

# Carer's Allowance

HELP WITH THE COSTS OF CARING



# 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 where everyone can love later life.

**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://www.agescotland.org.uk)**  
**to find out more.**



# Are you a carer?

You may not think of yourself as one, but if you look after a partner, relative or friend who would find it difficult to manage without your support, then you are a carer. They may be disabled, have a physical or mental illness or mental incapacity.

Some carers do not realise they can claim Carer's Allowance. They may think:

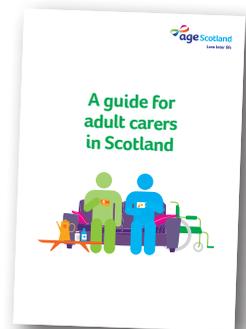
“I'm just doing what anyone would in my position.”

Lots of people do not see themselves as carers, as they see the support they give as part of their relationship. This does not mean they are not eligible for help.

“I claim a disability benefit so I can't be eligible for a carer's one too”

You can claim Attendance Allowance, Disability Living Allowance, Personal Independence Payment or Adult Disability Payment and claim Carer's Allowance too if you are someone's carer.

Age Scotland's **Adult Carer's guide** explains more about the rights of carers, including help that may be available from your local council.



# What is Carer's Allowance?

Carer's Allowance is the main benefit specifically for carers.

To qualify for it, you must:

- spend at least 35 hours a week caring for a disabled person. It does not matter whether or not you live with them. The 35 hours can include time spent physically helping, doing practical things like supporting them to eat or keeping an eye on them, for example making sure they do not do anything that would be dangerous
- care for someone who receives Attendance Allowance, Disability Living Allowance care component (at the highest or middle rate), Personal Independence Payment or Adult Disability Payment daily living component (at either rate), Armed Forces Independence Payment or Constant Attendance Allowance
- not be in full-time education or earning more than £132 a week.





## How much is Carer's Allowance?

Carer's Allowance is £69.70 per week from April 2022 to March 2023.

Claiming Carer's Allowance can also help you qualify for higher rates of Pension Credit, Universal Credit, Housing Benefit or Council Tax Reduction, or entitle you to claim these benefits for the first time.



## How do I apply?

Contact the **Carer's Allowance Unit** on **0800 731 0297** for a claim form.

You can download a form or make a claim online by visiting **[www.gov.uk/carers-allowance/how-to-claim](http://www.gov.uk/carers-allowance/how-to-claim)**.

If you were entitled to Carer's Allowance before you made a claim, you can ask for it to be backdated for up to three months.

# What happens if I am receiving State Pension?

State Pension and Carer's Allowance are 'overlapping' benefits so if your State Pension is more than £69.70 a week, then you will not be paid Carer's Allowance. However, if your State Pension is less than this, you can claim Carer's Allowance to top it up to £69.70 a week.

If you receive State Pension of more than £69.70 a week, and also qualify for Carer's Allowance you will be awarded an 'underlying entitlement' to Carer's Allowance. This means you are officially regarded as a carer for social security purposes.

The good news is that this underlying entitlement may entitle you to extra money paid with any means-tested benefits you claim, such as Pension Credit and Housing Benefit. This extra money is known as a carer premium, or carer addition.

If you are receiving Universal Credit, call the **Age Scotland helpline** for advice on **0800 12 44 222**.

## What happens to the benefits of the person I care for?

If the person you care for receives a severe disability amount or addition as part of a means-tested benefit they claim, this extra money will be stopped if you receive Carer's Allowance. An underlying entitlement to Carer's Allowance will not affect the benefits of the person you care for.

Get advice from the Age Scotland helpline if you think the benefits of the person you care for may be affected by your claim.



## What if my application is turned down?

If your application is turned down, or you are not happy with the decision, you can ask for a **mandatory reconsideration**. This gives you the opportunity to say why you think the decision is wrong. Ask an advice agency such as your local Citizens Advice Bureau or council Welfare Rights service for help to challenge the decision. Do this quickly as you only have one month to challenge the decision from the date it was sent to you.

## Carers Allowance Supplement

Most people in Scotland who receive Carer's Allowance receive an automatic 6-monthly payment of Carer's Allowance Supplement from Social Security Scotland.

The amount for 2022/2023 is £237.90 every 6 months.

For more information call the **Age Scotland helpline** on **0800 12 44 222**, contact **Social Security Scotland** on **0800 182 2222** or visit **[www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot)**.



# What happens if my circumstances change?

The rules for Carer's Allowance recognise that your circumstances, and those of the person you care for, may change from time to time. It is very important that you report changes to the Carer's Allowance Unit as soon as possible.

Changes may include:

- taking a break from caring
- you reach State Pension age
- you or the person you care for going into hospital
- the person you care for moving into a care home permanently or temporarily
- an increase in your earnings
- travelling abroad to look after the person you care for
- the disability benefit of the person you care for being stopped because they are in hospital or move to a care home
- the person you care for dies.

You can take breaks from caring and still receive Carer's Allowance. The rules are very complicated and you should get advice from the **Carers UK Adviceline** on **0808 808 7777** or the **Age Scotland helpline** on **0800 12 44 222** if you need information about how your own benefit may be affected.



## Useful organisations

### **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)**.

### **Carer's Allowance Unit**

Call to claim Carer's Allowance.

Tel: **0800 731 0927**

**[www.gov.uk/carers-allowance-unit](http://www.gov.uk/carers-allowance-unit)**

### **Carers Scotland**

Carers Scotland offers general help and advice for all carers through its free Carers Line helpline. They are part of Carers UK.

Carers Line: **0808 808 7777**

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

## Carers Trust Scotland

Carers Trust Scotland can help you to find local support.

Tel: **0300 772 7701**

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

## Citizens Advice Bureau (CAB)

You can call Scotland's Citizens Advice Helpline on **0800 028 1456** for advice or for details of your local bureau or see their website

**[www.citizensadvice.org.uk/scotland/about-us/get-advice-s](http://www.citizensadvice.org.uk/scotland/about-us/get-advice-s)**

## Social Security Scotland

Social Security Scotland are delivering new benefits including Funeral Support Payment, Carers Allowance Supplement and Adult Disability Payment.

In the future Social Security Scotland will start to deliver Carer's Assistance which will start to replace Carer's Allowance.

Tel: **0800 182 2222**

**[www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot)**

# Age Scotland information guides

Our other guides relevant to carers include:



This information guide has been prepared by Age Scotland and contains general advice only, it should not be relied on as a basis for any decision or action and cannot be used as a substitute for professional advice.

Neither Age Scotland nor any of its subsidiary companies or charities accepts any liability arising from its use and it is the reader's sole responsibility to ensure any information is up to date and accurate.

Please note that the inclusion of named agencies, websites, companies, products, services or publications in this information guide does not constitute a recommendation or endorsement by Age Scotland or any of its subsidiary companies or charities.

# How you can help

## Our vision is a Scotland where everyone can love later life.

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**
- ▶ 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**.



### 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**.

\* Texts cost £5 plus one standard rate message

# 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://twitter.com/AgeScotland)



[\*\*@age\\_scotland\*\*](https://www.instagram.com/age_scotland)



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

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**Head office**

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**Age Scotland helpline**

0800 12 44 222

**Email**

info@agescotland.org.uk

**Visit our website**

www.agescotland.org.uk

**Follow us on social media:**



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