

# Adult Disability Payment



# Who we are

**Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.**

**Our vision** is a Scotland which is the best place in the world to grow older.

**Our mission** is to inspire, involve and empower older people in Scotland, and influence others, so that people can make the most of later life.

**Our three strategic aims** are to:



**Help older people to be as well as they can be**



**Promote a positive view of ageing and later life**



**Tackle loneliness and isolation**

# How we can help

**We know that growing older doesn't come with a manual. Later life can bring changes and opportunities to your life and you may need to know about rights, organisations and services which are unfamiliar to you.**

That's why we provide free information and advice to help you on a range of topics including benefits and entitlements, social care, legal issues such as Power of Attorney, housing and much more. All of our guides are available to download for free from our website, or you can contact our helpline team to have copies posted to you for free.

The Age Scotland **helpline** is a free, confidential phone service for older people, their carers and families in Scotland looking for information and advice.

Later life can bring times when you just need someone to talk to. Our **friendship line** is part of our wider helpline and older people can call us for a chat. We're here to listen, provide friendship and offer support.

## For information, advice and friendship



**Call us free on: 0800 12 44 222**  
**(Monday – Friday, 9am - 5pm)**



**Visit [agescotland.org.uk](https://agescotland.org.uk) to find out more.**



## Contents

What is Adult Disability Payment?	1
Transferring from Disability Living Allowance or Personal Independence Payment	2
Adult Disability Payment and State Pension age	3
How do I apply?	3
Special rules for terminal illness	6
The application form	7
The points system	8
How much will I get?	8
The points system	8
What to include with your application	9
Accessible Vehicles and Equipment (AVE) scheme	10
Other Benefits	10
Care Assessments	11
Carer's Allowance	12
Blue Badge	12
Challenging a decision	13
Appeals	13
Short-term Assistance	14
Hospital stays and residential care	14
Adult Disability Payment descriptors and points	15

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# What is Adult Disability Payment?

Adult Disability Payment is a new payment from Social Security Scotland to help with the extra cost of living with a disability or health condition for new claimants who are working age. It replaces Personal Independence Payment and Disability Living Allowance for people who:

- live in Scotland
- are over 16 and under State Pension age (currently 66 for men and women)
- have difficulty or need help with daily living activities or getting around because of a health condition or disability
- have had the difficulties for at least 3 months, and expect them to continue for at least another 9 months
- have been present in Great Britain for at least 26 of the last 52 weeks

You don't need to have a diagnosis to claim Adult Disability Payment. It can be claimed for physical and mental health conditions and problems with thinking or memory.

Adult Disability Payment isn't means-tested, so you don't have to answer lots of questions about your income and savings. It doesn't matter if you are employed, self-employed or not currently working. It isn't taxable and won't reduce any other benefits you receive.



# **Transfer of existing claims for Disability Living Allowance and Personal Independence Payment.**

If you live in Scotland and are already claiming Personal Independence Payment or Disability Living Allowance, you will be transferred over to Adult Disability Payment in due course.

Social Security Scotland estimate it will take until around 2024/2025 to transfer all existing claims. The transfer will be automatic; you will not need to complete a new application in order to be transferred over.

Certain people will be transferred over as soon as possible, for example:

- claimants who have a terminal illness
- claimants whose awards are due to be reviewed or end shortly
- claimants who report a change of circumstances that may affect the amount of award they receive

If you are transferred to Adult Disability Payment because your existing award is due to be reviewed or end shortly, you won't need to make a new application, but a review date will be set for soon after the transfer.

You will receive letters from Social Security Scotland and the Department for Work and Pensions, both when your award is going to be transferred, and when the transfer is completed.

There will be no break in your payments when your award is transferred.

Some people who receive Disability Living Allowance can ask to be transferred onto Adult Disability Payment. Get advice before doing this if you receive the lowest component of Disability Living Allowance.



# Adult Disability Payment and State Pension age

New claims for Adult Disability Payment must be made before you reach State Pension age. However, if you are already receiving it when you reach State Pension age, your award can continue for as long as you continue to qualify. This may be particularly important if you have a mobility component in your Adult Disability Payment award, as the equivalent benefit for new claims over State Pension age, Attendance Allowance, does not include a mobility component.

## How do I apply?

There are a number of ways you can apply for Adult Disability Payment.

### By telephone

To apply by telephone, call Social Security Scotland on **0800 182 2222**. If English is not your first language, you can request an interpreter. Interpretation will be available in over 100 languages. If you would rather complete a paper form, you can ask for one to be sent to you by post.

### British Sign Language

If you are a British Sign Language user, you can contact Social Security Scotland using the ContactScotland video relay.

For more information, visit the **ContactScotland** website at <https://contactscotland-bsl.org>.

### Text Relay

If you use a text relay service, you can contact Social Security Scotland by dialling **18008 +0300 244 4000**.



## Online

To apply online, you will first need to register for a **MyAccount**. This is an account that lets you access a range of different public services online. You may already have a MyAccount if you have applied for Scottish benefits before, or interacted with other public bodies such as local councils, schools or the NHS online.

MyAccount is run by **The Improvement Service**, a national organisation providing support to local and national government. It is separate from the Scottish Government and Social Security Scotland.

For more information about The Improvement Service, visit **[www.improvementservice.org.uk](http://www.improvementservice.org.uk)**.

To read more about MyAccount, and register for your account, at **<https://signin.mygovscot.org/home>**.

Once you have registered, you will be able to choose **Apply for Adult Disability Payment** from your dashboard page.

## In person

If you would like support to apply for Adult Disability Payment, you can make an appointment with a **Client Support Advisor**.

The advisor will be able to check your entitlement to Scottish benefits and help you to apply online. They can check your identity and add copies of your supporting documents to their computer systems. They can also give you advice about challenging Scottish benefit decisions, refer you to other local sources of help and support if needed and let you know where you can get advice about your UK government benefits entitlements.

Client Support Advisors carry out face-to-face appointments at community venues such as GP surgeries, or by telephone or video call. Where needed, they will also be able to visit you at home or in hospital for an appointment.

To make an appointment, call **Social Security Scotland** on **0800 182 2222**.





## Advocacy

If you want or need help to apply for Social Security Scotland benefits, you may be entitled to advocacy.

An advocate can support you to make the application, ensuring you know and understand your rights, and your questions are answered. Advocates cannot give you legal advice.

The advocacy service is a free, independent service provided by **VoiceAbility**. It is available to:

- people who have a disability and are making a benefit claim for themselves
- people who making a claim for a child with a disability
- either of the above who have ongoing interactions following a claim, for example if requesting a redetermination or appeal

If you would like to use the advocacy service, call Social Security Scotland on **0800 182 2222** and ask to be referred, call **VoiceAbility** directly on **0300 303 1660** or visit their website at **[www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland](http://www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland)**.



## Special rules for terminal illness

There are special rules for Adult Disability Payment applications if you have a terminal illness that is at an advanced stage.

A registered medical professional can complete a BASRiS (Benefits Assessment for Special Rules in Scotland) form for you. Using this form means you won't need to answer as many questions, and your application will be processed quickly.

There is no qualifying period if you are applying under the special rules, and your award will be at the higher rate, with no formal review date.

To be eligible to apply under the special rules you must have

- an illness that is advanced and progressive, or with risk of sudden death, AND
- that is not amenable to curative treatment, or you have refused or declined treatment for any reason, AND
- that is leading to an increased need for additional care and support

The person completing the form must be acting in their professional capacity as a registered medical professional or registered nurse, and must be involved in your diagnosis, treatment or care.

# The application form

The application form is in two parts. Part one is about you, and asks for information such as your name, address, date of birth and contact details. There are also questions about your nationality and residence status, your banking details and any communication needs you have.

When you have completed and submitted part one, you will then have 56 days to complete and submit part two. Any award of Adult Disability Payment will begin from the date you submitted part one.

If you are not able to complete part two before the end of the 56 days, you should contact **Social Security Scotland** on **0800 182 2222** for advice.

The second form asks you about specific things you can and cannot do in the course of daily living, and in getting around.

The daily living activities cover:

- preparing and cooking food
- taking nutrition
- managing therapies
- washing and bathing
- managing toilet needs
- dressing and undressing
- communicating verbally
- reading and understanding,
- engaging socially with other people
- making budgeting decisions

The mobility activities cover:

- planning and following journeys
- moving around



## How much will I get?

There are two parts, or components, of Adult Disability Payment: the daily living component and the mobility component. Each has a standard rate and an enhanced rate.

Rates from April 2023:

### **Daily Living Component**

Enhanced rate: £101.75

Standard rate: £68.10

### **Mobility Component**

Enhanced rate: £71.00

Standard rate: £26.90

## The points system

The Adult Disability Payment application form includes ten questions about daily living activities and two questions about mobility-related activities. Daily living covers the things you do to take care of yourself, such as washing, dressing and eating. Mobility covers how easily you can get around.

You will be asked about your ability to carry out a variety of tasks, the help you need with them, and how they affect you. Your answers will be compared to standard ‘descriptors’, each of which has a score. You will receive the number of points for the descriptor that matches your needs most closely.

For each of the two types of activity, you will receive the standard rate if you score between 8 and 11 points, and the enhanced rate if you score 12 points or more.

A full list of the descriptors and points is included in this guide, starting on page 15.



# What to include with your application

You should include documents that give information about your illnesses or disabilities, and the effect they have on your day-to-day life, for example:

- social care assessments
- medical reports, letters and certificates
- prescription lists
- test results
- letters from people who know you, such as social workers, carers and family members

Up to 30 pieces of supporting information can be uploaded via the online system, if you are completing the application online, however once source of supporting information from a professional involved in your care or diagnosis will usually be enough.

If you want to send documents by post, you can call **0800 182 2222** to request a pre-paid envelope.



## Accessible Vehicles and Equipment (AVE) scheme

If you are awarded the higher rate of the mobility component, you can use the payment to lease a car, electric scooter or powered wheelchair under the Accessible Vehicles and Equipment Scheme.

The scheme is provided by Motability, the same charity that provides the scheme across the rest of the UK.

If you currently have a vehicle as part of a Personal Independence Payment or Disability Living Allowance award, your vehicle will be transferred over to the new scheme on a like-for-like contract.

## Other Benefits

Receiving Adult Disability Payment may increase your entitlement to means-tested benefits or give you an entitlement you didn't have before.

If you start receiving Adult Disability Payments, your circumstances change or you haven't had a benefit check for a while, our friendly helpline advisers will be happy to carry out an up-to-date check.

To find out more or to request a check, call our helpline on

**0800 12 44 222.**

# Care Assessments

If you have difficulty with day-to-day activities because of a health condition or disability, you may be entitled to practical help in addition to financial support.

You can request an assessment of your care needs by contacting the social work department of your local council, or in Highland, NHS Highland. The assessment will usually happen in your home. The assessor will talk to you about how you carry out everyday tasks and ask about the help you currently have from friends, family or a carer. They will identify any services and support the council can provide, for example:

- help with personal care
- equipment for daily living
- respite care
- other support

There is likely to be a waiting list, but assessments are prioritised according to how urgent the need is, so let the council know if you are struggling to manage.

Services that are classed as personal care and nursing care are free for those who are assessed as needing them. There are likely to be charges for other services such as housework or shopping.

For more information about help at home, see our **Care and Support at Home: assessment and funding** and **Care and Support at Home: practical help** guides.





## Carer's Allowance

If you spend 35 hours or more per week providing unpaid care for someone who receives Adult Disability Payment (or certain other disability-related benefits), you may be entitled to Carer's Allowance. The 35 hours can include time spent physically helping with day-to-day tasks like eating, bathing and dressing, and time spent keeping an eye on the person to make sure they are safe and comfortable.

You can apply by telephone on **0800 731 0297**, or online at **[www.gov.uk/carers-allowance/how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim)**.

Carer's Allowance rules are complicated, and sometimes claiming it can reduce the benefits of the person you care for. For a free benefit check to make sure it is the best option for you both, and a copy of our **Carer's Allowance** guide, call **0800 12 44 222**.

Carer's Allowance is one of the benefits that is being devolved to Scotland. If you receive it you will be moved onto **Carer Support Payment** paid by Social Security Scotland in 2024 or 2025.

## Blue Badge

If you receive the mobility component of Adult Disability Payment, and are unable to walk or have substantial difficulty walking, you may be eligible for a Blue Badge. Badge holders can park for free in on-street pay-and-display spaces, on single / double yellow lines and in on-street disabled parking bays, subject to parking safety rules. Private car parks may charge a fee or limit the time you are allowed to park for.

Someone else can use your Blue Badge if you're in the car with them, for example if they are dropping you off and need to park close to where you are going. If you are travelling abroad, check if you can use your Blue Badge with an organisation such as a Tourist Information Centre in the country you are visiting.

Apply for a Blue Badge at **[www.mygov.scot/apply-blue-badge](http://www.mygov.scot/apply-blue-badge)**, or by contacting your local council.



# Challenging a decision

## Redetermination

If you are unhappy with a decision made by Social Security Scotland about your claim, you can ask for a **redetermination**. You need to do this within 6 weeks of the date on the decision letter. A form will be sent to you with the decision letter, but you can also make the request by telephone or online.

You can request a redetermination if:

- you have not been awarded Adult Disability Payment
- you are unhappy with the amount of Adult Disability Payment you have been awarded

When you ask for a redetermination, your application will be looked at again, by a different person within Social Security Scotland. They may agree with the original decision or change it.

If the redetermination is not carried out within 8 weeks of your request, or you receive a redetermination decision and you are still unhappy with it, you can **appeal** the decision.

## Appeals

You can appeal a decision about Adult Disability Payment by telephone or by completing an appeal form and posting it to Social Security Scotland. You need to do this within a month of the redetermination decision.

The appeal will be looked at by the First Tier Tribunal for Scotland, who may agree with the original decision or change it.

Call **Social Security Scotland** on **0800 182 2222** to complete the appeal form over the telephone, or to request a paper form. You should also receive an appeal form with your redetermination letter. To submit the appeal by post, use the prepaid envelope that comes with the form, or send it to Social Security Scotland, PO Box 10309, Dundee, DD1 9GF.



## Short-term Assistance

If your award of Adult Disability Payment ends or reduces following a review, and you want to challenge the decision, you can apply for short-term assistance to cover the difference in payments. This means you will still receive the same amount overall.

You can apply at the same time as requesting a redetermination or an appeal, by contacting **Social Security Scotland** on **0800 182 2222**, or by completing the short-term assistance section of the redetermination or appeal form.

The short-term assistance doesn't have to be repaid even if your challenge is not successful.

## Hospital stays and residential care

If you are in hospital for 28 days or more, both the daily living and mobility components of your Adult Disability Payment will stop. You should contact Social Security Scotland as soon as you are discharged from the hospital, so your payments can be restarted as quickly as possible.

The daily living component of your Adult Disability Payment will stop after 28 days in publicly funded residential care. However, if you receive a mobility component, this can continue.

Have a benefit check if you or the person you provide care for are moving into a care home or expecting to spend a long period in hospital.

# Adult Disability Payment descriptors and points

## Daily Living activities

### 1. Preparing food

a. Can prepare and cook a simple meal unaided.	0
b. Needs to use an aid or appliance to be able to either prepare or cook a simple meal.	2
c. Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	2
d. Needs prompting to be able to either prepare or cook a simple meal.	2
e. Needs supervision or assistance to either prepare or cook a simple meal.	4
f. Cannot prepare and cook food.	8

### 2. Taking nutrition

a. Can take nutrition unaided.	0
b. Needs— (i) to use an aid or appliance to be able to take nutrition, or (ii) supervision to be able to take nutrition, or (iii) assistance to be able to cut up food.	2
c. Needs a therapeutic source to be able to take nutrition.	2
d. Needs prompting to be able to take nutrition.	4
e. Needs assistance to be able to manage a therapeutic source to take nutrition.	6
f. Cannot convey food and drink to their mouth and needs another person to do so.	10



### **3. Managing therapy or monitoring a health condition**

a. Either— (i) does not receive medication or therapy or need to monitor a health condition, or (ii) can manage medication or therapy or monitor a health condition unaided.	0
b. Needs any one or more of the following— (i) to use an aid or appliance to be able to manage medication, (ii) supervision, prompting or assistance to be able to manage medication, (iii) supervision, prompting or assistance to be able to monitor a health condition.	1
c. Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week.	2
d. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week.	4
e. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week.	6
f. Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week.	8

## 4. Washing and bathing

a. Can wash and bathe unaided.	0
b. Needs to use an aid or appliance to be able to wash or bathe.	2
c. Needs supervision or prompting to be able to wash or bathe.	2
d. Needs assistance to be able to wash either their hair or body below the waist.	2
e. Needs assistance to be able to get in or out of an unadapted bath or shower.	3
f. Needs assistance to be able to wash their body between the shoulders and waist.	4
g. Cannot wash and bathe at all and needs another person to wash their entire body.	8

## 5. Managing toilet needs or incontinence

a. Can manage toilet needs or incontinence unaided.	0
b. Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2
c. Needs supervision or prompting to be able to manage toilet needs.	2
d. Needs assistance to be able to manage toilet needs.	4
e. Needs assistance to be able to manage incontinence of either bladder or bowel.	6
f. Needs assistance to be able to manage incontinence of both bladder and bowel.	8



## **6. Dressing and undressing**

a. Can dress and undress unaided.	0
b. Needs to use an aid or appliance to be able to dress or undress.	2
c. Needs either— (i) prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed, or (ii) prompting or assistance to be able to select appropriate clothing.	2
d. Needs assistance to be able to dress or undress their lower body.	2
e. Needs assistance to be able to dress or undress their upper body.	4
f. Cannot dress or undress at all.	8

## **7. Communicating verbally**

a. Can express and understand basic and complex verbal information unaided.	0
b. Needs to use an aid or appliance to be able to speak or hear.	2
c. Needs communication support to be able to express or understand complex verbal information.	4
d. Needs communication support to be able to express or understand basic verbal information.	8
e. Cannot express or understand verbal information at all even with communication support.	12

## 8. Reading and understanding signs, symbols and words

a. Can read and understand basic and complex written information either unaided or using spectacles or contact lenses.	0
b. Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex written information.	2
c. Needs prompting to be able to read or understand complex written information.	2
d. Needs prompting to be able to read or understand basic written information.	4
e. Cannot read or understand signs, symbols or words at all.	8

## 9. Engaging socially with other people face to face

a. Can engage socially with other people unaided.	0
b. Needs prompting to be able to engage socially with other people.	2
c. Needs social support to be able to engage socially with other people.	4
d. Cannot engage socially with other people due to such engagement causing either— (i) overwhelming psychological distress to the individual, or (ii) the individual to exhibit behaviour which would result in substantial risk of harm to the individual or another person.	8



## 10. Making budgeting decisions

a. Can manage complex budgeting decisions unaided.	0
b. Needs prompting or assistance to be able to make complex budgeting decisions.	2
c. Needs prompting or assistance to be able to make simple budgeting decisions.	4
d. Cannot make any budgeting decisions at all.	6

## Mobility Activities

### 1. Planning and following journeys

a. Can plan and follow the route of a journey unaided.	0
b. Needs the prompting of another person to be able to undertake any journey to avoid overwhelming psychological distress to the individual.	4
c. Cannot plan the route of a journey.	8
d. Cannot follow the route of an unfamiliar journey without another person, assistance dog or orientation aid.	10
e. Cannot undertake any journey because it would cause overwhelming psychological distress to the individual.	10
f. Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid.	12



## 2. Moving around

a. Can stand and then move more than 200 metres, either aided or unaided.	0
b. Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided.	4
c. Can stand and then move unaided more than 20 metres but no more than 50 metres either aided or unaided.	8
d. Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres, either aided or unaided.	10
e. Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided.	12
f. Cannot, either aided or unaided,— (i) stand, or (ii) move more than 1 metre.	12



**Age Scotland helpline**

**0800 12 44 222**

The Age Scotland helpline provides information, friendship and advice to older people, their relatives and carers.

If you need an interpreter call **0800 12 44 222** and simply state the language you need e.g. Polish or Urdu. Stay on the line for a few minutes and the Age Scotland helpline will do the rest.

You can call us on **0800 12 44 222** for a copy of our publications list or download / order copies from our website at **[www.agescotland.org.uk](http://www.agescotland.org.uk)**.

# How you can help

## Our vision is a Scotland which is the best place in the world to grow older.

All the information and advice we provide is free and completely impartial and in helping people access their rights and entitlements, it can be life changing.

We are an ageing population and more people than ever are coming to us for support. You can help us be there for those that need us most.



### Make a donation

No matter how small or large, donations make a massive difference and help us continue our important work.

- Call **03330 15 14 60**
- Visit **[age.scot/donate](https://age.scot/donate)**
- Text **LATERLIFE** to **70085** to donate £5.\*



### Fundraise

Whether it is having a bake sale, running a marathon or knitting small hats for the Big Knit, there are so many ways to raise vital funds to support our work. To find out more, call **0333 323 2400** or visit **[age.scot/fundraise](https://age.scot/fundraise)**.



### Leave us a gift in your Will

By choosing to leave us a gift in your Will, you can help Age Scotland to continue being there for vulnerable older people in the years to come. To find out more, call **0333 323 2400** or visit **[age.scot/legacy](https://age.scot/legacy)**.

# Let's keep in touch



## Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work.

Sign up today by visiting **[age.scot/roundup](https://age.scot/roundup)**



## Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



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**[/AgeScotland](https://www.linkedin.com/company/AgeScotland)**

**Age Scotland is the national charity for older people. We work to improve the lives of everyone over the age of 50 so that they can love later life.**

**Our vision is a Scotland which is the best place in the world to grow older.**

**Contact us:**

**Head office**

0333 323 2400

**Age Scotland helpline**

0800 12 44 222

**Email**

info@agescotland.org.uk

**Visit our website**

www.agescotland.org.uk

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