

ASD Family Help

Registered Charity No. 1135718

Carers Benefits

Here are some benefits to be aware of:

- 1 Carers Allowance** – if you spend at least 35 hours a week caring for someone, and earn less than £135 per week (after deductions) or in education more than 21 hours a week. The person you care for must receive DLA, PIP or Attendance allowance.
- 2 Disability Living Allowance (DLA)** - For children (under 16 years). Can help with the extra costs of looking after a child who has difficulties walking or needs much more looking after than a child of the same age without a disability. They will need to meet all the [eligibility requirements](#). There are different rates depending on the level of needs of the child. There are 2 parts to DLA – Mobility and Care components.
- 3 Personal Independent Payment (PIP)** – For those over 16 years. Can help with extra living costs if all of the following apply: you have a long-term physical or mental health condition or disability, you have [difficulty doing certain everyday tasks or getting around](#) and you expect the difficulties to last for at least 12 months. You can claim if you're working, have savings or are getting most other benefits. There are 2 parts to PIP – Daily Living and Mobility components.
- 4 Attendance Allowance** – Attendance Allowance helps with extra costs if you have a disability severe enough that you need someone to help look after you. It's paid at 2 different [rates](#) and how much you get depends on the level of care that you need. You must be physically or mentally disabled and [State Pension age](#) or older.
- 5 Universal Credits** – Universal Credit is a payment to help with your living costs. It's paid monthly. You may be able to get it if you're on a low income, out of work or you cannot work.
- 6 Carers Credit** - You could get Carer's Credit if you're caring for someone for at least 20 hours a week. It is a [National Insurance credit](#) that helps with gaps in your National Insurance record. Your State Pension is [based on your National Insurance record](#).

You can use a benefits calculator to see if you are eligible: www.entitledto.co.uk

Applying and filling in forms can be very stressful. Please reach out to us if you have any questions or you are unsure where to go for support.

www.asdfamilyhelp.org