



DLA Top Tips

1. **Always** keep a copy of your form when you send it in.
2. Do it on a computer if at all possible as you can then save your application, and will just have to update it in future.
3. Ask for help eg from LHM, your health visitor, a local charity, Citizens Advice Bureau, etc.
4. Be prepared for it to take a long time to complete the form – it can take days or even weeks, but it is worth it.
5. Keep repeating information if it is relevant to the question – don't worry about having already made the same point earlier in the form.
6. Think of the worst days and nights, not the best.
7. Be emotionally geared up to do this job – it can be draining.
8. Keep a pad of paper to hand so you can jot down ideas of things which take extra time when they happen.
9. Get supporting letters from people such as LHM, health visitor, nursery, school, Cardiac Liaison Nurse, community nurse.
10. Include supporting documentation from organisations such as LHM and Heartline.
11. Make the most of the last page and paint a full picture of your child, their difficulties and how it impacts on the family.
12. Remember that the person who reads your form is not a healthcare professional – they may not even have heard of your child's diagnosis before, so tell them **everything** about how the condition impacts on everyday life.
13. First time parents may find it helpful to ask for input from other people (friends, grandparents, nursery) about how your child's needs differ from their peers.
14. Don't give up!