



GUIDE TO BENEFITS

Below are some of the benefits people may be interested in. For help filling in forms try:

Citizen's Advice Bureau 0808 27 87 842

Age UK 0800 678 1602

Somerset My Home My Life – Home from Hospital Support (Aster Housing) 0333 400 8299

Please call these organisations first to check that they can help with the specific benefits.

Benefits Calculator: <https://independentage.entitledto.co.uk/home/start>

Attendance Allowance

You may be eligible for Attendance Allowance if you:

- are aged 65 or over
- have a long-term physical or mental illness or disability. This can include sight and hearing difficulties.
- have needed help with personal care or regular supervision from someone else for at least six months. You can claim whether or not you actually receive this help or supervision.

Your level of income and savings aren't taken into account when deciding if you're eligible for AA, and you don't have to spend your AA on care – it's up to you how you spend the money. AA will not reduce other benefits you receive.

Download a claim form from Gov.uk or call the Department for Work and Pensions helpline 0800 731 0122 to ask for an application pack.

<https://www.gov.uk/government/publications/attendance-allowance-claim-form>

Pension Credit

There are two parts of Pension Credit: Guarantee Credit and Savings Credit.

You may be eligible for **Guarantee Credit** if you've reached State Pension age. This is now the same for men and women. Working out your State Pension age can be tricky, but you can check your qualifying age easily using <https://www.gov.uk/state-pension-age>

Savings Credit is extra money if you've got some savings or your income is higher than the basic State Pension. It's only available to people who reached State Pension age before 6 April 2016. The exact amount you'll get depends on your income and savings.

If you're eligible, Pension Credit will not only give you a bit of extra cash, it could also help you get other benefits too like Cold Weather Payments, help with rent, mortgage and Council Tax, free TV licence and free NHS dental treatment

To make a claim for Pension Credit, call the claim line on 0800 99 1234

Carer's Allowance

Carer's Allowance is a benefit for carers. If you spend time looking after a partner, relative or friend who has an illness or disability, you may be able to claim it. You can claim if you:

- spend at least 35 hours a week caring for someone,
- care for someone who receives Attendance Allowance, the middle or higher rate Care Component of Disability Living Allowance, the daily living component of Personal Independence Payment (any rate), Armed Forces Independence Payment or Constant Attendance Allowance,
- don't earn more than £120 a week (after deductions). Money you get from personal or workplace pensions doesn't count as part of your earnings,
- aren't in full-time education.

You can still claim Carer's Allowance if you're getting a State Pension, but the rules are slightly different. Sometimes, claiming Carer's Allowance can affect the benefits of the person you care for.

Contact the DWP Carer's Allowance Unit on 0800 731 0297 to ask for a claim form. Or you can claim online or download a form from <https://www.gov.uk/carers-allowance/how-to-claim>

Personal Independence Payment (PIP)

A benefit for people who may need help with daily activities or getting around because of a long-term illness or disability.

PIP payments have two parts - a daily living component and a mobility component. You may be able to claim one or both components. How much you can get depends on how difficult it is for you to do certain things, such as preparing food and drink, dressing, and undressing, or moving around. You can spend PIP on whatever you need it for.

You are eligible for PIP if you are under State Pension age (and over 16) and need help with daily living activities or getting around, or both. If you are awarded PIP before you are of State Pension age, you will continue to receive it after too.

You can still make a claim if you are working. PIP is not based on your National Insurance contributions and is not means-tested, which means it does not matter how much income or savings you have. (If you have reached State Pension age and have care needs, you should claim Attendance Allowance instead.)

To start your claim, call the Department for Work and Pensions (DWP) on 0800 917 2222 (textphone 0800 917 7777)



Health Connections Mendip
01373 468368