This ADVOKIT deck contains cards called BARRIER (what makes things difficult, orange), WHERE (the places we do things, bright blue), HELP (support we can get, purple), and FEELINGS (yellow). You can start with any category, then elaborate by adding cards.

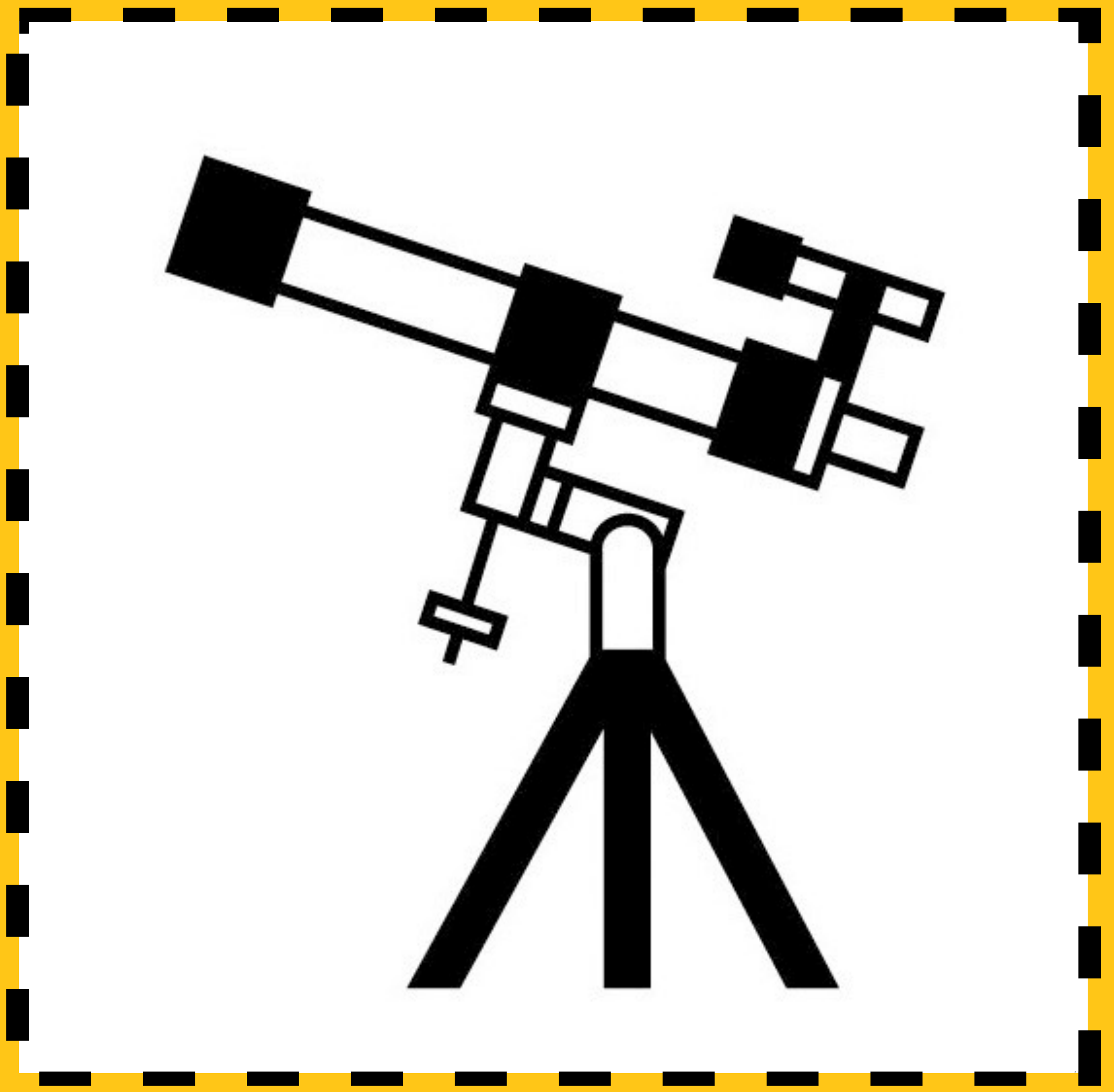
For example, pick a BARRIER you then choose WHERE you experience it, then the FEELINGS you have when it happens.

Or pick the HELP you need then express the FEELINGS you have when you try to access it, then what BARRIERS stop you getting what you need or want, and WHERE they happen.

You can work by yourself, in a pair, or in a group. The cards have space on the front to add your own notes or drawings. Make your own cards if you need to.

The cards have prompts on the back to help you think about the card's subject, or they contain more information about it.

INSTRUCTIONS

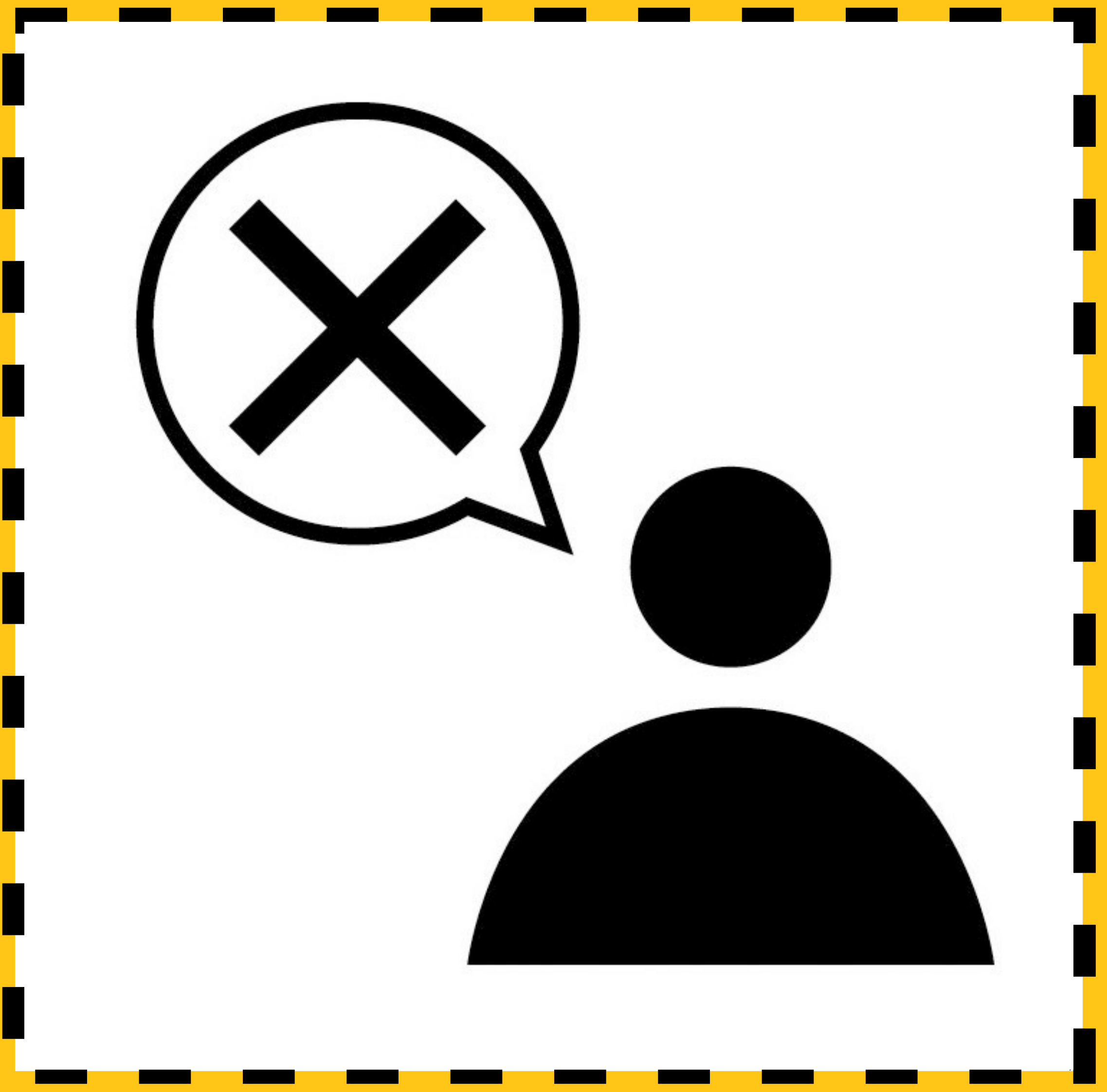


I need to see it

BARRIER

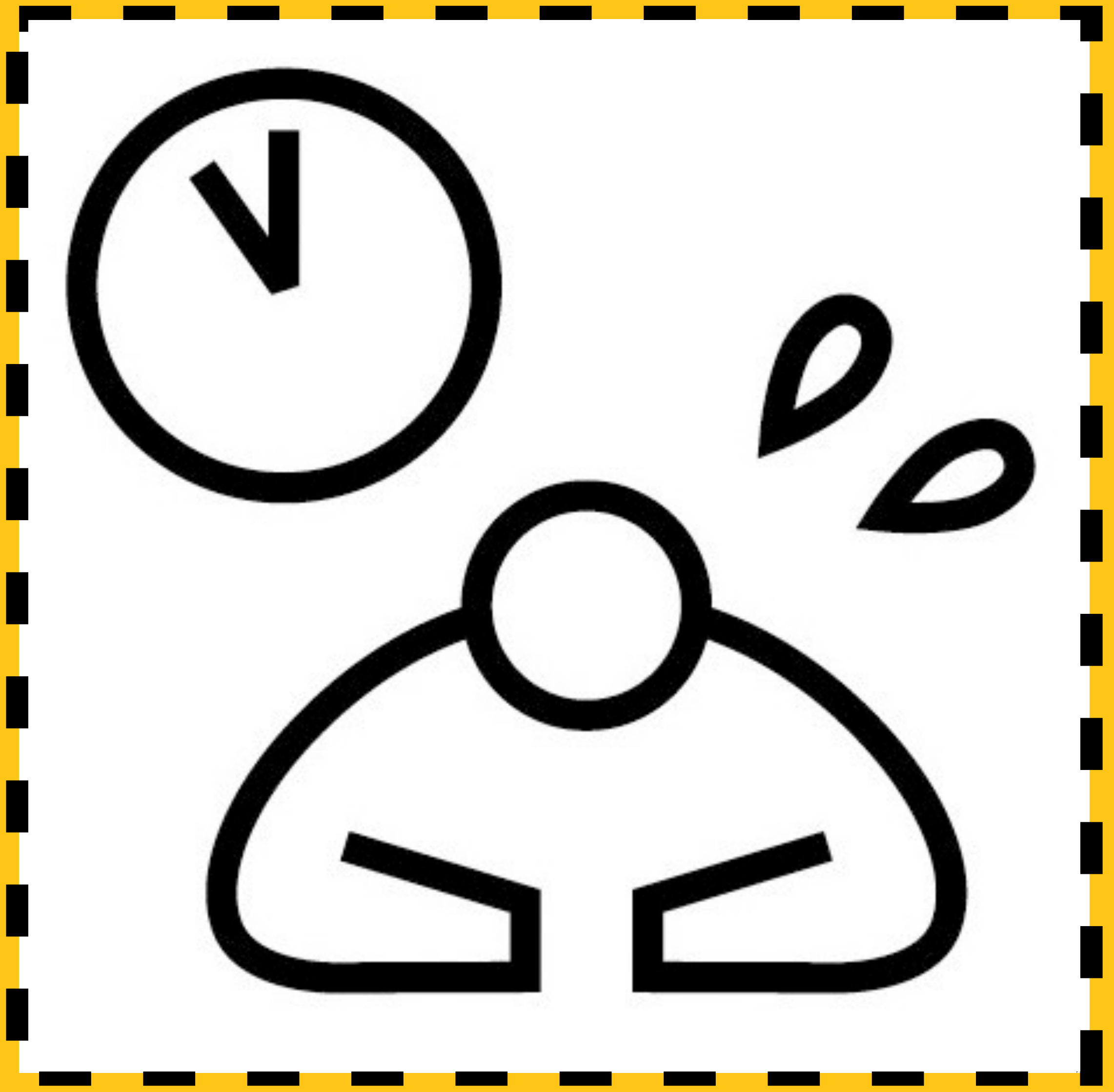
It’s physically difficult

BARRIER



Other people's attitudes

BARRIER



I need more time to do things

BARRIER

Understanding other people is hard

BARRIER

Change is hard

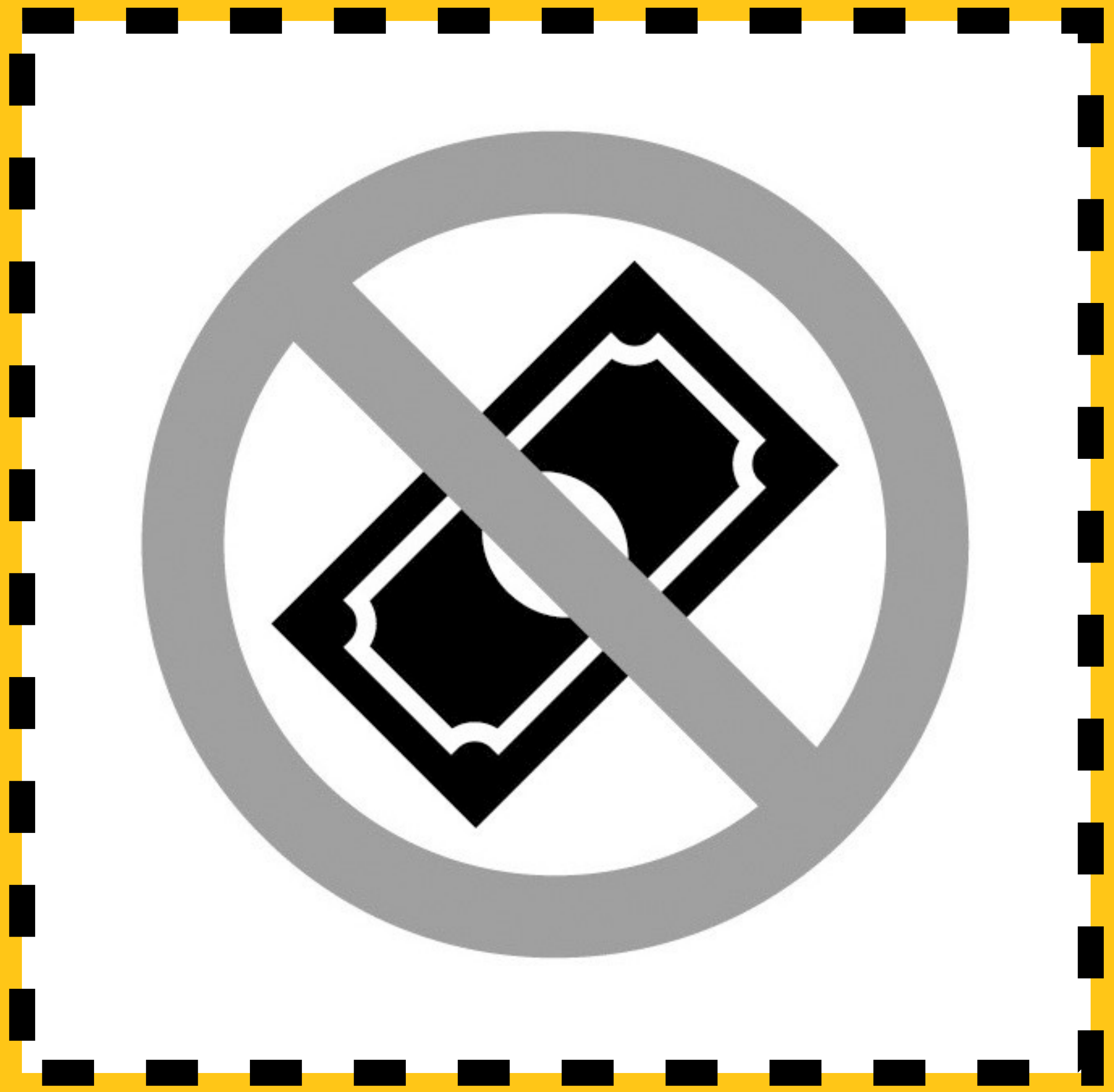
BARRIER

I need to listen to it or hear it

BARRIER

People find it hard to understand me

BARRIER



Money

BARRIER

People don’t have experience of aphasia

BARRIER

Access is not a priority

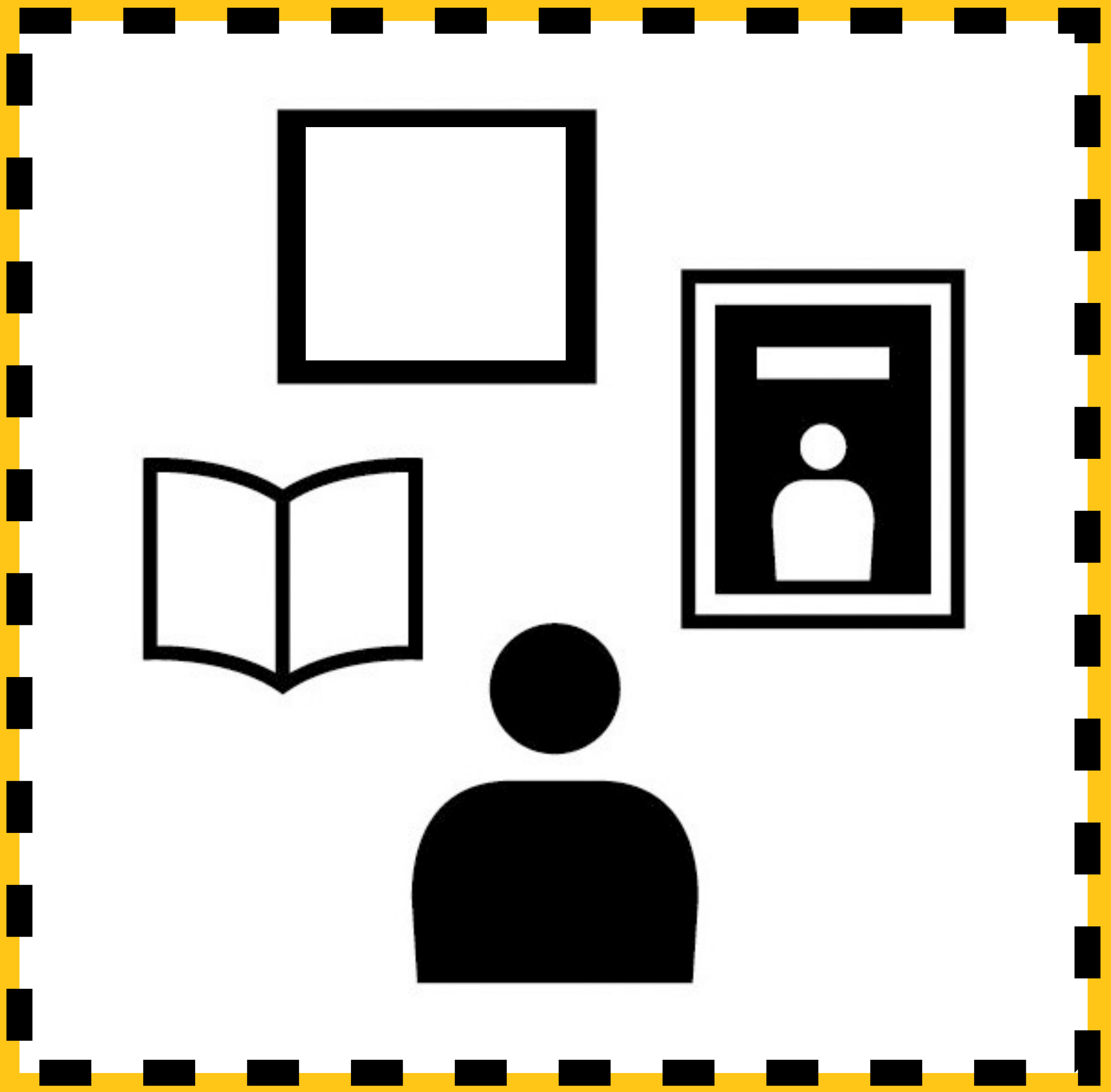
BARRIER

I need to speak

BARRIER

I need to read it

BARRIER



I need to understand it

BARRIER

I need help

BARRIER

I have low confidence

BARRIER

I need to do it differently

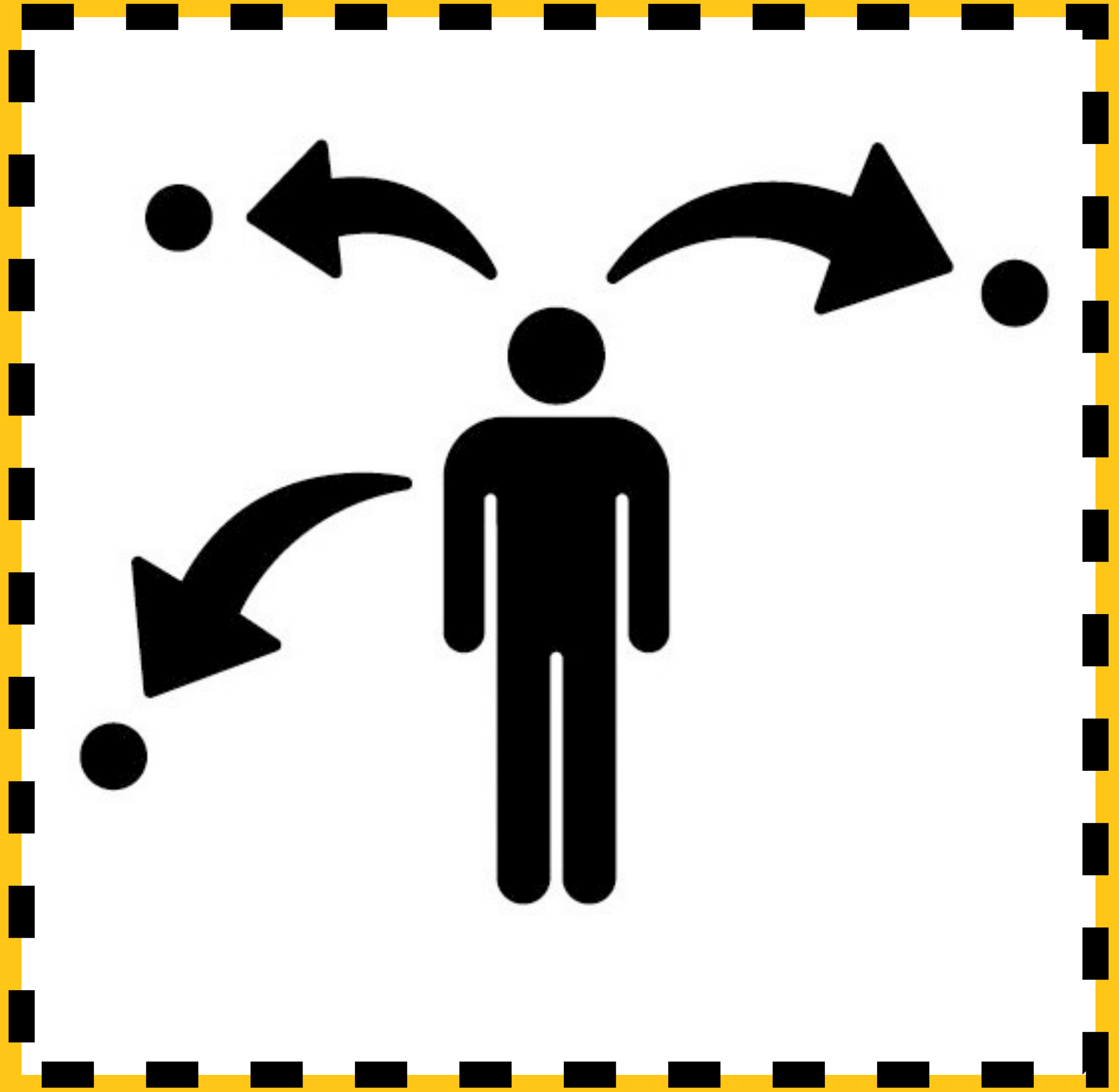
BARRIER

I need to do it from home

BARRIER

I need to go out somewhere to do it

BARRIER



I don’t know how to do it

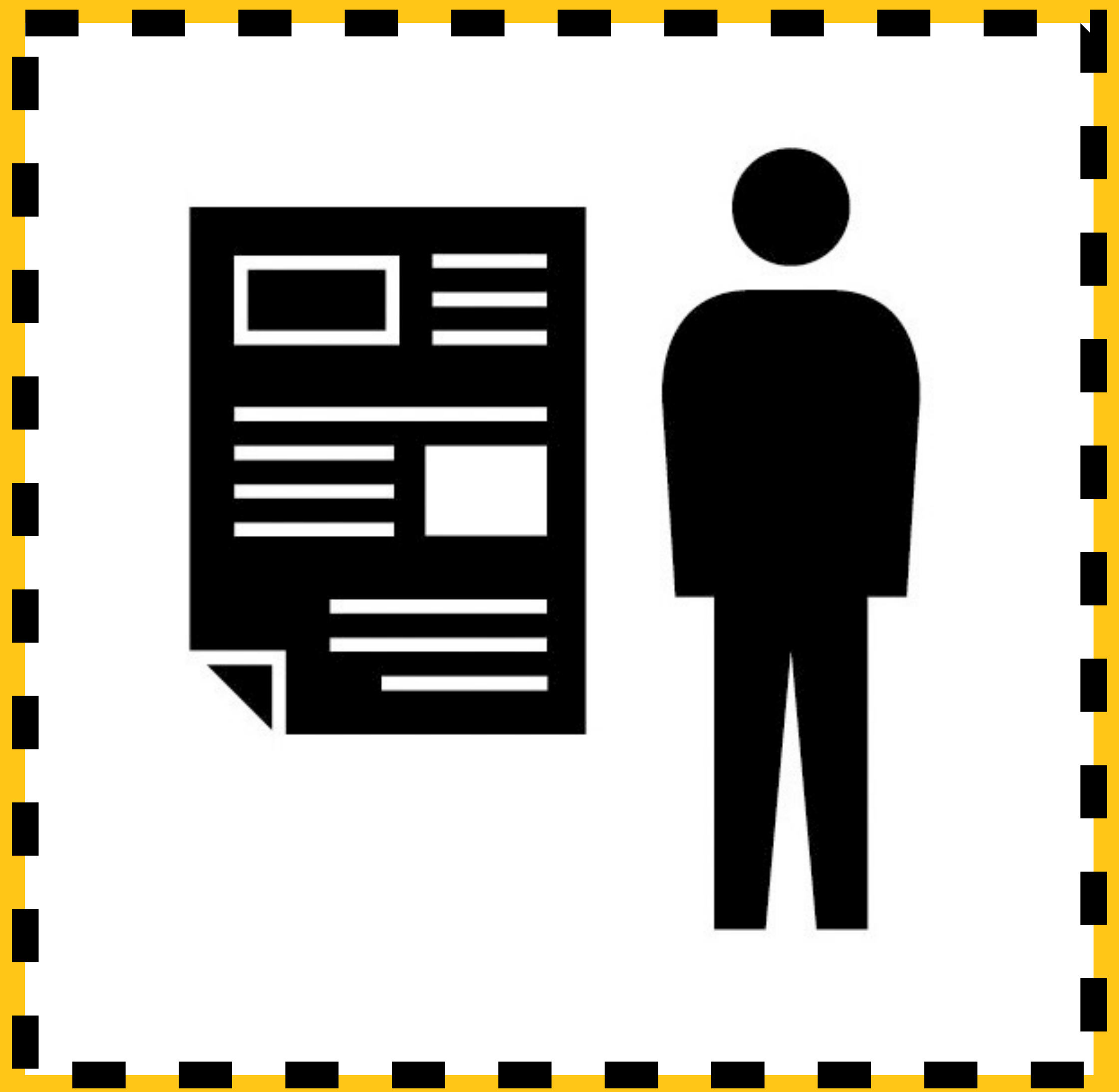
BARRIER

I choose not to do some things

BARRIER

I need to remember things

BARRIER



I need more information

BARRIER

I need clearer or simpler information

BARRIER

I get overwhelmed

BARRIER

DIY BARRIER CARD

A BARRIER stops us doing what we want to do, or need to do. You can place WHERE cards next to them to show where this barrier happens for you.

1. **Why is this card a barrier for you?**
2. **How could this barrier be overcome?**
3. **Who or what shas the power to stop it being a barrier for you?**
4. **If you don’t think this barrier can be overcome, why not?**

BARRIER CARD REVERSE SIDE

Website

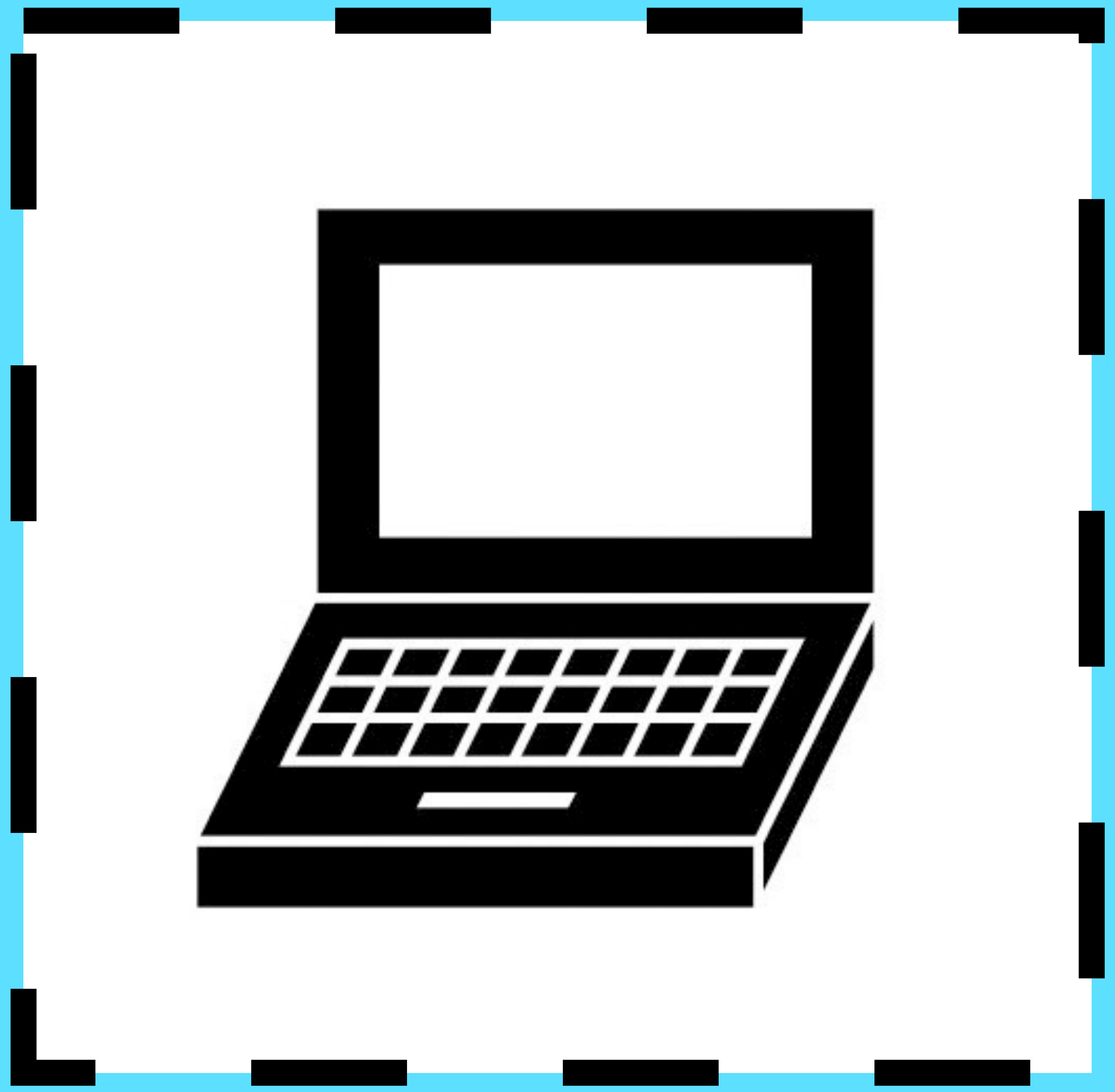
WHERE

Office

WHERE

Home

WHERE

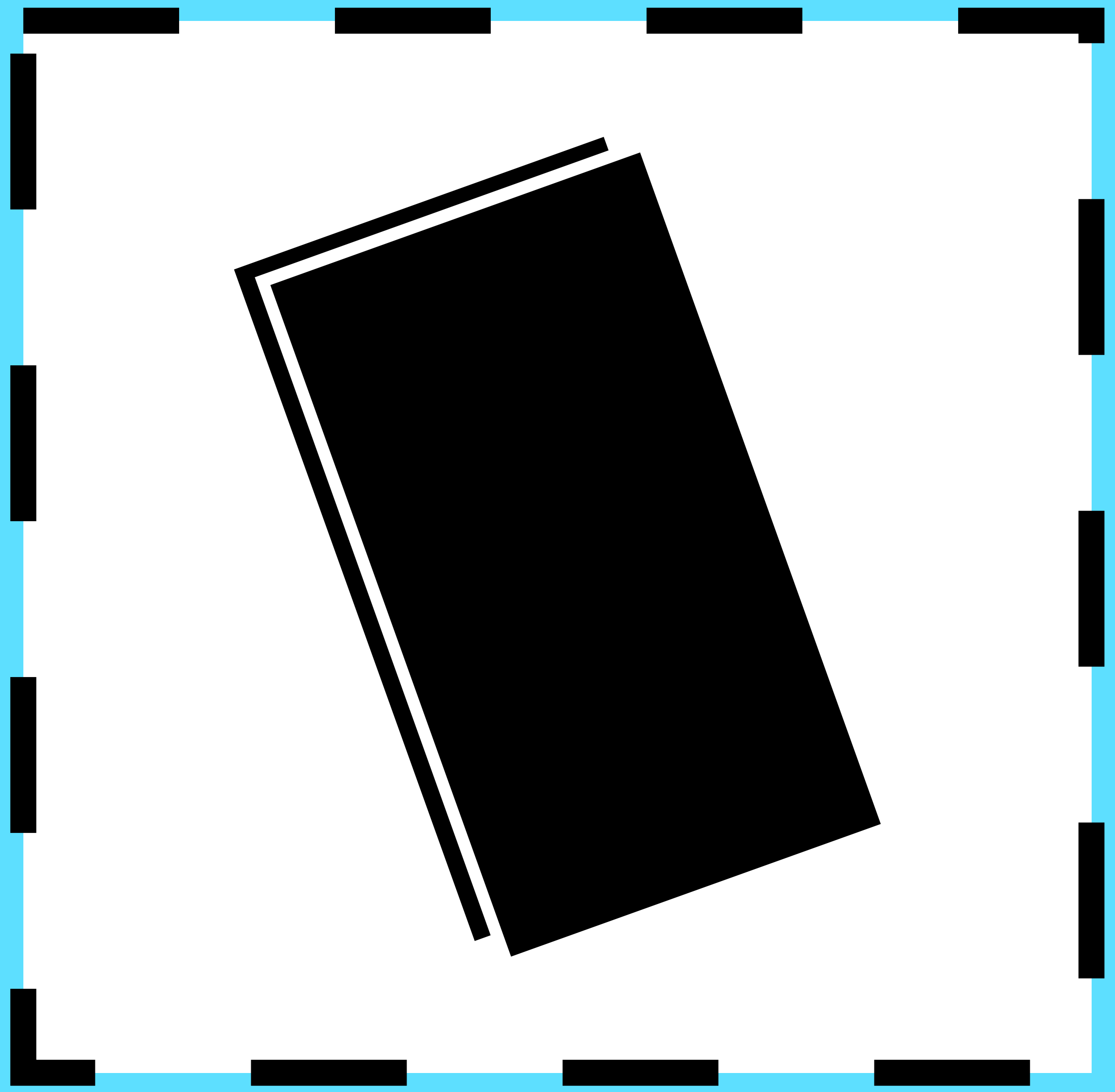


Laptop computer

WHERE

Desktop computer

WHERE

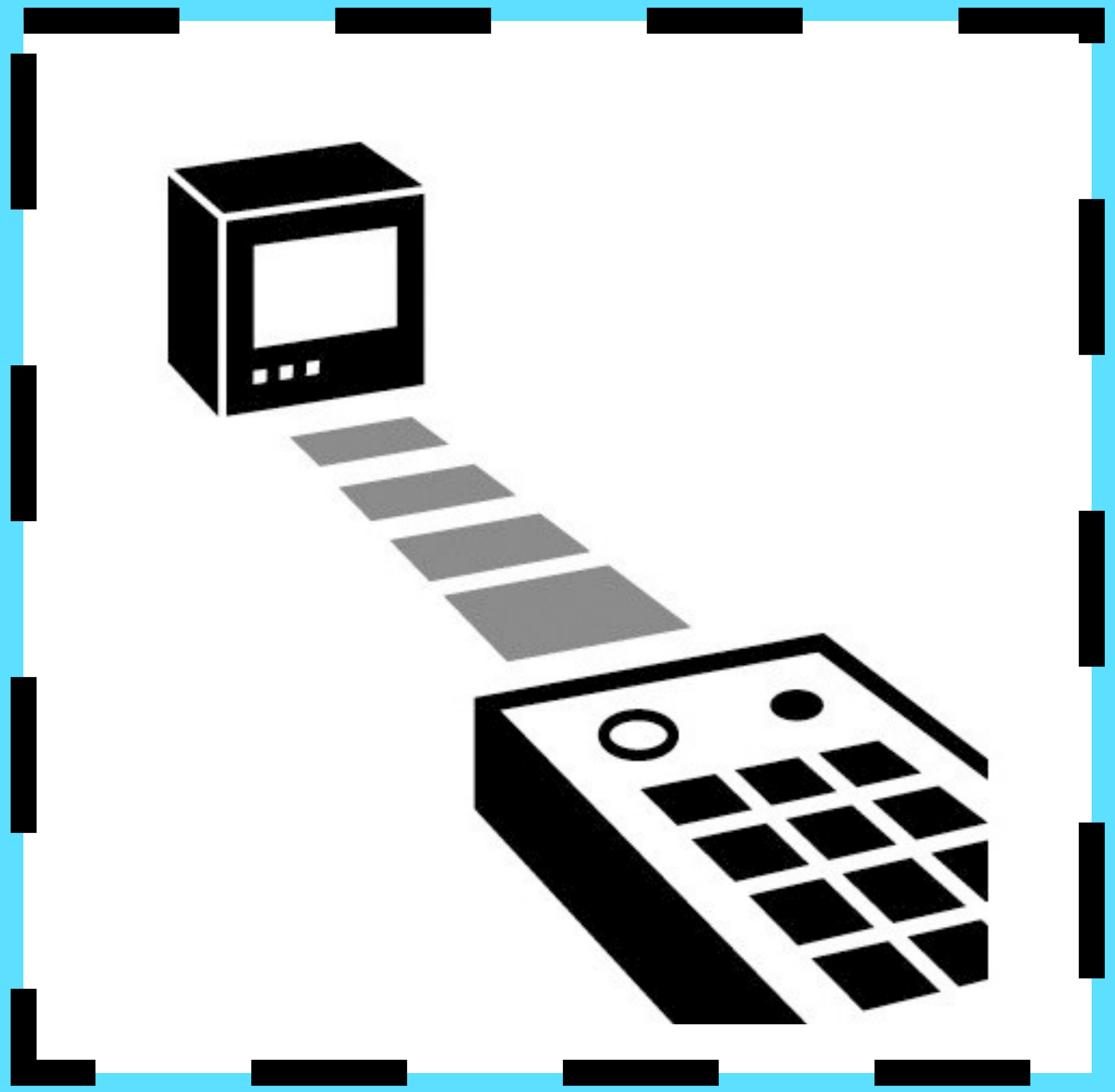


Smartphone

WHERE

Basic phone or landline phone

WHERE



Smart device

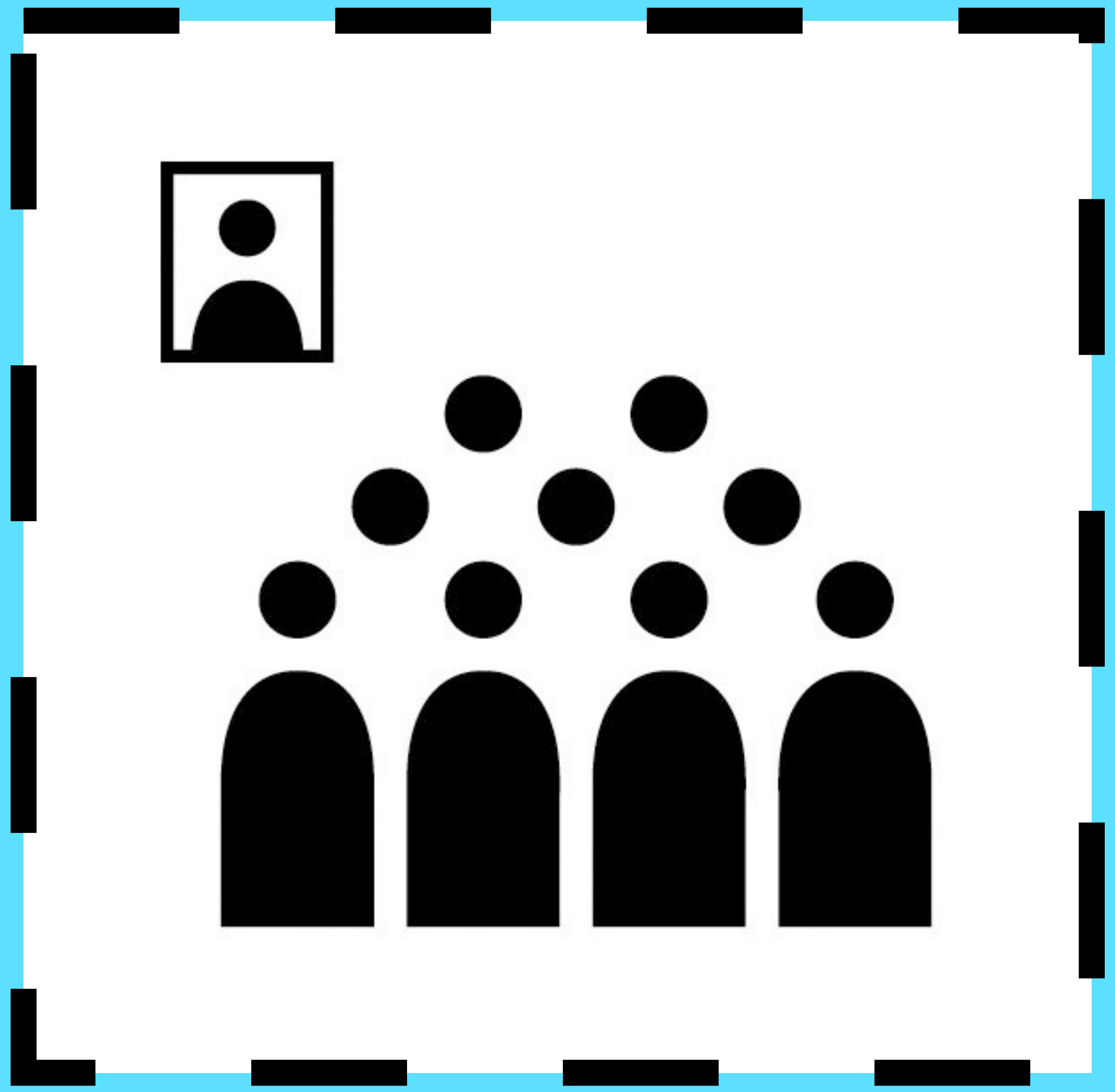
WHERE

With somebody else

WHERE

Alone

WHERE



In public

WHERE

DIY WHERE CARD

This WHERE card shows places or media where you may want to or need to do things. You can place BARRIER cards next to them as an easy way to explain what you find difficult about them.

1. Why is this place or medium difficult for you?
2. What information, adjustments or other help do you need to use it as you want to or need to?

P

PIP (Personal Independence Payment)

HELP

For long-term physical or mental health conditions or disabilities that make it difficult to carry out daily living activities or get around. Stroke is a common condition for PIP claims.

It's not means-tested (your savings or earnings don't matter). It's assessed by private contractors on a points-based system.

It has two components: DAILY LIVING (everyday tasks like washing and dressing, but also includes communication) and MOBILITY (getting around). Getting the enhanced mobility component grants access to the Motability scheme.

PIP may also lead to an increase in other benefits or automatic entitlement to additional benefits.

PIP CARD REVERSE SIDE

£

Priority or cheaper access

HELP

RADAR key (for accessible toilets): a network of disabled-only bathrooms in public places. A key is available for a small one-off payment.

You may be eligible for a reduction in your Council Tax bill depending on your income and circumstances.

VAT (Value Added Tax) relief: You may not have to pay VAT on certain goods and services if they are specifically for your own use and you are disabled or have a long-term illness.

CEA cinema pass.

NHS Low Income Scheme (prescriptions, dental, eye care and travel to appointments) and PPC (prescription pre-payment certificate saves money on repeat prescriptions).

Cold weather and winter fuel payments.

Utility company schemes for people on low incomes, in arrears, and/or disabled.

Beyond DFG (Disabled Facilities Grants), local councils sometimes provide smaller adaptations (under £1,000) for free, such as grab rails or concrete ramps. For larger adaptations, Home Improvement Agencies (HIAs) can offer advice and help with grant applications.

RELIEF CARD REVERSE SIDE

E

ESA (Employment Support Allowance)

HELP

Provides financial support if your disability affects your ability to work.

You might be able to claim Universal Credit alongside or instead of ESA, depending on your National Insurance record.

New claims are generally for 'New Style' ESA. It’s contributory, meaning it's based on your National Insurance (NI) contributions. You typically need to have paid enough NI contributions in the last two to three tax years.

It’s not means-tested, so your savings and most other income (except for certain pensions) will not affect the amount you receive.

You can claim it if you're employed, self-employed, or unemployed. If you are working, there are strict rules about "permitted work.”

Income-related ESA is being phased out and replace with Universal Credit. If you get IR-ESA already it may continue, but you can’t make a new claim.

ESA CARD REVERSE SIDE

U

Universal Credit

HELP

A means-tested benefit that helps with living costs.

If you're disabled and on a low income, or need help with living costs, you may be eligible. Because it's means-tested, your income, assets and savings DO impact Universal Credit.

It replaces: Housing Benefit, Child Tax Credit, Working Tax Credit,, Income Support, Income-based Jobseeker's Allowance (JSA), Income-related Employment and Support Allowance (ESA)

If you're already on one of these legacy benefits, you usually won't need to move to UC unless your circumstances change or you receive a "Migration Notice" from the Department of Work and Pensions.

Disabled people need to do a Work Capability Assessment (WCA) which will categorise you as fit for work (you must follow all DWP requirements), Limited Capability for Work (LCW) meaning you don't have to look for or take up work immediately although you must be "prepared" and you won't get any extra money, or Limited Capability for Work and Work-Related Activity (LCWRA) which means you do not have to prepare for or take work, and receive more money on top of your basic allowance.

There isn't room to even summarise all of UC's complexities on the back of this card…

ESA CARD REVERSE SIDE

A

Attendance Allowance

HELP

If you're state pension age or over* and have a disability that means you need daily care and attention due to a physical or mental disability or illness, this benefit can help with extra costs. It is not means-tested.

Your disability must be severe enough that you need help with personal care or supervision to stay safe.

You must have needed this help for at least 6 months, unless you are terminally ill.

* Currently 66 for most people, but rising constantly.

ESA CARD REVERSE SIDE

D

DFG (Disabled Facilities Grant)

HELP

Provided by local councils, this grant helps with the costs of essential home adaptations to enable you to continue living there safely and independently. This is particularly relevant for people who've had strokes and may have mobility issues or need adaptations for daily tasks.

This can mean adaptations outside your home and within your home such as ramps, bathroom, kitchen and bedroom facilities, heating, and assistive technology.

DFG is a mandatory grant that local councils in England, Wales, and Northern Ireland are legally obligated to provide if an eligible person meets the criteria. It is means-tested.

Basic criteria: You're disabled. You intend to live in the property during the "grant period," which is usually 5 years. This can be shorter if the person is terminally ill. You are an owner-occupier, private tenant, housing association tenant, or landlord: If you are a tenant, the homeowner or landlord must make the application on your behalf, and they will need to give permission for the works. The grant is not typically available to council tenants, as councils usually fund adaptations to their own properties through other budgets. Works must be "necessary and appropriate" and "reasonable and practicable" as determined by an Occupational Therapist (OT) or another qualified professional.

DFG CARD REVERSE SIDE

S

SLT (Speech and Language Therapy)

HELP

SLT can assess symptoms and work for you to improve speaking, reading, and writing skills, and help find alternative communication methods. This can be individual, group-based, face-to-face, or online.

O

OT (Occupational Therapy)

HELP

Local councils can arrange a care and support needs assessment, usually carried out by an occupational therapist. They will assess your home environment and recommend equipment or adaptations to make daily living easier. This can include:

Mobility aids like Walkers, rollators, quad canes, wheelchairs, transfer boards, stair lifts.

Bathroom aids like grab rails, non-slip mats, bath/shower seats, raised toilet seats.

Dressing aids like long-handled shoehorns, sock aids, adaptive clothing.
Kitchen aids like lever taps, easy-to-use controls, tilting kettles, electric can openers.

Assistive technology like voice-activated assistants, smart home automation, adaptive phones, picture-based communication boards, or apps for aphasia.

OT CARD REVERSE SIDE

W

Access to Work

HELP

Provides practical support to help disabled people get into and stay in work. It provides practical and financial support, covering the extra costs that arise because of your disability, above and beyond what a reasonable employer would typically provide. It should not replace or subsidise these reasonable adjustments. It's not mean tested.

It can provide a grant for things like:

Special equipment or adaptations like speech to text or text to speech technologies.
Support worker services such as communication assistants, note takers or readers.
Help with transport to and from work.
Mental health support.

There are complex rules about how long you've been in employment and how much your employer must contribute. ATW is also notoriously slow and inefficient.

ATW CARD REVERSE SIDE

B

Blue Badge scheme

HELP

Allows disabled drivers or passengers to park their own vehicles closer to their destination, usually but not always in designated bays, and often to park for free or with time limits in places where other drivers would have restrictions. It's a physical badge that must be displayed clearly on the dashboard of the vehicle when being used.

Contrary to common opinion, the Blue Badge is for the person with the disability, not the vehicle. This means it can be used in any car they are travelling in, whether they are driving or a passenger.

However, the badge must only be used when the disabled person is either driving or being transported in the vehicle. It cannot be lent to someone else to run errands for the badge holder if the badge holder is not present. Misuse (which is actually very frequent, as are thefts and fraud) can lead to fines or the badge being withdrawn.

R

Disabled Person's Bus Pass or Railcard.

HELP

Provides discounted travel on public transport.

London has its own specific scheme, the Disabled Person's Freedom Pass, which offers broader travel benefits within the capital. Apply through your borough council. Eligibility is quite complex but some councils exercise discretionary powers to override this.

The Disabled Person’s Railcard offers a third off ticket prices and is easy to get if you already receive a benefit like PIP.

ATW CARD REVERSE SIDE

M

Motability scheme

HELP

If you receive the enhanced rate of the mobility component of PIP (Personal Independence Payment), you can use this to lease a new car, scooter, or powered wheelchair.

MOTABILITY CARD REVERSE SIDE

H

Advice and advocacy

HELP

Stroke or aphasia-specific charities offer advice on practical, financial and other subjects.

Citizen's Advice Bureau (CAB) operates the national "Help to Claim" service specifically for Universal Credit. This is a dedicated service funded by the government for new Universal Credit claimants, providing free, independent, and confidential support from making an initial claim right up to receiving the first correct payment.

CAB CARD REVERSE SIDE

C

Personal carer or support worker

HELP

F

Peer support group

HELP

G

GP (general practitioner)

HELP

L

Consultant or other specialised medical staff

HELP

Y

Counselling, psychiatry or psychotherapy

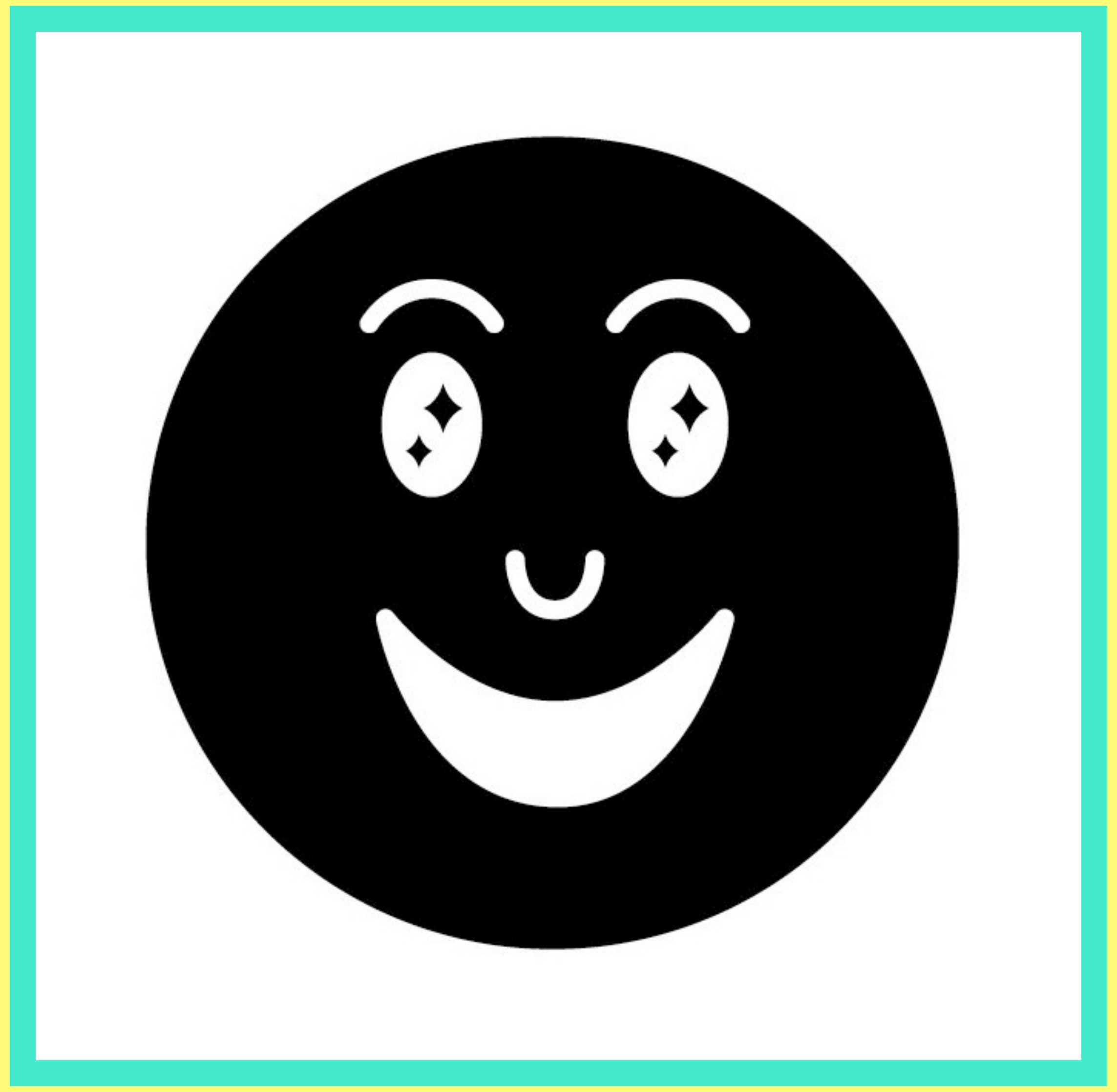
HELP

DIY HELP CARD

This **HELP** card shows various types of support that are available. You can place **BARRIER** cards next to them to help you think about how easy or difficult it is for you to access this kind of help.

1. On a scale of 1 to 10, with 10 being the highest, how important is this type of help to you? (Or how important would it be if you could get it?)
2. On a scale of 1 to 10, with 10 being the highest, how difficult was it to get this type of help? (Or how difficult do you think it would be if you tried?)

HELP CARD REVERSE SIDE

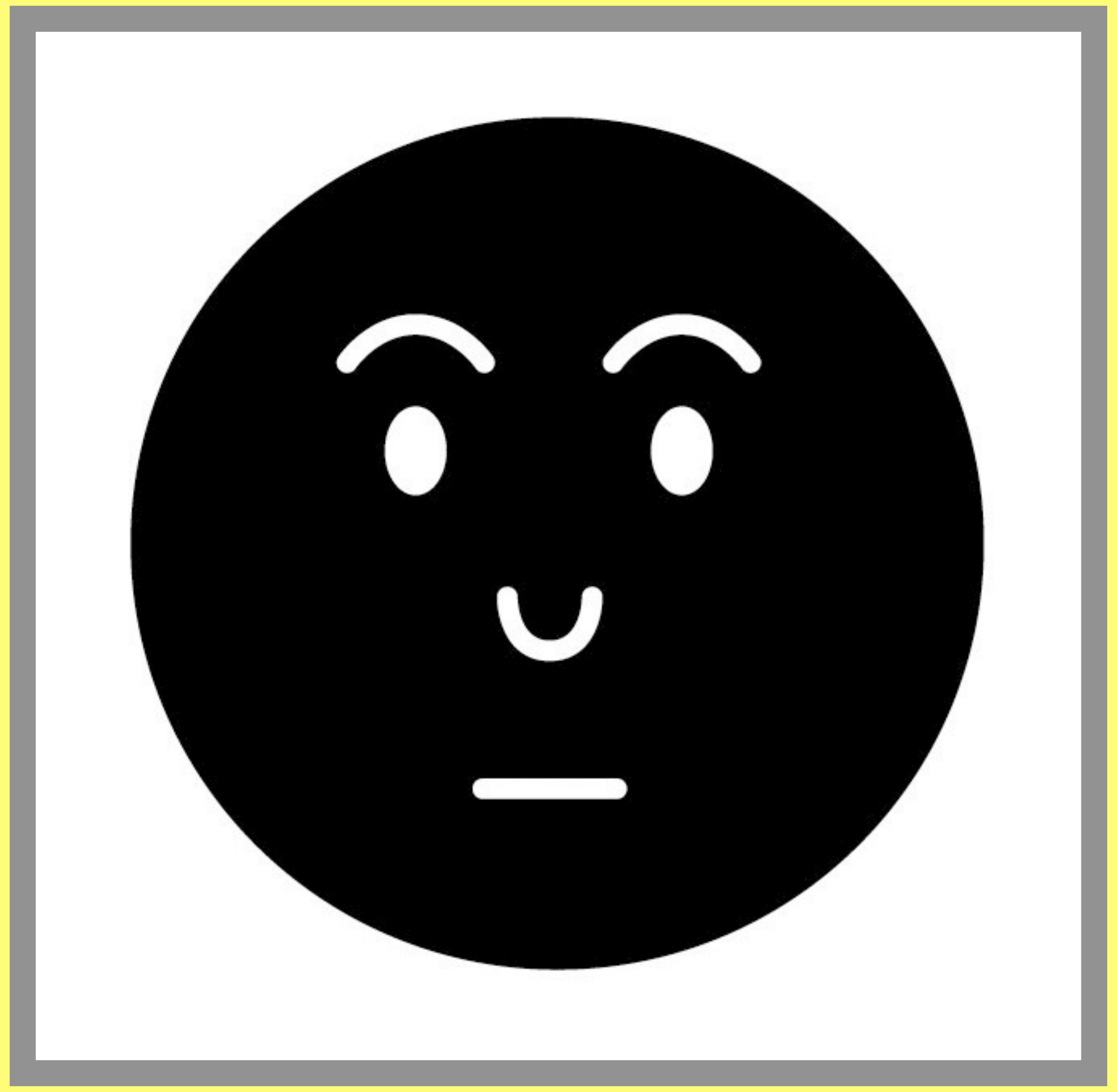


+ + (very positive)

FEELINGS

+ (quite positive)

FEELINGS



= (neutral feelings or no opinion)

FEELINGS

– (quite negative)

FEELINGS

– – (very negative)

FEELINGS

DIY FEELINGS CARD

This **FEELINGS** card has space for you to write on your own specific feelings or reactions, or you can just use the cards as a scale from most approving or happiest (++) or neutral (=) to least approving or unhappiest (- -).

1. Why do you feel this way about this subject?
2. If you want this feeling to change, how could you or other people make that possible?

FEELINGS CARD REVERSE SIDE