

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 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
to find out more.



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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.

What is Adult Disability Payment?

Adult Disability Payment is a new payment from Social Security Scotland. It is for working age adults living with a disability or health condition, to help with extra costs of daily life. 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)
- 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 that all existing claims will be transferred by the end of 2025. 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. 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 **18001 +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**.

You can 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 Adviser**.

The adviser will be able to give you advice about Scottish Benefits, check your identity and supporting documents and help you submit your application. They can also give you advice about challenging Scottish benefit decisions and can refer you to other services if needed.

Client Support Advisers 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 that your questions are answered. Advocates cannot give you legal advice.

VoiceAbility is a charity that provides a free, independent advocacy service. It is available to:

- people who have a disability
- people who are making a claim for a child with a disability

VoiceAbility advocates can provide help applying for Social Security Scotland benefits or help challenging decisions about these benefits.

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/about-us/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
- not amenable to curative treatment, or you have refused or declined treatment for any reason, AND
- 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 practitioner 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. It also asks about your nationality, residence status, 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, contact **Social Security Scotland** on **0800 182 2222** for advice.

The second 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.

The points system

Each activity has a list of statements, called descriptors. You will be asked to choose the one that matches your situation most closely. The number of points next to that descriptor gets added to your total for that type of activity (daily living or mobility).

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.



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 2024:

Daily Living Component

Standard rate: £72.65

Enhanced rate: £108.55

Mobility Component

Standard rate: £28.70

Enhanced rate: £75.75

What to include with your application

You will need to include supporting information so that Social Security Scotland can check you will be getting the right level of support for your needs.

You should include at least one official document that **confirms your conditions, disability or needs**. This could be:

- A medical report, care plan or letter from a professional
- A prescription list
- A letter from your workplace HR department confirming workplace adjustments they have made for you.

You can also include supporting information about how your condition or disability **impacts your daily life**. This can be from someone in your support network, or from a professional. You can ask them to provide a letter, or they can call **Social Security Scotland** on **0800 182 2222**.

If you don't have your supporting information straight away, you can send it within 28 days of submitting part 2 of your application. You can also ask Social Security Scotland to gather supporting information for you, but this will take longer than if you provide the information yourself.

You can upload supporting information online if you are making an online application. You can also send photocopies of documents by post, marked with the following information:

- your full name
- your date of birth
- your National Insurance number
- 'Adult Disability Payment'

You can call **Social Security Scotland** on **0800 182 2222** to ask for a pre-paid envelope.



Accessible Vehicles and Equipment (AVE) scheme

If you are awarded the enhanced 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, you should be able to keep your current vehicle if you are awarded the enhanced rate of Adult Disability Payment. Call **Motability** on **0345 155 6011** to confirm the details of your situation.

Extra entitlements

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

You can use our online benefits calculator to see what you may be entitled to. Visit **www.age.scot/benefitscalculator**.

You can also call the **Age Scotland helpline** on **0800 12 44 222** and ask for a benefit check.

Practical help from the council

If you need support with daily activities due to your condition or disability, you may be entitled to practical help at home.

You can request an assessment of your care needs by contacting the social work department of your local council, or in Highland, NHS Highland. 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.

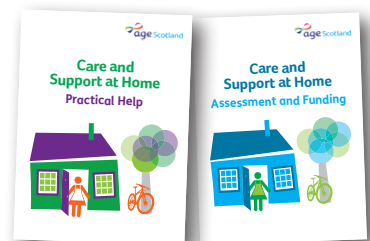
The assessment will usually happen in your home. The assessor will talk to you about how you carry out everyday tasks and ask about any help you get from friends, family or a carer. They will identify what kind of help they feel you need and will tell you what support the council could provide, for example:

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

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

You should be offered the choice of the council arranging any services it agrees you need, getting a budget so you can arrange services yourself or a mixture of these options. This is called Self Directed Support. Ask your council about this or visit www.gov.scot/publications/guide-social-care-self-directed-support-scotland-act-2013.

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 or Carer Support Payment

People who spend 35 hours or more per week providing unpaid support to someone who receives Adult Disability Payment may be entitled to Carer's Allowance or Carer Support Payment.

The 35 hours can include time spent helping with day-to-day tasks, or being with someone to make sure they stay safe.

Claiming a carer benefit sometimes reduces the amount that the person being cared for can claim in disability-related benefits. A benefit check can tell you the different possible outcomes of claiming different benefits. You can request a benefit check by calling the **Age Scotland helpline** on **0800 12 44 222**.

Carer's Allowance is being replaced by Carer Support Payment for people who live in Scotland. For more information, see our **Carer's Allowance and Carer Support Payment** guide.



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 metered or pay and display spaces, in disabled parking bays, and on single or double yellow if it is safe and there are no other restrictions.

Your Blue Badge applies if you are driving or are a passenger in your car. If you travel abroad, check local rules to see if you can use it.

For more information and to apply, visit

www.mygov.scot/apply-blue-badge or contact 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 submit an **appeal**.

Submitting an appeal

You have one month from the date of your redetermination decision to submit an appeal. The appeal will be looked at by the First-tier Tribunal for Scotland, who may agree with the redetermination decision or change it.

You can submit an appeal over the phone by calling **Social Security Scotland** on **0800 182 2222** or you can do it by post. You should receive an appeal form and prepaid envelope with your redetermination letter, or you can call Social Security Scotland to request a form.



Short-term Assistance

If you are told that your Adult Disability Payment is being stopped or reduced following a review, you can apply for short-term assistance to cover the difference in payments while you ask for the decision to be looked at again. This means you will still receive the same amount overall. You will not have to pay back the money you get, even if your challenge of the decision is not successful.

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

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. You can also download or order publications at **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 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

giftaid it

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.

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.agescotland.org.uk/age.scot/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.

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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