

# Support for carers

Benefit and  
support you may  
get if you are caring  
for someone who is ill  
or severely disabled



Department  
for Work &  
Pensions

This leaflet is no longer current.  
You can find up to date information on GOV.UK

It's really important to get the right information and help when you're caring for someone who is ill or severely disabled.

This leaflet tells you about the support you might get. It doesn't go into detail, but explains where you can get more information and who to contact. Other organisations may also be able to help you.

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**You can find up to date information on [GOV.UK](https://www.gov.uk)**

## Carer's Allowance

You may be able to get Carer's Allowance if you care for someone for at least 35 hours a week, and they are getting:

- Disability Living Allowance at the middle or highest care rate, or
- Attendance Allowance, or
- Constant Attendance Allowance at or above the normal rate, with an Industrial Injuries Disablement Benefit, or
- Constant Attendance Allowance at the basic (full-day) rate with a War Disablement Pension.
- Personal Independence Payment at the daily living component rate.
- Armed Forces Independence Payments.

You cannot earn more than the 'earnings limit'. This is £100 a week at the moment, after tax and National Insurance contributions and some other expenses, have been taken off.

You cannot be in full-time education. For the purpose of Carer's Allowance that is doing 21 hours or more of 'supervised study' each week. By supervised study we mean any study at a school, college, university or a similar educational establishment, including any work set by a tutor.

As your claim to Carer's Allowance may affect the benefit of the person you care for you will need to make sure they know that you are making a claim to Carer's Allowance for caring for them for at least 35 hours per week.



Find out more at:

[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)



To get a claim pack for Carer's Allowance  
phone: **0845 608 4321**

You can also make a claim online or download a claim form to fill in and send to us at



[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

Personal Independence Payment has started to replace Disability Living Allowance for people aged 16 to 64. Serving and ex-serving members of the Armed Forces who have been seriously injured as a result of their service since the introduction of the Armed Forces Compensation Scheme (AFCS) in 2005, may be able to get Armed Forces Independence Payment. If you care for someone who gets either Armed Forces Independence Payment or the daily living part of Personal Independence Payment, you may be able to get Carer's Allowance.

## Protecting your pension

The amount of State Pension you get is based on the National Insurance contributions you have paid or had credited to you (or both). If you get Carer's Allowance, you'll usually get credits added to your record automatically. If you're a woman and have chosen to pay reduced contributions, this may not apply.

If you can't get Carer's Allowance but care for at least one person for 20 or more hours a week, you may apply for a weekly Carer's Credit.



Find out more at:  
[www.gov.uk/carers-credit](http://www.gov.uk/carers-credit)



To get a claim pack for Carer's Credit phone:  
**0845 608 1321**

## Help from local support services

### Getting a carer's assessment

As a carer you have a legal right to get your local social services department (social work in Scotland) to assess what you need to support you in your caring role. You can discuss with them how you can look after your own health, and balance your caring role with your work and family.

## Direct payments for carers

After a carer's assessment, instead of your local council giving you support, it may give you direct payments to buy these support services yourself: for example, driving lessons or a short break.

Your local council can offer other help and support. This could include making changes to the home of the person you care for, or 'respite' care to give you a short break. Respite care could include:

- someone to sit with the person you care for, so you can go out or get a full night's sleep
- a short-term stay for them in a residential care home, or
- time in a day care centre for them.

Contact your local council to find out more.

## Help with finding paid work

If you want to do paid work as well as caring, or find work when you stop being a carer, Jobcentre Plus can help you in many different ways. Jobcentre Plus may help you with training for a new job or to improve your skills, even if you're not claiming benefits. They can often help with costs while you're training or going to interviews.



Find out more at:

[www.gov.uk/moving-from-benefits-to-work](http://www.gov.uk/moving-from-benefits-to-work)

## Textphones

If you have a textphone because you can't speak or hear very well, there are different numbers for some of the services mentioned in this leaflet. These numbers don't accept voice calls or text messages from mobile phones.

Carer's Allowance Textphone: **0845 604 5312**

Carer's Credit Textphone: **0845 604 5312**

## We also have basic leaflets covering:

- support if you are ill or disabled
- support for parents and guardians
- support if you are looking for work
- support after a death
- support if you're planning retirement.

## Call charges

Charges were correct as of the date on the back of this leaflet.

Calls to the **0800** numbers in this leaflet are free from BT landlines and most mobiles.

Calls to **0845** numbers from BT landlines have to cost no more than 4p a minute with a 15p call set-up charge. You may pay more if you use another phone company or a mobile phone, or if you are calling from abroad. Calls from mobile phones can cost up to 40p a minute, so check the cost of calls with your service provider.

This leaflet is only a guide and does not cover every circumstance. We have done our best to make sure that the information in this leaflet is correct as of April 2014. It is possible that some of the information is oversimplified, or may become inaccurate over time, for example because of changes to the law.

DWP aims to provide a high quality of service to all its customers. You can find out more in our Customer Charter at [www.dwp.gov.uk/about-dwp](http://www.dwp.gov.uk/about-dwp)