

Carer's Allowance and Carer Support Payment

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 and promote their rights and interests.

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 enjoy better later lives.

We have three strategic aims:



We help older people to be as well as they can be



We promote a positive view of ageing and later life



We 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.

Our **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.



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?

If you look after a partner, relative or friend, who has a disability or health condition and would find it difficult to manage without your support, you are a carer.

Many people don't see themselves as carers, as they see the support they give as part of their relationship. They may think:

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

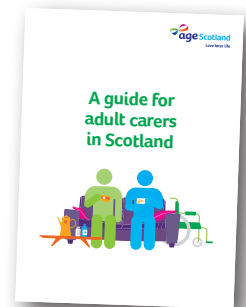
However, there may be help available to you as a carer, including financial help.

Some carers think they will not be eligible for a carer benefit because they are already receiving another benefit themselves for a health condition.

However, carers benefits can be claimed at the same time as Attendance Allowance, Adult Disability Payment, Personal Independence Payment or Disability Living Allowance.

Carers are also entitled support from their local council to meet their own support needs as a carer. This could be practical support, emotional support or access to respite care.

For more information about your rights as a carer, including the right to support from your council, see Age Scotland's **A guide for adult carers in Scotland**.



Carer's Allowance and Carer Support Payment

Carer's Allowance is the main carer benefit paid by the Department for Work and Pensions. Carer Support Payment is gradually replacing Carer's Allowance in Scotland, and is paid by Social Security Scotland.

Carer's Allowance and Carer Support Payment have the same eligibility criteria. To qualify for either benefit, you must:

- spend at least 35 hours a week caring for someone who receives:
 - » Attendance Allowance
 - » Adult Disability Payment (care component)
 - » Personal Independence Payment (care component)
 - » Disability Living Allowance (high or middle rate care component)
 - » Armed Forces Independence Payment
 - » Constant Attendance Allowance
- not be earning more than £151 a week. For Carer's Allowance, you usually can't be in full time education.

It doesn't matter whether or not you live with the person you care for. The 35 hours can include time spent helping them practically, supporting them emotionally or being there to keep them safe.

Which benefit should I apply for?

Carer Support Payment has been piloted in Dundee City, Perth & Kinross and the Western Isles. If you live in these areas, you should apply for Carer Support Payment. You can make your application online, by phone, by post or in person.

Visit www.mygov.scot/carers-support-payment/how-to-apply or call **Social Security Scotland** on **0800 182 2222** for more information.

From spring 2024, Carer Support Payment will be available more widely and should be available across Scotland by autumn 2024.

You can check whether Carer Support Payment is available in your area by searching your postcode at

<https://postcodecheck.socialsecurity.gov.scot> or by calling the **Age Scotland helpline** on **0800 12 44 222**.

If Carer Support Payment is not yet available where you live, you should apply for Carer's Allowance from the **Department for Work and Pensions**. You can apply either online or by post.

Visit www.gov.uk/apply-carers-allowance or call the **Carer's Allowance Unit** on **0800 731 0297** to request a form.

If you were entitled to a carer benefit before you made a claim, you can ask for your claim to be backdated for up to three months.

How much will I get?

From April 2024 to March 2025, Carer's Allowance or Carer Support Payment will be £81.90 per week.

Claiming can also increase your entitlement to Pension Credit, Universal Credit, Housing Benefit or Council Tax Reduction, or give you an entitlement for the first time. You may get these entitlements even if you do not qualify for the weekly payment of £81.90.

What happens if I am receiving State Pension?

State Pension 'overlaps' with Carer's Allowance and Carer Support Payment. This means that if your State Pension is more than £81.90 per week, you won't receive a carer benefit payment.

However, you may receive a letter saying you have an 'underlying entitlement' to carer's benefits. This means you are officially regarded as a carer for benefit purposes.

Having an underlying entitlement to a carer benefit can increase the amount of any means-tested benefits you claim, such as Pension Credit and Housing Benefit, or give you an entitlement you would not otherwise have had. This extra money is known as a Carer Premium or Carer Addition.

To check how Carer's Allowance or Carer Support Payment will affect your entitlement to other benefits, call the **Age Scotland helpline** on **0800 12 44 222** and ask for a benefit check.

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

Receiving a carer benefit may affect the benefits of the person you care for. If the person you care for gets a Severe Disability Premium added to a means-tested benefit such as Pension Credit or Housing Benefit, this could be stopped if you apply for a carer benefit.

To check how claiming Carer's Allowance or Carer Support Payment will affect the benefits of the person you care for, call the **Age Scotland helpline** on **0800 12 44 222** and ask for a benefit check.



What if my application is turned down?

If you think your application has been turned down incorrectly, you can ask for the decision to be looked at again. You usually have a month from the date on your decision letter to do this. If you are still unhappy with the decision, you can then make an appeal. This will be considered by a tribunal.

The exact process for challenging the decision will depend on whether you are receiving Carer's Allowance, which is paid by the Department for Work and Pensions, or Carer Support Payment, which is paid by Social Security Scotland.

For more detailed information contact the Age Scotland helpline on **0800 12 44 222** and ask for a free copy of our **Challenging Benefit Decisions** guide.



Carers Allowance Supplement

In Scotland, people who receive payments of Carer's Allowance or Carer Support Payment also receive a 6-monthly payment of Carer's Allowance Supplement. This is paid by Social Security Scotland.

To qualify, you need to be receiving payments of Carer's Allowance or Carer Support Payment (not just have an underlying entitlement) on the qualifying date. There are two qualifying dates each year, in April and October, and two payment dates each year, in June and December.

The amount for 2024/25 is £288.60 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**.



What happens if my circumstances change?

The rules for Carer's Allowance and Carer Support Payment 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 agency paying your benefit as soon as possible.

Changes may include:

- taking a break from caring
- reaching your 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 dying.

You can take breaks from caring and still receive Carer's Allowance or Carer Support Payment in some circumstances. The rules are complicated and you should get advice if you need to know how your benefit may be affected.

You can call the **Carers UK Helpline** on **0808 808 7777** or the **Age Scotland helpline** on **0800 12 44 222**.



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. You can also download or order publications at **www.agescotland.org.uk**.

Carer's Allowance Unit

Call to claim Carer's Allowance.

Tel: **0800 731 0927**

www.gov.uk/carers-allowance-unit

Carers Scotland

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

Helpline: **0808 808 7777**

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

Care Information Scotland

Provides information on care services in Scotland.

Tel: **0800 011 3200**

www.careinfoscotland.scot

Shared Care Scotland

Offers information and advice to carers about respite services.

Tel: **01383 622462**

www.sharedcarescotland.org.uk

Citizens Advice Bureau (CAB)

Call Scotland's Citizens Advice Helpline on **0800 028 1456** for advice or for details of your local bureau, or visit **www.cas.org.uk**.

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 upon as a basis for any decision or action, nor 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 which is the best place in the world to grow older.

All the information we provide is free and impartial. It helps older people access their rights and entitlements and can be life changing.

We are also a lifeline for older people who are feeling lonely and isolated. You can help us to support older people who need us most.

Together, we can make a difference.



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 **AGESCOTGIVE** to **70085** to donate £5*
- Complete the **donation form** and return by Freepost



Fundraise

Whether it's having a bake sale or running a marathon, 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 us to continue being there for 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

Please donate today



Complete the form and return to RSBS-KEHC-GBBC, Age Scotland, Edinburgh, EH9 1PR

Your details

Title:	Forename:	Surname:
Address:		
	City:	
Postcode:	Date of birth:	

By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.

Email:	
Home tel:	Mobile tel:

I WOULD LIKE TO DONATE

£75 £50 £25 Other (£)

I wish to pay by (please tick):

MasterCard Visa CAF

CharityCard Cheque (payable to Age Scotland)

Signature

Name on Card

Card No.

Expiry date Security code

Date

I prefer not to receive a thank you acknowledgement for this donation

I would like information about leaving a gift in my Will

I WOULD LIKE TO MAKE MY DONATION WORTH 25% MORE

I want Age Scotland** and its partner charities to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations.

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I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Yes, I want Age Scotland** to claim Gift Aid on my donations

I do not wish you to claim Gift Aid on my donations

Date

Keeping in touch

We will stay in contact by post unless you ask us not to. We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by emailing us on contact@agescotland.org.uk or calling us on 0333 323 2400.

You can read Age Scotland's privacy policy at [age.scot/privacypolicy](https://www.agescot.org.uk/agescot/privacypolicy).

**Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland.
Registration Number: 153343. Charity Number: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh EH9 1PR.

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.

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Let's keep in touch

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



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 at [agescot/roundup](https://www.agescotland.org.uk/agescot/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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