You may be able to get Carer’s Allowance if the person you look after gets:

- Personal Independence Payment at either rate of the Daily Living Component
- Disability Living Allowance at the middle or highest rate of the care component
- Attendance Allowance
- Constant Attendance Allowance, or
- Armed Forces Independence Payment

You can claim Carer’s Allowance or report a change of circumstances online at [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

Please keep these notes for your information. The notes give you general information only and are not a complete statement of the law.
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Can you get Carer’s Allowance?

Use this quick checklist before you fill in the form.
If you can tick all 4 statements, you may be able to get Carer’s Allowance.

The person I am looking after is getting one of these benefits:
• Personal Independence Payment at either rate of the Daily Living Component
• the care component of Disability Living Allowance at the middle or highest rate
The mobility component is not a qualifying benefit for Carer’s Allowance.
• Attendance Allowance
• Constant Attendance Allowance at or above
  – the normal maximum rate, as an addition to Industrial Injuries Disablement Benefit, or
  – the basic, full-day rate as an addition to a War Disablement Pension
• Armed Forces Independence Payment

I am aged 16 or over

I am looking after a disabled person for at least 35 hours a week
Looking after someone can mean many things. It includes things like cooking meals, or helping them with their shopping.

I normally live in Great Britain
By Great Britain we mean England, Scotland and Wales. You should also tick this box if you are part of a family living overseas with HM Forces.

If you have ticked all 4 of the statements above, claim Carer’s Allowance straight away, once you have read the rest of these notes.

If you live outside Great Britain, but in the European Economic Area or Switzerland, and you have ticked the first 3 statements above, please go to www.gov.uk/carers-allowance for the latest information on whether you can get Carer’s Allowance.

Some of the information in these notes may not apply to you.
If we need more details we will contact you.
What is Carer’s Allowance?

Carer’s Allowance is a benefit to help people who look after someone who gets:
• Personal Independence Payment at either rate of the Daily Living Component
• Disability Living Allowance at the middle or highest rate of the care component
• Attendance Allowance
• Constant Attendance Allowance at or above
  – the normal maximum rate with Industrial Injuries Disablement Benefit, or
  – the basic full-day rate with a War Disablement Pension, or
• Armed Forces Independence Payment

If the person you look after is getting one of these benefits, they will have a letter telling them what rate they are getting.

Carer’s Allowance is paid to the person who does the caring, not the person being cared for.

You may have to pay tax on your Carer’s Allowance.

To find out the current weekly rate of Carer’s Allowance, go to www.gov.uk/carers-allowance or ask for a leaflet about benefit rates.

Carer’s Allowance does not depend on:
• the level of your savings, or
• if you have paid any National Insurance (NI) contributions

The person you are looking after may be getting extra money with their benefit if they are severely disabled and getting any of the following benefits:
• income-based Jobseeker’s Allowance
• Income Support
• Employment and Support Allowance
• Pension Credit
• Housing Benefit

This extra money is called severe disability premium or the addition for severe disability.

If you are paid Carer’s Allowance for looking after them, this extra money will stop. The person you are looking after cannot get severe disability premium if you are getting Carer’s Allowance. See page 7 of these notes to find out where to get advice about this.

This could also affect any reduction in Council Tax they may be entitled to. To find out more about it, please contact the local authority.

If you have only underlying entitlement to Carer’s Allowance and are not actually paid it, the person you look after will still get any extra money they are entitled to.

Underlying entitlement means you are entitled to Carer’s Allowance but it is not paid because you get another benefit or entitlement that is as much as or more than Carer’s Allowance.
Who cannot get Carer’s Allowance?

You cannot get Carer’s Allowance if you:
• earn more than £123 a week after we have taken some expenses into account –
  there is more information about this below
• are on a course of full-time education
• are on holiday from a course of full-time education
• are subject to immigration control. But there are some exceptions to this. To find
  out more please contact us on 0800 731 0297

Earnings
Money you get from private or occupational pensions is not counted as earnings.

If you have a part-time job, you must not earn more than £123 a week.

Working out your weekly earnings
When we work out your weekly earnings we only look at what you have earned after
you have paid:
• National Insurance contributions
• income tax
• half of any money you pay towards personal and occupational pension schemes

We also allow up to half of the rest of your earnings for paying someone from outside
your family to look after children, or the person you look after, when you are at work.

Expenses
We may be able to take into account some other expenses, such as expenses you
have to pay to do your job.

If you earn more than £123 a week
If you earn more than £123 a week, after we have taken money off for expenses, we
will not be able to pay your Carer’s Allowance. How long your Carer’s Allowance stops
for depends on how often you are paid. For example, if you are paid monthly you will
not be entitled to Carer’s Allowance for the month after you are paid. If you are paid
weekly, you will not be entitled to it for the week after you are paid.

Other help available
Whether you can get Carer’s Allowance or not, you and the person you care for may
be able to get other help. To find out more, see pages 10, 11 and 12.
Claim now, if the person you look after is getting:
• Personal Independence Payment at either rate of the Daily Living Component, or
• Disability Living Allowance at the middle or highest rate of the care component, or
• Attendance Allowance, or
• Constant Attendance Allowance at or above
  – the normal maximum rate with Industrial Injuries Disablement Benefit, or
  – the basic full-day rate with a War Disablement Pension, or
• Armed Forces Independence Payment

You can claim Carer’s Allowance as soon as the person you look after has been awarded one of the benefits listed above.

Claim later, if the person you look after:
• has not yet claimed one of the benefits shown above, or
• has claimed but is waiting for a decision

The person you look after must claim Personal Independence Payment, Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or Armed Forces Independence Payment straight away.

If they already get one of these benefits, you must claim Carer’s Allowance straight away. Entitlement to Carer’s Allowance can be backdated for a limited period, so claim from the date caring began. Do not delay. If you do not claim within three months of the decision to pay Personal Independence Payment, Disability Living Allowance, Attendance Allowance, Constant Attendance Allowance or Armed Forces Independence Payment, you will lose benefit.

Getting Carer’s Allowance may mean you can get:
• income-based Jobseeker’s Allowance
• Income Support
• income-related Employment and Support Allowance
• Pension Credit
• Universal Credit
• Housing Benefit

You can claim these benefits or entitlements at the same time as you claim Carer’s Allowance. For more information see page 9.

If you wish to apply for a reduction in your Council Tax, or find out more about it, please contact your local authority.
How to claim Carer’s Allowance

Just fill in the claim form. Although it may look rather long, please do not be put off. It will not take you as long as you think to fill in and you may not have to answer all the questions.

If your answer to a question is No, you must tick the No box. Please do not just leave it blank. This will help us deal with your claim more quickly.

If you have problems filling in the claim form, someone can do it for you. You can ask a friend, or an advice centre like the Citizen’s Advice Bureau.

You must sign the declaration on the claim form after checking that what you have told us on the form is complete and correct.

You can also claim Carer's Allowance or tell us about changes of circumstances online using our easy step-by-step form. To find out more visit www.gov.uk/carers-allowance

How to contact the Carer’s Allowance Unit

Our phone number is 0800 731 0297.

If you have speech or hearing difficulties, you can contact us using a textphone on 0800 731 0317.

These lines are open from 8am to 6pm Monday to Friday.

Calls to 0800 numbers are free from landlines and mobiles.

You can get more information about Carer’s Allowance and related services from our website. The address is www.gov.uk/carers-allowance

If you want to write to us, our address is:

Carer’s Allowance Unit
Mail opening site A
Wolverhampton
WV98 2AB

Or you can email us at cau.customer-services@dwp.gsi.gov.uk

Please let us know if:
• you want us to use braille, audio CD or large print
• you would like to speak to us in Welsh, or
• English is not your first language and you would like to use our interpreter service
What happens after we get your claim?

Wherever we can, we will phone you if we need more information. We will write and tell you if you can get Carer’s Allowance. We normally pay Carer’s Allowance on Mondays.

We will try to deal with your claim within 3 weeks. We do not normally tell you when we get your claim form. Please wait at least 3 weeks before asking about your claim.

While you are getting Carer’s Allowance, you can have a work-focused interview with a work coach at your local jobcentre. You do not have to have an interview, but the adviser can talk to you about part-time employment or training. You can arrange an interview at any time if your caring responsibilities change.

Contact your local jobcentre if you would like to:
• talk about whether a work-focused interview may be right for you, or
• arrange an interview

You can find the phone number and address in the business numbers section of the phone book. Look under jobcentre.

If you are claiming Income Support or Employment and Support Allowance, you will need to have a work-focused interview as part of your claim for those benefits. We will contact you about this.

If you want to contact us about our service
If you would like to make a comment about our service, or if you have a complaint about our service, contact us by phone, textphone, in writing or email using the contact details on page 7.

We aim to reply to your complaint within 15 working days of getting it.

What else can you claim?

Jobseeker’s Allowance, Income Support, Universal Credit, Employment and Support Allowance and Pension Credit

Contact your local jobcentre if you want to find out more about or apply for:
• Jobseeker’s Allowance
• Income Support
• Universal Credit, or
• Employment and Support Allowance

You can also find out more about benefits and entitlements at your local Citizens Advice Bureau.

You can get leaflets about Income Support, Jobseeker’s Allowance or Employment and Support Allowance from your local jobcentre. Or visit www.gov.uk

If you want to find out about or apply for Pension Credit, contact us.

You can get a leaflet about Pension Credit from your local jobcentre or your Pension Centre. Or visit www.gov.uk/pension-credit
Child Tax Credit

You may be able to claim Child Tax Credit. This is a payment to support families with children. You can claim it if you are responsible for children or young people.

To find out more about Child Tax Credit visit www.gov.uk/child-tax-credit

You can claim online too.

You can also call the HM Revenue and Customs helpline on:
• 0345 300 3900 if calling from the UK
• +44 289 053 8192 if calling from outside the UK

If you have speech or hearing difficulties you can contact HM Revenue and Customs using a textphone on 0345 300 3909.

Will Carer’s Allowance affect other benefits you get?

Even if you or your partner get other benefits or entitlements, you should claim Carer’s Allowance.

If you get Carer’s Allowance or have underlying entitlement to Carer’s Allowance, we add an extra amount when we work out:
• Pension Credit – called the extra amount for caring
• Jobseeker’s Allowance – called Carer Premium
• Income Support – called Carer Premium, and
• income-related Employment and Support Allowance – called Carer Premium
• Universal Credit carer element

To find out the current rates of these extra amounts, go to www.gov.uk/carers-allowance or ask for a leaflet about benefit rates.

Underlying entitlement means you are entitled to Carer’s Allowance but it is not paid because you get another benefit or entitlement that is as much as or more than Carer’s Allowance.

There is a list of benefits or entitlements on page 10.

If you are getting Housing Benefit or a reduction in your Council Tax the Carer Premium may be included when the local authority work out how much benefit you can get. You must tell the office that pays your Housing Benefit or the local authority, if there is a reduction in your Council Tax, about the dates that you have entitlement or underlying entitlement to Carer’s Allowance in order to get extra help.

If someone is getting extra money for you with their benefit, this extra money will stop or reduce if you are paid Carer’s Allowance.

If you put off claiming your State Pension
Putting off claiming your State Pension is also known as State Pension deferral. Days for which you are paid Carer’s Allowance will not count towards extra State Pension or the lump sum payment you could get when you do claim your State Pension.

If you have any questions about the effect of getting Carer’s Allowance while deferring your State Pension, please contact us or get our detailed guide about State Pension deferral. You can get a copy from our website at www.gov.uk/deferring-state-pension
Carer’s Allowance and other benefits

If you get any of the benefits shown below we may not be able to pay you Carer’s Allowance:
- State Pension
- Incapacity Benefit
- Severe Disablement Allowance
- a training allowance
- Unemployability Supplement – paid with Industrial Injuries Disablement Benefit or War Pension
- Widow’s Pension or Bereavement Allowance
- Widowed Mother’s Allowance or Widowed Parent’s Allowance
- War Widow’s or Widower’s Pension
- Maternity Allowance
- Industrial Death Benefit
- contribution-based Jobseeker’s Allowance
- contribution-based Employment and Support Allowance

If we do not pay you Carer’s Allowance because you are getting one of these benefits, you may still be able to get extra money. The extra money may be added to your:
- income based Jobseeker’s Allowance
- Income Support
- Employment and Support Allowance
- Pension Credit
- Universal Credit, or
- Housing Benefit

See page 9 for details. If you wish to apply for a reduction in your Council Tax, or find out more about it, please contact your local authority.

If the amount of benefit you get is less than the amount of Carer’s Allowance you could get, we will pay you the difference.

If someone is getting any of the benefits shown above, and these include extra money for you, we will arrange for the extra money to stop or reduce. We will then pay the Carer’s Allowance to you.

If you get any Widow’s Benefit or bereavement benefits, you should claim Carer’s Allowance anyway because we may be able to give you National Insurance contribution credits. There is more about National Insurance contribution credits on page 11 of these notes.
Christmas Bonus
Just before Christmas each year you will get a tax-free Christmas Bonus with your Carer's Allowance. You will only get a Christmas Bonus with your Carer's Allowance if you do not get a Christmas Bonus with another benefit.

National Insurance (NI) contributions
Every week we pay you Carer’s Allowance we will add a Class 1 NI contribution credit to your NI record. We will also normally give you a Class 1 NI contribution credit for any week when you are entitled to Carer’s Allowance but we do not pay you because you are also getting Widow’s Benefits or bereavement benefits at the same or higher weekly rate as your Carer’s Allowance.

These Class 1 NI contribution credits may help you to get the basic rate of other benefits or entitlements in the future.

You will not get a Class 1 NI contribution credit with your Carer’s Allowance:
• if you are already getting Class 1 NI contribution credits with another benefit. For example, you may be getting contribution credits with your Incapacity Benefit or Employment and Support Allowance
• if you are a married woman who has elected to pay reduced-rate contributions when in work. But read about Carer’s Credit on page 12

State Second Pension
For each week that we pay you Carer’s Allowance, and for some periods before your Carer’s Allowance begins and ends, you will automatically build up extra pension called State Second Pension. This is sometimes called additional pension. If we do not pay your Carer’s Allowance because you are getting other benefits or entitlements at the same or higher weekly rate, you will still build up State Second Pension. The extra pension will be paid with your basic State Pension when you reach state pension age.

If someone else is also looking after the same person
If someone else is also looking after the same person as you are, only one of you can get Carer’s Allowance. Two people cannot get Carer’s Allowance at the same time for looking after the same person. You must decide between you who is going to claim it. See page 12 for where to get help and advice.

If you look after more than one person
We will only pay you Carer’s Allowance once each week even if you look after more than one person.

The time you spend looking after someone
If you stop looking after the person for a short time, you may still get Carer’s Allowance.

For example, you may be able to get Carer’s Allowance if you, or the person you look after, go into hospital or somewhere like that.

But you must tell us straight away about any week when you look after someone for less than 35 hours
By week we mean from the start of a Sunday to the end of the next Saturday.
Carer’s Credit
National Insurance credits for carers of working age can automatically protect your future entitlement to the basic elements of the State Pension and bereavement benefits when Carer’s Allowance is not being paid for any reason. The credit may also help you to build up some additional pension, sometimes called State Second Pension. Any additional pension you are entitled to will be paid with your basic State Pension when you claim it.

Carer’s Credit will cover periods of up to 12 weeks:
• before your Carer’s Allowance entitlement begins
• during any breaks in care, and
• at the end of any period of Carer’s Allowance entitlement

If you are a married woman paying reduced rate NI contributions, we cannot give you Class 1 NI contribution credits for each week you are paid Carer’s Allowance. However, you will receive Carer’s Credit for each week you are entitled to Carer’s Allowance in addition to the 12-week periods described above.

If you are not entitled to Carer’s Allowance, or it has ended but you are providing care for one or more people for a total of 20 hours or more each week, you may be able to get Carer’s Credit.

You can find out more about Carer’s Credit and how to apply by visiting www.gov.uk/carers-credit or by phoning 0800 731 0297.

Where to get help and advice

• If you want general advice and information about benefits or entitlements, get in touch with your local jobcentre. The phone number and address are in the business numbers section of the phone book under jobcentre. You can find more information and claim forms online at www.gov.uk/browse/benefits
• If you want information about Pension Credit, you can contact us. The number is 0800 99 1234. Or visit our website at www.gov.uk/pension-credit
• If you want to know about benefits or entitlements for disabled people, visit www.gov.uk/browse/benefits
• You can get help at an advice centre like the Citizen’s Advice Bureau.
• You can get in touch with Carers UK who can offer advice on a range of issues. Their helpline number is freephone 0808 808 7777. Or you can visit the Carers UK website at www.carersuk.org
• For information about financial support, rights, carers organisations, employment, independent living and much more, visit www.gov.uk