

9.7.4.15 ESA activities and descriptors

Limited capability for work activities and descriptors

Your client must score 15 points in their [limited capability for work assessment](#) to prove they have limited capability for work. This can either be from 1 descriptor or a total from more than 1 descriptor.

The 15 points can be from either the 'physical disabilities' descriptors or the 'mental, cognitive and intellectual function' descriptors. The points can also be from a combination of the 2 sets of descriptors.

Part 1: Physical disabilities

Activity	Descriptor	Points
1. Mobilising unaided by another person with or without a walking stick, manual wheelchair or other aid if such aid is normally, or could reasonably be, worn or used.	1 (a) Can't unaided by another person either: (i) mobilise more than 50 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or (ii) repeatedly mobilise 50 metres within a reasonable timescale because of significant discomfort or exhaustion.	15
	(b) Can't unaided by another person mount or descend two steps even with the support of a handrail.	9
	(c) Can't unaided by another person either: (i) mobilise more than 100 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or (ii) repeatedly mobilise 100 metres within a reasonable timescale because of significant discomfort or exhaustion.	9
	(d) Can't unaided by another person either: (i) mobilise more than 200 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or (ii) repeatedly mobilise 200 metres within a reasonable timescale because of significant discomfort or exhaustion.	6
	(e) None of the above applies.	0
2. Standing and sitting.	2 (a) Can't move between one seated position and another seated position located next to one another without receiving physical assistance from another person.	15
	(b) Can't, for the majority of the time, remain at a work station, either: (i) standing unassisted by another person (even if free to move around); or (ii) sitting (even in an adjustable chair); or (iii) a combination of (i) and (ii) for more than 30 minutes, before needing to move away in order to avoid significant discomfort or exhaustion.	9
	(c) Can't, for the majority of the time, remain at a work station, either:	6

Activity	Descriptor	Points
	<p>(i) standing unassisted by another person (even if free to move around); or</p> <p>(ii) sitting (even in an adjustable chair); or</p> <p>(iii) a combination of (i) and (ii)</p> <p>for more than an hour before needing to move away in order to avoid significant discomfort or exhaustion.</p> <p>(d) None of the above apply</p>	0
3. Reaching.	3 (a) Can't raise either arm as if to put something in the top pocket of a coat or jacket.	15
	(b) Can't raise either arm to top of head as if to put on a hat.	9
	(c) Can't raise either arm above head height as if to reach for something.	6
	(d) None of the above apply.	0
4. Picking up and moving or transferring by the use of the upper body and arms.	4 (a) Can't pick up and move a 0.5 litre carton full of liquid.	15
	(b) Can't pick up and move a one litre carton full of liquid.	9
	(c) Can't transfer a light but bulky object such as an empty cardboard box.	6
	(d) None of the above apply.	0
5. Manual dexterity.	5 (a) Can't press a button (such as a telephone keypad) with either hand or can't turn the pages of a book with either hand.	15
	(b) Can't pick up a £1 coin or equivalent with either hand.	15
	(c) Can't use a pen or pencil to make a meaningful mark with either hand.	9
	(d) Can't single-handedly use a suitable keyboard or mouse.	9
	(e) None of the above applies.	0
6. Making self understood through speaking, writing, typing, or other means which are normally, or could reasonably be, used, unaided by another person.	6 (a) Can't convey a simple message, such as the presence of a hazard.	15
	(b) Has significant difficulty conveying a simple message to strangers.	15
	(c) Has some difficulty conveying a simple message to strangers.	6
	(d) None of the above apply.	0
7. Understanding communication by:	7 (a) Can't understand a simple message, such as the location of a fire escape, due to sensory impairment.	15
(i)verbal means (such as hearing or lip reading) alone,	(b) Has significant difficulty understanding a simple message from a stranger due to sensory impairment.	15
(ii)non-verbal means (such as reading 16 point print or Braille) alone, or	(c) Has some difficulty understanding a simple message from a stranger due to sensory impairment.	6
(iii)a combination of (i) and (ii),	(d) None of the above applies.	0
using any aid that is normally, or could reasonably be, used, unaided by another person.		
8. Navigation and maintaining safety, using a guide dog or other aid if normally used.	8 (a) Unable to navigate around familiar surroundings, without being accompanied by another person, due to sensory impairment.	15
	(b) Can't safely complete a potentially hazardous task such as crossing the road, without being accompanied by another person, due to sensory impairment.	15

Activity	Descriptor	Points
	(c) Unable to navigate around unfamiliar surroundings, without being accompanied by another person, due to sensory impairment.	9
	(d) None of the above apply.	0
9. Absence or loss of control whilst conscious leading to extensive evacuation of the bowel and/or bladder, other than enuresis (bed-wetting) despite the wearing or use of any aids or adaptations which are normally, or could reasonably be, worn or used.	9 (a) At least once a month experiences: (i) loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder; or (ii) substantial leakage of the contents of a collecting device sufficient to require cleaning and a change in clothing.	15
	(b) The majority of time is at risk of loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder, sufficient to require cleaning and a change in clothing, if not able to reach a toilet quickly.	6
	(c) Neither of the above applies.	0
10. Consciousness during waking moments.	10 (a) At least once a week, has an involuntary episode of lost or altered consciousness resulting in significantly disrupted awareness or concentration.	15
	(b) At least once a month, has an involuntary episode of lost or altered consciousness resulting in significantly disrupted awareness or concentration.	6
	(c) None of the above apply.	0

Part 2: Mental, cognitive and intellectual function activities

Activity	Descriptor	Points
11. Learning tasks.	11 (a) Can't learn how to complete a simple task, such as setting an alarm clock.	15
	(b) Can't learn anything beyond a simple task, such as setting an alarm clock.	9
	(c) Can't learn anything beyond a moderately complex task, such as the steps involved in operating a washing machine to clean clothes.	6
	(d) None of the above apply.	0
12. Awareness of everyday hazards (such as boiling water or sharp objects).	12 (a) Reduced awareness of everyday hazards leads to a significant risk of: (i) injury to self or others; or (ii) damage to property or possessions such that your client requires supervision for the majority of the time to maintain safety.	15
	(b) Reduced awareness of everyday hazards leads to a significant risk of (i) injury to self or others; or (ii) damage to property or possessions such that your client frequently requires supervision to maintain safety.	9

Activity	Descriptor	Points
	(c) Reduced awareness of everyday hazards leads to a significant risk of: (i) injury to self or others; or (ii) damage to property or possessions such that your client occasionally requires supervision to maintain safety. (d) None of the above apply.	6 0
13. Initiating and completing personal action (which means planning, organisation, problem solving, prioritising or switching tasks).	13 (a) Can't, due to impaired mental function, reliably initiate or complete at least 2 sequential personal actions.	15
	(b) Can't, due to impaired mental function, reliably initiate or complete at least 2 sequential personal actions for the majority of the time.	9
	(c) Frequently can't, due to impaired mental function, reliably initiate or complete at least 2 sequential personal actions.	6
	(d) None of the above applies.	0
14. Coping with change.	14 (a) Can't cope with any change to the extent that day to day life can't be managed.	15
	(b) Can't cope with minor planned change (such as a pre-arranged change to the routine time scheduled for a lunch break), to the extent that overall day to day life is made significantly more difficult.	9
	(c) Can't cope with minor unplanned change (such as the timing of an appointment on the day it's due to occur), to the extent that overall, day to day life is made significantly more difficult.	6
	(d) None of the above apply.	0
15. Getting about.	15 (a) Can't get to any place outside your client's house with which your client is familiar.	15
	(b) Is unable to get to a specified place with which your client is familiar, without being accompanied by another person.	9
	(c) Is unable to get to a specified place with which your client is unfamiliar without being accompanied by another person.	6
	(d) None of the above apply.	0
16. Coping with social engagement due to cognitive impairment or mental disorder.	16 (a) Engagement in social contact is always precluded due to difficulty relating to others or significant distress experienced by your client.	15
	(b) Engagement in social contact with someone unfamiliar to your client is always precluded due to difficulty relating to others or significant distress experienced by your client.	9
	(c) Engagement in social contact with someone unfamiliar to your client isn't possible for the majority of the time due to difficulty relating to others or significant distress experienced by your client.	6
	(d) None of the above applies.	0
17. Appropriateness of behaviour with other people, due to cognitive impairment or mental disorder.	17 (a) Has, on a daily basis, uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace.	15
	(b) Frequently has uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace.	15
	(c) Occasionally has uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace.	9
	(d) None of the above apply.	0

Activities and descriptors for limited capability for work-related activity

Your client only needs to meet the requirements for 1 of the descriptors in their [limited capability for work-related activity assessment](#). For example, if they met the requirements for 1(a), they wouldn't need to meet the requirements for 1(b) too.

Activity	Descriptors
1. Mobilising unaided by another person with or without a walking stick, manual wheelchair or other aid if such aid is normally, or could reasonably, be worn or used.	<p>Can't either:</p> <p>(a) mobilise more than 50 metres on level ground without stopping in order to avoid significant discomfort or exhaustion; or</p> <p>(b) repeatedly mobilise 50 metres within a reasonable timescale because of significant discomfort or exhaustion.</p>
2. Transferring from one seated position to another.	Can't move between one seated position and another seated position located next to one another without receiving physical assistance from another person.
3. Reaching.	Can't raise either arm as if to put something in the top pocket of a coat or jacket.
4. Picking up and moving or transferring by the use of the upper body and arms (excluding standing, sitting, bending or kneeling and all other activities specified in this Schedule).	Can't pick up and move a 0.5 litre carton full of liquid.
5. Manual dexterity.	<p>Can't either:</p> <p>(a) press a button, such as a telephone keypad; or</p> <p>(b) turn the pages of a book</p> <p>with either hand.</p>
<p>6. Making self understood through speaking, writing, typing, or other means which are normally, or could reasonably, be used, unaided by another person.</p> <p>7. Understanding communication by:</p> <p>(i) verbal means (such as hearing or lip reading) alone</p> <p>(ii) non-verbal means (such as reading 16 point print or Braille) alone, or</p> <p>(iii) a combination of (i) and (ii),</p> <p>using any aid that is normally, or could reasonably, be used, unaided by another person.</p>	<p>Can't convey a simple message, such as the presence of a hazard.</p> <p>Can't understand a simple message due to sensory impairment, such as the location of a fire escape.</p>
8. Absence or loss of control whilst conscious leading to extensive evacuation of the bowel and/or voiding of the bladder, other than enuresis (bed-wetting), despite the presence of any aids or adaptations which are normally, or could reasonably, be worn or used.	<p>At least once a week experiences:</p> <p>(a) loss of control leading to extensive evacuation of the bowel and/or voiding of the bladder; or</p> <p>(b) substantial leakage of the contents of a collecting device</p> <p>sufficient to require the individual to clean themselves and change clothing.</p>

Activity	Descriptors
9. Learning tasks.	Can't learn how to complete a simple task, such as setting an alarm clock, due to cognitive impairment or mental disorder.
10. Awareness of hazard.	<p>Reduced awareness of everyday hazards, due to cognitive impairment or mental disorder, leads to a significant risk of:</p> <p>(a)injury to self or others; or</p> <p>(b)damage to property or possessions</p> <p>such that they require supervision for the majority of the time to maintain safety.</p>
11. Initiating and completing personal action (which means planning, organisation, problem solving, prioritising or switching tasks).	Can't, due to impaired mental function, reliably initiate or complete at least 2 sequential personal actions.
12. Coping with change.	Can't cope with any change, due to cognitive impairment or mental disorder, to the extent that day to day life can't be managed.
13. Coping with social engagement, due to cognitive impairment or mental disorder.	Engagement in social contact is always precluded due to difficulty relating to others or significant distress experienced by the individual.
14. Appropriateness of behaviour with other people, due to cognitive impairment or mental disorder.	Has, on a daily basis, uncontrollable episodes of aggressive or disinhibited behaviour that would be unreasonable in any workplace.
15. Conveying food or drink to the mouth.	<p>(a) Can't convey food or drink to your client's own mouth without receiving physical assistance from someone else;</p> <p>(b) Can't convey food or drink to your client's own mouth without repeatedly stopping, experiencing breathlessness or severe discomfort;</p> <p>(c) Can't convey food or drink to your client's own mouth without receiving regular prompting given by someone else in your client's physical presence; or</p> <p>(d) Owing to a severe disorder of mood or behaviour, fails to convey food or drink to your client's own mouth without receiving:</p> <p>(i) physical assistance from someone else; or</p> <p>(ii) regular prompting given by someone else in your client's presence.</p>
16. Chewing or swallowing food or drink.	<p>(a) Can't chew or swallow food or drink;</p> <p>(b) Can't chew or swallow food or drink without repeatedly stopping, experiencing breathlessness or severe discomfort;</p> <p>(c) Can't chew or swallow food or drink without repeatedly receiving regular prompting given by someone else in your client's presence; or</p> <p>(d) Owing to a severe disorder of mood or behaviour, fails to:</p>

Activity	Descriptors
	(i) chew or swallow food or drink; or (ii) chew or swallow food or drink without regular prompting given by someone else in your client's presence.