

## Factsheet 34

# Attendance Allowance

May 2023

### About this factsheet

This factsheet gives information about Attendance Allowance, a non-means-tested benefit for people over State Pension age (currently 66) who have care needs.

It explains what Attendance Allowance is, the eligibility criteria, and how to make a claim. It explains what to do if you have a change of circumstance.

If you have not reached State Pension age, you are not eligible for Attendance Allowance but you may be able to claim Personal Independence Payment (PIP) - see factsheet 87, *Personal Independence Payment and Disability Living Allowance*, for more information.

**In Scotland**, PIP is being replaced by the Adult Disability Payment (ADP). As such, any references in this factsheet to PIP should also be taken to include ADP.

The information in this factsheet is correct for the period May 2023 to April 2024. Benefit rates are reviewed annually and take effect in April but rules and figures can sometimes change during the year.

The information in this factsheet is applicable in England, Scotland and Wales. If you are in Northern Ireland, please contact Age NI for information. Contact details can be found at the back of this factsheet.

Contact details for any organisation mentioned in this factsheet can be found in the *Useful organisations* section.

DWP Guidance for important issues highlighted in this factsheet can be found in section 8.

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## Glossary

AA – Attendance Allowance  
ADP – Adult Disability Payment  
AFIP – Armed Forces Independence Payment  
DLA – Disability Living Allowance  
DWP – Department for Work and Pensions  
EEA – European Economic Area  
PIP – Personal Independence Payment

## 1 What is Attendance Allowance?

Attendance Allowance (AA) is a benefit for people over State Pension age who need help with personal care or supervision by day, or someone to watch over them by night, because of physical or mental disability. Entitlement is based on the help you could reasonably do with, not any help you actually receive. You can spend it on whatever you want but it can be taken into account for the social care means-test.

AA is not taxable, is not based on National Insurance contributions, and is not means-tested, so you do not have to give details of your income or savings. It is paid on top of other benefits or pensions, except for Constant AA and War Pensioners' Mobility Supplement. If you receive AA, you may qualify for, or receive more of, other benefits, see section 7.

## 2 Who qualifies for Attendance Allowance?

To qualify for AA, you must fulfil all the following conditions:

- have reached State Pension age of 66 years
- satisfy one of the disability tests (section 3.1) and have done so for six months (if you are terminally ill, there are special rules, see section 4.3)
- not be subject to immigration control and be habitually resident
- the UK is your competent state for paying sickness benefits.

### State Pension age increases

From 6 May 2026, State Pension age starts increasing again and will reach 67 by 6 March 2028.

You can find your own State Pension age and the date you reach it by using the calculator at [www.gov.uk/calculate-state-pension](http://www.gov.uk/calculate-state-pension) or by phoning the Future Pension Centre on 0800 731 0175

### Habitual residence

You must normally be habitually resident in the UK when you make your AA claim and have been in the UK for at least 104 weeks out of the last 156 weeks. The residence tests may not apply if you:

- claim under the special rules for terminally ill people
- are a UK citizen living in an EEA state or Switzerland and have a genuine and sufficient link to the UK – for example, you receive a UK State Pension and are covered by the Withdrawal Agreement
- can be treated as having been in the UK while living abroad – this applies to service personnel and some EEA nationals. The rules are complex and you should seek specialist advice if you think this applies to you.

## Competent state

If you receive a State Pension from an EEA country, that country is normally your competent state for paying sickness benefits (in the UK this includes AA). An exception to this is where you receive a State Pension from another EEA country and a UK State Pension and you reside in the UK, in which case your competent state is the UK.

If you are unsure, you can claim AA and if your competent state is not the UK, the DWP will pass on your details to your competent state to determine if you are eligible for sickness benefits in that country.

## Under State Pension age

If you are under State Pension age, you cannot claim AA but can claim Personal Independence Payment (PIP) or Adult Disability Payment (ADP) in Scotland.

If you get ADP, PIP or Disability Living Allowance when reaching State Pension age, these can continue to be paid. See factsheet 87, *Personal Independence Payment and Disability Living Allowance*, for more information. In **Scotland**, see the *Age Scotland Adult Disability Payment* guide.

# 3 Conditions of entitlement

## 3.1 The disability tests

You can claim AA if you need help with personal care, supervision or watching over because of physical or mental disability. It does not matter if you live alone, with other people, or have a carer. It does not matter whether you actually get any help. What matters is that you reasonably require help. There are day time and night time conditions which are explained below and in more detail overleaf.

### Day time

The rules say you must reasonably require either frequent attention throughout the day in connection with your bodily functions, *or* continual supervision to avoid substantial danger to yourself or others.

### Night time

You must show you require either prolonged or repeated attention, or require another person to be awake for a prolonged period or at frequent intervals to watch over you to avoid danger to yourself or others.

### Rates

You receive **lower rate AA** if you fulfil *either* the day *or* night conditions. You receive **higher rate AA** if you fulfil *both* day *and* night conditions.

### 3.1.1 Daytime disability conditions

You meet the daytime '*attention*' conditions if, because of your disability or health condition, you require physical or verbal help with your '*bodily functions*' such as: breathing, eating, drinking, getting in or out of bed, going to the toilet, washing, dressing, sleeping, communicating, hobbies and pastimes, and taking medication. Think about the help you need during the day, not just in the morning and bedtime.

Seeing and hearing are bodily functions. For example, if you are visually impaired and need someone to read your post to you, or you are deaf and need help with communicating.

Walking is a bodily function so needs arising from mobility problems count but only at home or when visiting others or attending social activities. For example, help getting in and out of a car, using a walking frame or wheelchair or storing them after use.

You may meet the condition if you need someone with you when on renal dialysis. You may qualify if you need continual supervision to avoid the risk of danger to yourself or others. Continual does not mean non-stop so breaks of an hour or so are fine. This might be if you are at risk of falls, getting confused, having fits or seizures, or if your condition deteriorates or relapses without much warning.

### 3.1.2 Night-time disability conditions

You meet the night-time conditions if you require attention for a '*prolonged*' period (one spell of at least 20 minutes) or '*repeatedly*' (two or more shorter spells) during the night. This might be for difficulties going to the toilet, getting in and out of bed or moving in bed.

You may need someone being awake to "*watch over you*" for a prolonged period (20 minutes or more) or at frequent intervals (generally at least three times a night) to avoid the risk of danger e.g. from falls or wandering.

## 3.2 Examples of people who may be entitled

**Arthur** is 68 and has arthritis and depression. He says he manages most things, but he often lacks the motivation to get up, get dressed, eat or engage in social activities. His arthritis makes gripping, bending and moving around difficult, so he needs to take his time doing most things and limits how often he attempts them. He qualifies for AA as he could reasonably do with '*attention*'. The rate he gets depends on whether this is just during the day or night or both.

**Hazel** is 77 and has dementia. During the day, a relative stays with her all the time to help keep Hazel safe, as she is forgetful and sometimes wanders off or turns the gas on without lighting it. Hazel normally sleeps all through the night. Her husband applied for AA on her behalf (as he is her appointee for benefits) and she is awarded the lower rate, because she only needs supervision during the day, but not at night.

## 4 Making a claim

### 4.1 How to claim

You can claim AA if you:

- call the AA Helpline (0800 731 0122) and ask for a claim form to be sent
- download a claim form at [www.gov.uk/attendance-allowance/how-to-claim](http://www.gov.uk/attendance-allowance/how-to-claim)
- get a claim form from an advice agency such as your local Age UK or Age Cymru.

If you call the AA Helpline, the claim form is date stamped. As long as you return the form in the envelope provided within six weeks, your award starts from the date you called if you are entitled. If you download a claim form or get one from an agency, your claim only starts from the date the completed form is received by the Disability and Carers Service.

### 4.2 When to apply

You normally need to have satisfied the eligibility conditions for six months before you can receive AA, although linking rules mean this does not apply if you already received AA within the last two years.

If you have already needed help for at least six months, claim as soon as possible, making it clear when your need for help started. AA cannot be backdated to cover any period before the date of your claim.

If you have recently become disabled, you can still apply straight away, as it may take some weeks to deal with your claim but any award can only be made after the six month period.

### 4.3 Terminal illness

If you are terminally ill, you can claim AA without the six-month waiting period under '*special rules*', making the application process quicker and simpler. Awards are automatically paid at the higher rate. You are treated as terminally ill where it is expected that you have less than 12 months to live and you have a progressive illness.

Ask your doctor for an SR1 form (this has replaced the DS1500) which is free of charge and gives details of your diagnosis and treatment but not your prognosis. Send the SR1 form with an AA claim form and make sure you tick the special rules box. You do not need to complete all the form – just the parts mentioned next to the special rules box.

Someone else can apply on your behalf. This allows you to receive AA under special rules if you do not wish to know or ask about your prognosis. Claims should be handled within 10 to 14 days. Awards are usually made for three years at a time and can be renewed if the criteria still apply.

## 4.4 Filling in the claim form

You must describe on the claim form how your disability affects you and a medical examination is not normally necessary. The form is quite long and you may want assistance filling it in. You can get help from:

- a friend or relative who knows about your needs and difficulties
- independent advice agency like Age UK, Age Cymru or Age Scotland
- an appointee or an attorney (see factsheet 22, *Arranging for someone to make decisions on your behalf*, for more information)
- the AA helpline. They can help fill in the form over the phone or in some circumstances, arrange for a home visit to help complete the form.

Many people prefer to get advice from an independent agency rather than the DWP, because an independent agency can help if there are problems with the claim, like processing delays or appeals.

### 4.4.1 Filling in the form yourself

#### Take your time

Read the notes and form before you start and then go through the questions carefully. Once you have finished, read through what you have written to make sure it is clear and check you have not missed anything out. Do not worry if you make mistakes and need to cross things out. The form does not have to be tidy.

#### Your disability or medical condition

The claim form asks for information about your illness or disability. It is very important to describe the impact on your everyday life. Decision makers have guidance outlining the main needs likely to arise from different health conditions.

People's situations vary and you may have more than one medical condition. Your situation may be unusual or your condition may be particularly severe. It is important to describe your particular needs.

#### Give full details

Give information explaining your situation, bearing in mind the rules in section 3. As AA is for people needing help with personal care or supervision, concentrate on help with bodily functions including things like breathing, hearing, seeing, eating, drinking, washing, dressing/undressing, bathing, toileting, and taking medication.

Generally, tasks like housework, cooking and shopping do not count but can be useful ways of showing how your health limits you. However, any help you need to do these things yourself can count, e.g. seeing to read labels or sell by dates or setting dials on appliances.



The form asks how often you need help with certain things. If you are not sure how many times you carry out a certain activity, for example, go up and down stairs or use the toilet, count the frequency over one day, or take an average over several days if it varies. If you could carry out an activity more often with help, count the times you would like to do it, for example, having a wash.

If you need more space, add a covering letter or extra paper. Put your name and national insurance number on the letter or extra paper, then sign it and attach it securely to the rest of the claim pack.

### **Help you might need**

In some places, the form asks if you need help with certain activities. Remember it does not matter whether you actually receive help. You may live alone and not have anyone to help; or you may prefer to manage on your own, even though help would make a real difference. For example, you may not feel safe to get in or out of a bath alone but you could manage with help.

You may get dressed on your own but only very slowly. You might get out of breath or experience discomfort. You may have to do things sitting down or you can only put on certain types of clothes. You may need reminding or encouragement. Give as much information as possible about how your difficulties affect dressing and changing.

The form asks about any aids or adaptations you use. Describe any problems using them, any help you need and how you may still need help despite the aids and adaptations. It is important to explain the difficulties you find and how help from another person could make a difference, as this is how you qualify for AA.

### **Keep notes or a diary**

It may help to spend a few days keeping a note of all the times when you need help or have difficulty doing something on your own, or you felt you needed someone to keep an eye on you.

If your condition varies so you have good days and bad days, or you have a mental illness, learning disability or early-stage dementia, some questions may be easier to answer if you keep a diary. If you are the relative or carer of a disabled person, you can help them do this.

### **Statements from other people**

There is a section which can be completed by someone who knows you, like a friend or relative or a professional such as a nurse or doctor.

This section is optional, but it is a good idea to complete it if possible. The person who knows you is asked to give details about your illness or disability and how it affects you.

It can be helpful to include a personal statement from a carer or relative who has observed how your disability affects you and the help you need, and a statement from a healthcare professional.

It helps if the person knows a little about the rules for AA so that they can include the most relevant information.

#### **4.4.2 Helping someone else to apply**

People may need help in applying for AA, for example because they do not like filling in forms, they have problems expressing themselves, or they have difficulty writing.

In these circumstances, discuss the questions with them and help them decide the best way to explain their needs. When the form is complete, read through the information with them and ask them to sign the form to say that the details are correct.

If a person you help cannot sign the form because they are too ill, or have a mental impairment or other disability, you can complete the form and sign it. There is a section on the form to complete if you are signing it on behalf of someone else.

You do not have to do this if you are simply helping the person to write down their answers on the form.

#### **4.5 If more information is needed**

After returning the form, your doctor or someone you mention on the form may be contacted to ask for more information, or the DWP may arrange for a healthcare professional to visit you.

The healthcare professional is appointed by the DWP, not your own doctor. They examine you and ask questions. It may be useful to make a note beforehand of the things you want to tell them about the help you need and any difficulties you experience.

If an appointment is made for a healthcare professional to visit, you may want a friend or relative to be present. This is particularly important if you have difficulty making yourself understood.

You may be reluctant to admit you have problems or cannot do something, but it is important to give a picture of your normal range of activities, not just the things you can do on a good day.

You might want to make notes about the difficulties you experience, to make sure you do not forget anything.

#### **Medical evidence**

You do not have to send any specific medical evidence with your AA claim. However, if you have appointment letters about specific health conditions or a summary GP record, it might help your claim if you enclose these with your claim form.

## 5 Decisions and payment

You are sent a decision on your claim in writing. AA may be awarded indefinitely or for a fixed period, depending on your circumstances.

If you are awarded it for a fixed period, you are sent a renewal claim form, normally about four months before the end of the period.

### 5.1 Rates of payment

The Attendance Allowance weekly rates for 2023/24 are:

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Higher rate	£101.75
Lower rate	£68.10

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### 5.2 If you disagree with a decision

You can ask DWP to reconsider its decision (a Mandatory Reconsideration). If they do not change the decision and you still disagree, you can appeal to HM Courts and Tribunals Service.

It is important to challenge a decision or get advice as soon as possible because you usually have a time limit of one month to act from the date on the decision letter. See factsheet 74, *Challenging welfare benefit decisions*, for more information.

### 5.3 Payment

AA is normally paid directly into your bank or building society account. It can be paid to an appointee (someone acting on your behalf) or someone with power of attorney if you are not able to act for yourself.

If you are unable to open or manage an account, you can ask to use the Payment Exception Service which allows you to withdraw your benefits from PayPoint outlets. If you are unable to use any of these methods of payment, you should contact the DWP.

AA is usually paid four weekly in arrears, although it can be paid at any interval of less than four weeks, and in certain circumstances, weekly in advance. You can choose to have AA paid with your State Pension or another social security benefit.

#### Care at home

A local authority can take AA into account when assessing whether, and how much, you must pay for local authority home care services received. See factsheet 46, *Paying for care and support at home*, for more information. In **Wales**, see factsheet 46w, *Paying for care and support at home in Wales*. In **Scotland**, see *Care and support at home: assessment and funding*.

## 6 Change of circumstances

The decision letter includes information about your responsibility to inform the DWP of any changes in your circumstances that might affect your AA claim.

### 6.1 If your condition changes

If you receive lower rate AA and your condition changes, so you think you may now qualify for the higher rate, you can contact the DWP and ask for your claim to be looked at again. Write to the DWP at the address on your award letter or telephone the AA helpline. You must complete a new claim form with details of how your needs have changed.

You must satisfy the conditions for six months before you get higher rate AA. If your needs increase and you tell the DWP within a month of completing the six-month qualifying period for the higher rate, the increase is paid from the date you notified the change. In some circumstances, you can ask for the one-month time limit to be extended to a maximum of 13 months – seek advice if this applies.

You can also notify the DWP about the change before the six-month period has lapsed but payment of a higher rate can only happen after the six-month qualifying period.

Asking for your award to be looked at again does not mean your current award is guaranteed, so seek advice if you are unsure.

### 6.2 Going abroad

#### 6.2.1 Temporary absence abroad

AA can be paid for the first 13 weeks of a temporary absence abroad, if the overall period of absence is not expected to be more than 52 weeks.

You can be paid up to 26 weeks if your absence is not expected to exceed 52 weeks and you are going abroad to be treated for an illness or disability that began before you left the country and the DWP agrees to pay you for longer.

#### 6.2.2 Exporting to the EEA and Switzerland

Sometimes AA can continue to be paid if you leave the UK to live in an EEA state or Switzerland. If you have already moved and AA stopped when you left, you may be able to get it reinstated. You may be able to make a claim while living in the EEA, if you have a genuine and sufficient link to the UK and you are covered by the Withdrawal Agreement.

For more information or to request a claim form, write to: Attendance Allowance Exportability Team, Mail Handling Site A, Wolverhampton, WV98 2AD or go to [www.gov.uk/claim-benefits-abroad/disability-benefits](http://www.gov.uk/claim-benefits-abroad/disability-benefits) where you can also email them.

## 6.3 Hospital and care homes

If you receive AA and go into, or come out of, a hospital or care home, you should always notify the DWP as your entitlement may be affected. For more information, see the DWP Guidance in section 8.

### 6.3.1 AA in hospital

AA is payable for your first 28 days in hospital, if you are maintained free of charge while undergoing treatment as an inpatient. After this period, payment is suspended.

If you have two or more inpatient stays separated by 28 days or less, they are linked and payments are suspended after you have spent 28 days in hospital in total. AA is paid for days spent at home in between hospital stays.

If you claim and are awarded AA whilst in a hospital and you are maintained free of charge while undergoing treatment as an inpatient, your AA award starts being paid when you go home.

If you pay the costs of your hospital care, you can carry on being paid AA indefinitely. AA is also paid if awarded under special rules for terminal illness and you are in a non-NHS hospice.

### 6.3.2 AA in a care home

If you pay the full fees in a care home, with or without benefits like Pension Credit, you can continue to receive AA or make a new claim.

If **any** of the costs of qualifying services (accommodation, board or personal care) are paid out of public funds (for example, a local authority or the NHS), AA stops 28 days after admission, or sooner if you were previously in hospital. You retain an '*underlying entitlement*', so if you move out of the home, your AA can be paid again.

If the local authority provides temporary funding that will later be reimbursed by you (for example, under a deferred payment agreement), AA is paid during the period of temporary funding.

If you have a temporary admission to a home, for example, for respite care funded in full or in part by a local authority or the NHS, AA stops being paid after 28 days. Periods of less than 28 days are linked and added together to reach the 28-day limit.

If you need regular periods of respite care in a care home, it may be possible to plan these so your AA is not affected. Seek advice if this applies to you.

### 6.3.3 AA in 'a similar institution to a hospital'

If you are a nursing home resident or it is unclear whether your accommodation should be treated as a hospital or care home, the DWP look at whether you are undergoing medical or other treatment, and who pays your fees.

If **any** of the costs of accommodation, treatment or other related services are paid for by the local authority or NHS **and** the home employs doctors, qualified nurses or other health professionals **and** you receive medical or other treatment at the home from them, your accommodation is treated as a hospital and the same rules apply as in section 6.3.1.

If the home does not employ doctors, qualified nurses or other health professionals, or you do not receive medical or other treatment at the home from them, your accommodation should be treated as a care home, and the same rules apply as in section 6.3.2.

If you pay the whole nursing home costs ('*self-funder*'), you can carry on being paid AA indefinitely.

### 6.3.4 AA when visiting home

If you leave hospital or a care home, but expect to return within 28 days, AA can be paid at a daily rate for days at home. If you return home permanently, it can be paid as normal. The days you enter and leave the home or hospital count as days at home.

#### Action

For information on living in a care home, see our factsheets on care and care homes. Contact Age UK Advice or Age Cymru Advice to order.

In Scotland, contact Age Scotland for information on AA and free personal and nursing care. NHS Continuing Healthcare funding is not available for funding a care home place for new assessments.

## 7 Attendance Allowance and other benefits

### 7.1 Attendance Allowance as income

Income from AA is disregarded as income in the calculation of means-tested benefits including Pension Credit, Universal Credit, Housing Benefit, and Council Tax Support (or Council Tax Reduction).

## 7.2 Overlapping benefits

You cannot get AA if you already receive ADP, DLA, PIP or Armed Forces Independence Payment. Constant AA paid with Industrial Injuries Disablement Benefit or a war pension overlap with AA. If entitled to both, you are paid the higher.

## 7.3 Effect on means-tested benefits

Entitlement to AA might mean you get higher amounts of means-tested benefits like Pension Credit (PC), Housing Benefit (HB), and Council Tax Support (CTS). For example, you may qualify for the PC severe disability addition which is an extra £76.40 a week.

This is usually payable only if you live alone but some people who live with you can be ignored, for example, someone aged under 18, or who is registered blind or severely sight impaired, or who also gets a disability benefit.

Another condition is no-one can be being paid Carer's Allowance for looking after you. If you are unsure if you qualify, contact a local advice agency.

If you already receive PC, HB or CTS when awarded AA, it is important to tell the relevant benefit office of the award so they can review your award. DWP offices should be aware of the AA award without the need for you to tell them, but it is your responsibility to inform your local authority so they can review your HB and CTS awards.

Universal Credit does not have an equivalent to the PC severe disability addition but tell DWP about an AA award as it can help in other ways. You or your partner getting AA can trigger payment of an extra limited capability for work-related activity element if you do not get one already.

Deductions made from Hb or UC because other adults share your household (non-dependant deductions) are stopped if you get AA.

If you do not receive any means-tested benefits or have had a claim refused before, an award of AA may make you entitled for the first time. You need to make a new claim and you may be able to receive payments backdated to the time your AA started.

It is a good idea to make the new claim while waiting for the AA decision to ensure you do not lose out. Ask that a decision is not made until you have had the AA decision. If you are not sure of your position, get help from a local advice agency – staff may be able to check your entitlement and help you with any claims. You can also use our benefit calculator at [www.ageuk.org.uk/benefits-check](http://www.ageuk.org.uk/benefits-check)

If your AA claim stops for any reason, it is very important to notify DWP if you receive any other benefits, as you may be overpaid and may have to repay any overpayment.

For more information, see factsheet 48, *Pension Credit*, factsheet 17, *Housing Benefit* and factsheet 21, *Council Tax*.

In **Wales**, see factsheet 21w, *Council Tax in Wales – information about the tax and help you might get towards your bill*.

In **Scotland**, see the guide *Council Tax Reduction*.

## 7.4 Benefits for carers

If you are awarded AA and you have a carer, they may be entitled to claim Carer's Allowance, Carer's Credits, Universal Credit (carer's element) or an extra amount of Pension Credit (the carer's addition).

Your benefits can be reduced if someone is paid Carer's Allowance or Universal Credit (carer's element) to look after you, if you receive the severe disability addition with PC, HB or CTS. Your benefit is not affected if your carer is only awarded an underlying entitlement to Carer's Allowance and only get a carer's premium or addition. However, they are affected if they have a carer's element as part of a UC award.

If your carer is awarded Carer's Allowance, they may be able to get more help towards paying their Council Tax. They also have a right to a carers assessment from the local authority looking at their support needs and may be able to access a range of help and support, whether or not they are entitled to Carer's Allowance.

### Note

See factsheet 55, *Carer's Allowance*. Seek advice if you think your benefits may be affected if your carer claims Carer's Allowance.

## 8 DWP guidance

The DWP provides guidance documents with information about benefits which you may find useful. Guidance about AA claims can be found at:

[www.gov.uk/government/publications/decision-makers-guide-vol-10-benefits-for-incapacity-disability-maternity-and-bereavement-staff-guide - select DMG Vol 10 Ch 61: Attendance Allowance and Disability Living Allowance](http://www.gov.uk/government/publications/decision-makers-guide-vol-10-benefits-for-incapacity-disability-maternity-and-bereavement-staff-guide-select)

Specific areas of guidance highlighted in this factsheet can be found by following the above and finding the appropriate paragraph:

- **Conditions of entitlement** (section 3) *DMG Vol 10 Ch 61*, from paragraph 61051
- **Hospitals and care homes** (section 6.3) – *DMG Vol 10 Ch 61*, from paragraph 61651



- **Competent state** (section 2) guidance can be found in Appendix 3 *'Deciding the competent state to pay cash sickness benefits'* at:  
[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/910763/dmgch0702.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/910763/dmgch0702.pdf)
- **Habitual residence** (page 5) guidance can also be found at the above link from paragraph 071700.

## Useful organisations

### **Alzheimer's Society**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Telephone 0333 150 3456

Scotland [www.alzscot.org](http://www.alzscot.org)

Telephone 0808 808 3000

Advice, information and support to people with dementia, their families and carers by helpline and local branches.

### **Asthma + Lung UK**

[www.asthmaandlung.org.uk/](http://www.asthmaandlung.org.uk/)

Telephone 0300 222 5800

Information if you have chest problems and breathing difficulties.

### **Carers Trust**

[www.carers.org](http://www.carers.org)

Telephone 0300 772 9600

Offers practical help and assistance to carers.

### **Carers UK**

[www.carersuk.org](http://www.carersuk.org)

Telephone 0808 808 7777

Information and support for carers, including information about benefits.

### **Chest Heart and Stroke Scotland**

[www.chss.org.uk](http://www.chss.org.uk)

Telephone 0808 801 0899

Information and support for issues regarding chest, heart and stroke.

### **Citizens Advice**

England go to [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Wales go to [www.citizensadvice.org.uk/wales](http://www.citizensadvice.org.uk/wales)

Scotland go to [www.cas.org.uk](http://www.cas.org.uk)

In England telephone 0800 144 8848

In Wales telephone 0800 702 2020

In Scotland telephone 0800 028 1456

National network of advice centres offering free, confidential, independent advice, face to face or by telephone.

### **Dementia UK**

[www.dementiauk.org](http://www.dementiauk.org)

Telephone 0800 888 6678

Works to improve the quality of life of dementia patients and their carers. In some areas, provides Admiral Nurses who support you at home.

## **Disability Benefits Helpline**

[www.gov.uk/disability-benefits-helpline](http://www.gov.uk/disability-benefits-helpline)

DWP helpline providing advice or information about claims for Disability Living Allowance, Personal Independence Payment or Attendance Allowance that you have already made:

- **Attendance Allowance (AA)**  
Telephone 0800 731 0122
- **Disability Living Allowance (DLA)**  
If you were born on or before 8 April 1948  
Telephone 0800 731 0122  
If you were born after 8 April 1948  
Telephone 0800 121 4600
- **Personal Independence Payment (PIP)**  
Telephone 0800 121 4433

## **Disability Law Service**

[www.dls.org.uk](http://www.dls.org.uk)

Telephone 0207 791 9800

Free legal advice to disabled adults, their families and carers.

## **Disability Rights UK**

[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

Telephone 0330 995 0400

Information and advice about issues affecting disabled people.

## **Gov.uk**

[www.gov.uk](http://www.gov.uk)

Official website for government information and services. Includes information about State and private pensions.

## **Macmillan**

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Telephone 0808 808 0000

Information, practical advice and support for cancer patients, their families and carers.

## **Mencap**

[www.mencap.org.uk](http://www.mencap.org.uk)

Telephone 0808 808 1111

Charity for people with learning disabilities and their families

**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

Telephone 0300 123 3393

Information and advice for people with mental health problems.

**Parkinson's UK**

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

Telephone 0808 800 0303

Support, advice and information for people with Parkinson's.

**Royal National Institute for Deaf People (RNID)**

[rnid.org.uk](http://rnid.org.uk)

Telephone 0808 808 0123

Provides information and support for deaf and hard-of-hearing people.

**Royal National Institute of Blind People (RNIB)**

[www.rnib.org.uk](http://www.rnib.org.uk)

Telephone 0303 123 9999

Information and advice for people with sight problems.

**Scope**

[www.scope.org.uk/helpline](http://www.scope.org.uk/helpline)

Telephone 0808 800 3333

Information and advice services run by and for disabled people.

**Stroke Association**

[www.stroke.org.uk](http://www.stroke.org.uk)

Telephone 0303 3033 100

Some community support and information for people affected by stroke.

**Versus Arthritis**

[www.versusarthritis.org](http://www.versusarthritis.org)

Telephone 0800 5200 520

Offer support to people affected by arthritis

**Veterans UK**

[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

Telephone 0808 1914 2 18

Administers the armed forces pension schemes and compensation payments for those injured or bereaved through service.

## Age UK

Age UK provides advice and information for people in later life through our Age UK Advice line, publications and online. Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

### Age UK Advice

[www.ageuk.org.uk](http://www.ageuk.org.uk)

0800 169 65 65

Lines are open seven days a week from 8.00am to 7.00pm

### In Wales contact

#### Age Cymru Advice

[www.agecymru.org.uk](http://www.agecymru.org.uk)

0300 303 4498

### In Northern Ireland contact

#### Age NI

[www.ageni.org](http://www.ageni.org)

0808 808 7575

### In Scotland contact

#### Age Scotland

[www.agescotland.org.uk](http://www.agescotland.org.uk)

0800 124 4222

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