



Guide to benefits

The document has been produced using information from www.gov.uk. This is intended to be a summary document and was correct at the time of writing.

You may find it helpful to check what benefits and financial support you can get using a benefits calculator. <https://www.gov.uk/check-benefits-financial-support>
Citizens Advice and Age UK can help with completing forms. Call Citizens Advice 0808 27 87 842 or Age UK 0800 678 1602.

Attendance Allowance

Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. It's paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

You can get Attendance Allowance if you've reached State Pension age and the following apply (unless you might have 12 months or less to live):

- you have a physical disability (including sensory disability, for example blindness), a mental disability (including learning difficulties), or both
- your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
- you have needed that help for at least 6 months

You can find out more here: <https://www.gov.uk/attendance-allowance>

Or call the Attendance Allowance helpline 0800 731 0122

Pension Credit

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. Pension Credit can also help with housing costs such as ground rent or service charges. You might get extra help if you're a carer, severely disabled, or responsible for a child or young person.

Pension Credit is separate from your State Pension.

You can get Pension Credit even if you have other income, savings or own your own home. If you get Pension Credit you'll automatically get cold weather payments.

You'll also be eligible to:

- apply for a free TV licence if you're aged 75 or over
- get help with NHS costs if you get the Guarantee Credit part of Pension Credit
- NHS costs can include things such as prescriptions, dental treatment, glasses and transport costs for hospital appointments.

To find out more visit: <https://www.gov.uk/pension-credit>

Or Call Pension Service helpline 0800 731 0469

Carer's Allowance

You could get £81.90 a week if you care for someone at least 35 hours a week and they get certain benefits. You do not have to be related to, or live with, the person you care for. You do not get paid extra if you care for more than one person. If someone else also cares for the same person as you, only one of you can claim Carer's Allowance. Carer's Allowance can affect the other benefits that you and the person you care for get. You must pay tax on it if your income is over the Personal Allowance.

You can make a claim if you need to spend at least 35 hours a week caring for someone. This can include:

- helping with washing and cooking
- taking the person you care for to a doctor's appointment
- helping with household tasks, like managing bills and shopping

You can find out more or apply online here: <https://www.gov.uk/carers-allowance>

Or call the Carer's Allowance Unit 0800 731 0297

Personal Independence Payment (PIP)

Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

There are 2 parts to PIP:

- a daily living part - if you need help with everyday tasks
- a mobility part - if you need help with getting around

Whether you get one or both parts and how much you get depends on how difficult you find everyday tasks and getting around. You are eligible for PIP if you are under state pension age, if you're over State Pension age, you can apply for Attendance Allowance instead. Or if you've received PIP before, you can still make a new claim if you were eligible for it in the year before you reached State Pension age.

You can find out more and apply online here: <https://www.gov.uk/pip>

Or call the PIP new claims phone line 0800 917 2222

Benefits and Financial Support for Families

There are a range of benefits and financial support available to families. Please visit

<https://www.gov.uk/browse/benefits/families>