

If you keep a record of the problems you have, this can help you complete a claim form for certain benefits. Photocopy this diary before you write any notes so you can use it as often as you need to.

Day	Task	What problems I had or what help I needed	How long it took	How many times in the day I needed that help
Sunday	Dressing and undressing	I need help dressing my upper body because I wear a support sleeve on my right hand. I am right-handed and due to movement restriction in my arm and fingers, I cannot fasten my bras, cardigans and blouses.	It took 25 minutes today – it takes me at least 20 minutes every time I get dressed or change my clothes.	I did not get dressed today because my arm has been very swollen and painful, and the medication I have taken for this has made me tired.