, step by step, to assist your preparation of the PIP form



What this tool does

Assists your form preparation

Asks follow-up questions, gives examples and lets you pause, skip, or return later to practice

Helps you describe your needs

Supports you in explaining how your disability or condition affects daily life and mobility

Gives you reassuring support

Responds with calm, reassuring and supportive language – no judgment, just help

Free for you to use

All you need is a smart phone or computer with internet, a free **ChatGPT** login, and a quiet space to answer questions.

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Who this tool is for

I'm applying for PIP in the UK

I want to prepare my answers in a calm, clear and structured way

I need help writing my answers

It's hard to explain how my condition affects me

I'm supporting someone else

I want to help them feel more confident, organised and in control of their application

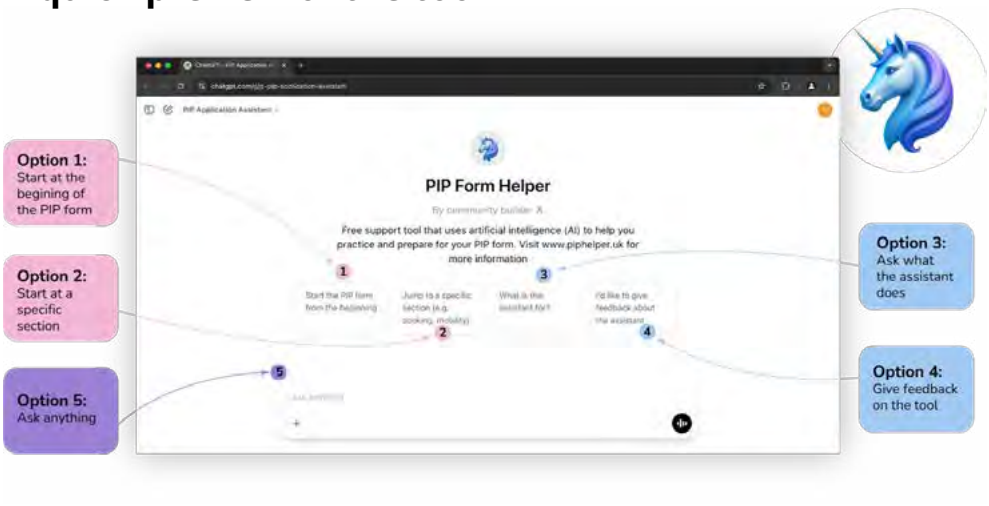
How to use this tool

1. **Use PIP Form Helper AI tool to explore each question**
   The tool will gently guide you through your answers with prompts and examples
2. **Copy your answers into a text document or notebook**
   This gives you space to review, edit, or take a break before continuing
3. **Use trusted sources to strengthen your responses**
   Check guidance from Citizens Advice or gov.uk to help you understand what to include
4. **Edit and improve your answers until you feel confident**
   Add real examples and details that reflect how things affect you day to day
5. **When you're ready, complete your official PIP form**
   Use your prepared answers to fill out the form calmly and confidently

PIP Helper

Make a Donation

A quick preview of the tool



Click the image to view larger

What this tool doesn't do

- Isn't an official government service tool
- Doesn't determine eligibility for PIP
- Doesn't fill in the actual PIP form
- Doesn't provide legal, financial, or medical advice
- Doesn't replace human assistance

We care about your privacy

Don't input personally identifiable information like name, address or NI number. The tool doesn't ask for it or need it to work.

Frequently asked questions

Do I have to pay to use this tool?

No – it's completely free to use.
You don't need to pay anything to access PIP Form Helper. You'll just need a free ChatGPT account. The tool itself is free. You can help us improve it by sharing your **feedback**.

Does this tool complete the official PIP form for me?

No – the tool doesn't fill in or submit the form for you.
PIP Form Helper helps you prepare your answers. It guides you through the kinds of questions you'll find on the form and supports you in describing how your condition affects your daily life and mobility.

You can copy your answers into a text document and edit them as needed to prepare for completing the official PIP form. The tool doesn't send anything to the DWP.

You can find more PIP guidance on the **official Government website** and **Citizens Advice website**.

What happens to my personal information?

PIP Form Helper doesn't collect or store your personal information.
We never see or save your inputs and your inputs are not used for training OpenAI models.

The tool provides support by processing what you type. Read more in our **privacy policy**.

How can I get involved with PIP Helper?

You can support the tool in three simple ways:

- **Follow us** on **Instagram** and **Facebook**, and share our page with others
- **Leave feedback** using **this short form**
- **Make a donation** to help keep the tool free and accessible **donate here**



Ready to get started?

1. Launch PIP Form Helper

2. Log in to ChatGPT

3. Click a prompt to begin

Launch PIP Form Helper

How you can get involved

PIP Helper is a free digital support tool that helps you prepare for your Personal Independence Payment (PIP) form – calmly, clearly, and in your own words. Created by people with disabilities and health conditions, our mission is to make the PIP process more accessible, supportive, and empowering for everyone. We value dignity, simplicity, and emotional safety.

You can get involved by sharing your feedback, following PIP Helper on social media, or supporting our future through a donation.

Give Feedback

Make a Donation