

# Adult Disability Payment



# Who we are

**Age Scotland is the Scottish 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://agescotland.org.uk)**  
**to find out more.**



## **Contents**

<b>About Adult Disability Payment</b>	<b>p1</b>
Transfer from Personal Independence Payment	p2
If you are claiming Disability Living Allowance	p2
If you are approaching State Pension age	p3
<b>How do I apply?</b>	<b>p4</b>
The application format	p5
Support to apply	p6
What to include with your application	p7
Special Rules for Terminal Illness	p8
<b>How much will I get?</b>	<b>p8</b>
Components and rates	p8
Accessible Vehicles and Equipment (AVE) scheme	p9
Extra entitlements	p9
<b>Other types of help available</b>	<b>p10</b>
Practical help at home	p10
Carer Support Payment	p11
Blue Badge	p11
<b>Changes to your circumstances</b>	<b>p12</b>
Stays in hospital	p12
Moving into residential care	p12
Checking your entitlements	p12
<b>If things go wrong</b>	<b>p13</b>
Making a complaint	p13
Challenging a decision	p13
Short-term Assistance	p14
<b>Adult Disability Payment descriptors and points</b>	<b>p15</b>

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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.

# About Adult Disability Payment

Adult Disability Payment is a benefit for eligible working-age adults living with a disability. It is paid by Social Security Scotland and has replaced both Personal Independence Payment and Disability Living Allowance.

To make a new claim, you must:

- live in Scotland
- be over 16 and under State Pension age
- have difficulties or need help with daily living activities or getting around because of a health condition or disability
- have had these 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 can claim Adult Disability Payment if you have difficulties with your physical or mental health, or problems with thinking or memory. You do **not** need to have a specific diagnosis.

You can also make a claim if you have been transferred from Disability Living Allowance to Scottish Adult Disability Living Allowance and were born after 8 April 1948. See the next page for more information.

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



## Transfer from Personal Independence Payment

If you live in Scotland and currently claim Personal Independence Payment, you should have received a letter telling you when your benefit will be transferred to Adult Disability Payment. If you have not had a letter, contact **Social Security Scotland** on **0800 182 2222**.

## If you are claiming Disability Living Allowance

Social Security Scotland has now selected all cases that will be transferred from Disability Living Allowance to Scottish Adult Disability Living Allowance. If you have not received a letter about this, call **Social Security Scotland** on **0800 182 2222**. For more information about the transfer, visit **[mygov.scot/moving-to-scottish-adult-dla](https://mygov.scot/moving-to-scottish-adult-dla)**.

If you have already been transferred to Scottish Adult Disability Living Allowance and were born **after** 8 April 1948, you can choose to make a claim for Adult Disability Payment instead. You should get advice before doing this; you cannot go back to claiming Scottish Adult Disability Living Allowance once your Adult Disability Payment claim has begun.

For advice on which benefit will work best for you, book a free benefit check by calling the **Age Scotland helpline** on **0800 12 44 222**.

## If you are approaching State Pension age

New claims for Adult Disability Payment must be made **before** you reach State Pension age, unless you have been transferred to Scottish Adult Disability Living Allowance. See page 2 for more information.

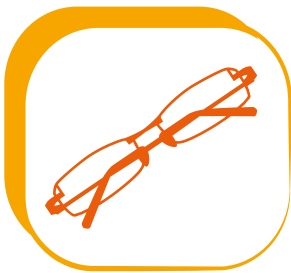
Until recently, State Pension age was 66. It is now being increased a little at a time, affecting people born on or after 6 April 1960.

It will reach 67 in March 2028 and then continue to increase, until it reaches 68 for anyone born from 6 April 1978 onwards. To check your State Pension age, visit [www.gov.uk/state-pension-age](http://www.gov.uk/state-pension-age) or call the **Age Scotland helpline** on **0800 12 44 222**.

If you are receiving Adult Disability Payment when you reach State Pension age, you can continue to receive it for as long as you qualify. If you do not apply before you reach State Pension age, you will need to apply for Pension Age Disability Payment instead.



Unlike Adult Disability Payment, Pension Age Disability Payment does **not** have a mobility component. People with mobility issues will need to make a disability benefit claim **before** reaching State Pension age to have the chance of being awarded a mobility component.





## How do I apply?

There are usually two parts to the application for Adult Disability Living Allowance. There is only one part if the application is for someone who is terminally ill. See page 8 for more information.

### To apply online

You will need to register for **myaccount** if you have not done so already. Visit **portal.socialsecurity.gov.scot**. Once you have registered, you will be able to choose **Apply for Adult Disability Payment** from your dashboard page.

After you start your online application, you will have 14 days to complete part one. You will then have 56 days to complete part two; you can ask for more time if needed. If you do not complete your application in time and do not ask for an extension, your application will be deleted to protect your personal data.

### To apply by phone

Contact **Social Security Scotland** to complete the first part of your application with an adviser. They will send you the second part as a paper form. You can ask to complete both parts on paper if you prefer.

You can contact an adviser in the following ways:

- By phone - interpretation is available in over 100 languages
  - » from within the UK: **0800 182 2222**
  - » from abroad: **+44 (0)1382 931 000**
- Video relay for British Sign Language Users: **contactscotland-bsl.org**

## The application format

There are two parts to the application for Adult Disability Payment.

**Part one** is about your personal details, and asks for information such as your name, address, date of birth and contact information. It also asks about your nationality, residency status, banking details and any communication needs you have.

You will have 56 days after you submit part one to complete and submit part two. If you complete the forms within this time, any award you are entitled to will begin from the date you submitted part one.

**Part two** of the application asks questions about activities related to the two components of Adult Disability Payment: daily living and mobility. For each activity, you will be given a list of statements, called descriptors. You will be asked to choose the descriptor that most closely matches your situation for that activity.

The number of points next to the descriptor you choose will be added to your total for the component it relates to. You need to score 8 or above in a component to be eligible for an award. If your answers give you a score of between 8 and 11 points, you will be awarded the standard rate for that component; if your score is 12 points or more, you will be awarded the enhanced rate.

For a full list of the descriptors and points, go to page 15.

If you are not able to complete part two within 56 days, contact **Social Security Scotland** on **0800 182 2222** to request more time.



If you have not contacted them and your time runs out, your award cannot be backdated to when you completed part one. Your application will be deleted to protect your data and you may need to start the process from the beginning.



## Support to apply

### Support from Social Security Scotland

If you would like face-to-face support, you can ask for a **Local Delivery** appointment with a Social Security Scotland client support adviser. They can answer your questions and go through forms with you step by step. They can also advise you on the type of supporting information you will need to provide.

Appointments can be carried out in person at community venues such as GP surgeries, or by telephone or video call. Where needed, you can ask for an appointment to be at your home or in hospital.

To arrange a Local Delivery appointment, contact **Social Security Scotland** using the methods listed on page 4, or by webchat: **chat.socialsecurity.gov.scot**.

### Support from an independent advocate

An advocate can support you to make your benefit application. They will make sure you know and understand your rights, and can answer any questions you may have. They can also help you to challenge a decision about your benefit. They cannot give you legal advice.

**Advocacy.scot** provides free social security advocacy support to anyone who:

- identifies as disabled themselves, or
- is making a claim for a child with a disability

You can contact them on **0800 196 8901** or by visiting **www.advocacy.scot**. You can also ask a Social Security Scotland adviser to refer you.

## 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 providing 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.



## Special Rules for Terminal Illness

Social Security Scotland defines a terminal illness as ‘a progressive disease from which death may reasonably be expected.’

If you have been diagnosed as terminally ill, you can complete a shorter application over the phone. You will not need to answer any questions relating to your condition.

You will instead need to ask a registered medical professional to complete a BASRiS (Benefits Assessment for Special Rules in Scotland) form for you. They must be acting in their professional capacity as a registered medical practitioner or nurse and be involved in your diagnosis or care.

Social Security Scotland aims to process your claim within 7 working days of receiving your completed application and BASRiS form. You will automatically be awarded the higher benefit rate, with no review date. Your award will only be reviewed if your circumstances change.

## How much will I get?

### Components and rates

Adult Disability Payment has two parts, or components: a daily living component and a mobility component. Each has a standard rate and an enhanced rate. The rate you will get for each component depends on the number of points you get from your answers to part two of your application.

If your claim is successful, you may be awarded just one or both components. If you are awarded both, you may be awarded different rates for each component.

Rates for 2026/27:

#### **Daily Living Component**

Standard rate: £76.70

Enhanced rate: £114.60

#### **Mobility Component**

Standard rate: £30.30

Enhanced rate: £80.00

## 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.

This is operated by the **Motability Scheme**. Visit [www.motability.co.uk](http://www.motability.co.uk) or call **0300 456 4566** for more information.

If you already have a vehicle with the Motability Scheme, as part of a Personal Independence Payment or Disability Living Allowance award, you should be able to keep this if you are awarded the enhanced rate of Adult Disability Payment. Contact the **Motability Scheme** 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.

To check your entitlements, book a free benefit check by calling the **Age Scotland helpline** on **0800 12 44 222**. You can also check your entitlements online at [www.age.scot/benefitscalculator](http://www.age.scot/benefitscalculator).



# Other types of help available

## Practical help at home

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

To request an assessment of your care needs, contact the social work department of your local council, or the NHS if you live in Highland. There is likely to be a waiting list for assessments. If you are struggling to manage safely, you should make this clear when you apply.

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

Personal and nursing care should be provided for free to people assessed as needing them. There are likely to be charges for other services, such as housework or shopping.

You should be given choices about how your care is arranged, including:

- the council arranging the services it agrees you need
- being given a budget so you can arrange your own care

Having these choices is called **Self-Directed Support**. For more information, you can visit [careinfoscotland.scot/self-directed-support](http://careinfoscotland.scot/self-directed-support) or ask your local council.

Our **Care and Support at Home** guides also provide more information.



## Carer Support

If you spend at least 35 hours a week providing unpaid care to someone who receives Adult Disability Payment, you may be entitled to Carer Support. This has replaced Carer's Allowance in Scotland. You may spend this time helping the person with day-to-day tasks, or being with them to keep them safe.

Claiming Carer Support may reduce the benefit payments of the person you care for. A benefit check can tell you the effect of claiming different benefits in your situation. To book a free benefit check, call the **Age Scotland helpline** on **0800 12 44 222**.

Our **Carer Support** guide provides more information. For a copy, call the **Age Scotland helpline** or visit **age.scot/information**.



## Blue Badge

If you receive the mobility component of Adult Disability Payment, and are unable to walk or have substantial difficulty with this, you may be eligible for a Blue Badge.

Blue Badge holders can park for free in metered or pay-and-display spaces, in disabled parking bays, and on single or double yellow lines, if it is safe to do so and there are no other restrictions.

Your Blue Badge applies whether you are driving or travelling as a passenger in your car. If you travel abroad, check local rules to see if your Blue Badge is recognised.

Visit **www.mygov.scot/apply-blue-badge** or contact your local council to apply.



## Changes to your circumstances

You must tell **Social Security Scotland** if your needs or situation change. They will make sure you are receiving the right benefit amount. You can call them on **0800 182 2222**.

If you are paid too much, you will need to pay this back and could be charged interest. You could also be investigated for fraud.

### Stays in hospital

You should tell Social Security Scotland if you are admitted to hospital. If your stay lasts for 28 days or more, both the daily living and mobility components of your Adult Disability Payment will stop.

You should contact them again as soon as you are discharged, so they know to restart your payments.

### Moving into residential care

You should tell Social Security Scotland if you move into residential care, either temporarily or permanently.

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. You will need to contact Social Security Scotland if you move back home, so they know to restart your daily living payments.

### Checking your entitlements

If you or the person you provide care for are moving into a care home, or expecting to spend a long period in hospital, it is a good idea to have a benefit check. This will tell you what you need to do and what will happen about your benefits during this time.

Call the **Age Scotland helpline** on **0800 12 44 222** for advice or to book a free benefit check with one of our advisers.

# If things go wrong

## Making a complaint

Most benefit claims go smoothly, but there can be problems. If you want to complain about the application process, for example how you were treated, or if your claim was unreasonably delayed, you can contact Social Security Scotland using the details on any letters they have sent you. You will need to let them know:

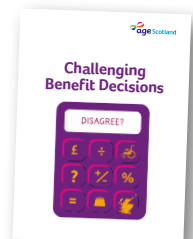
- your National Insurance number, name, address and contact number
- which benefit you are complaining about
- what happened, when it happened and how it affected you
- what you want them to do to put things right.

## Challenging a decision

If you disagree with a decision made about your claim, you can ask for your application to be looked at again by someone else. This is called a **redetermination**. You can request this by phone, online or using the form sent with your decision letter. You usually have 6 weeks from the date on your decision letter to do this.

If you still disagree with the decision made after redetermination, you can submit an **appeal**. You have one month to do this from the date of your redetermination decision. You can submit an appeal by phone or using the form sent with your redetermination letter. Your appeal will be looked at by the First-tier Tribunal for Scotland, whose decision will be final.

Our **Challenging Benefits Decisions** guide provides more information. For a copy, call the **Age Scotland helpline** on **0800 12 44 222** or visit **[age.scot/information](http://age.scot/information)**.



## Short-term Assistance

If you disagree with a decision to stop or reduce your Adult Disability Payment award, you can apply for short-term assistance while you challenge this. You will still receive the same amount overall while you wait. You will not have to pay back the money you get, even if your challenge is unsuccessful.

You can apply for short-term assistance at the same time as challenging the decision, using the short-term assistance section of the redetermination or appeal form. You can apply by contacting **Social Security Scotland** on **0800 182 2222** or by video relay for British Sign Language Users: **[contactscotland-bsl.org](https://www.contactscotland-bsl.org)**.



# 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 and their relatives and carers.

If you need an interpreter, simply call the helpline and state the language you need, e.g. Polish or Urdu. Stay on the line for a few minutes and we will do the rest.

You can also call us for a copy of our publications list or any of our guides. To read, download or order guides online, visit [www.age.scot/information](http://www.age.scot/information).

# 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](https://age.scot/donate)**
- ▶ 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](https://age.scot/fundraise)**.



### Leave us a gift in your Will

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

# Please donate today



Complete the form and return by Freepost 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](mailto: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: SC153343. Charity Number: SC010100. Registered Office: Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR

**Age Scotland is the Scottish 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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